

HEALTHFUL LIVING



FUNDAMENTAL FACTS
ABOUT FOOD AND FEEDING

What Shall We Eat?

THERE was a time when little thought was given to the matter of diet in America. Plenty of palate tickling food-stuffs was the chief requirement. No questions asked about nutrient properties, salts, vitamins, digestibility, denatured foods, etc.

But a new day has dawned. Science has taught us that food is fuel. The automobile has shown us the importance of good fuel. Men are learning to eat for efficiency. Mothers are learning the relation of foods and feeding to the health and development of their children. We're learning now to eat to live.

Everybody is asking, "What shall I eat for good health, to make rich blood, strong muscles, a clean tongue, a clear head, a sweet breath, active bowels, plenty of pep and efficiency, and the fewest doctors' bills."

This book gives the answers to these tremendously important questions. And it gives authoritative information about the origin of the health foods which have made Battle Creek world famous.

"Nature alone can cure—this is the highest law of practical medicine, and the one to which we must adhere.

Nature creates and maintains; she must therefore be able to cure."

— D I E T L



THE BATTLE CREEK SANITARIUM

Healthful Living

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What's the Matter with

EVIDENTLY something is the matter. Nothing except the weather is more talked about or more complained of than the things we eat and the cooks who prepare them. Every doctor is saying to his patients many times a day, "Don't eat this, or that, or the other thing."

We are known the world over as a nation of dyspeptics. "Uncle Sam," as pictured, has a lean and hungry look. The United States has half as many doctors as all the rest of the world.

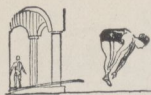
The average American is anemic. He has only four-fifths as much blood as he should have—only four-fifths alive. Millions are less than half alive.

Denatured foods are dwarfing us. According to Professor Osborn, of New York, we have lost two inches in stature since the Civil War. The conventional bill of fare lacks lime for the bones, iron for the blood, and vitamins to promote growth and development.

We are a nervous and irritable people. Tea and coffee, as well as other habit-forming drugs, are in part responsible. They break down the nerves by interfering with sleep and so preventing proper recuperation during the resting period at night.

Since disease and deterioration are often the result of wrong feeding, it is obvious that these injuries must be repaired by means of good food and proper feeding.





the American Diet?

In this booklet will be found a brief description of many unique foods—the foods that laid the foundation for the world-wide reputation of Battle Creek as the health food metropolis of the world. Each one of these foods is the result of an effort to add to the resources of corrective eating and to meet a need actually encountered by dietetic experts in dealing with patients suffering from the effects of wrong feeding. Each food has a special purpose and meets a definite, specific need. Each one has been evolved as the result of long, painstaking experimentation, first in a laboratory by experts, then by skilled dietitians in actual use. Each one may be depended upon to make good, that is, each one will be found to be exactly what it is represented to be and to do what it is expected to accomplish.



The Battle Creek Sanitarium was a pioneer in this work. For fifty years this institution has been an experiment station in dietetics. In this great institution more intensive study has been made in practical dietetics than in any other place in the world. Here have been gathered together the results of the world's great laboratories, and here have been compiled and summarized the experiences and the observations of the people of all civilized countries in relation to diet. Here, too, has been made a clinical study of the effects of American dietetic habits, and for fifty years, a systematic effort has been made to discover dietetic remedies for the injuries which the American stomach has suffered from the abuses to which it has been subjected, and to discover ways and means of mending the national bill of fare so as to bring it in harmony with physiologic needs and human requirements.

Why Called Battle Creek Health Foods?

The products of the Battle Creek Food Company are widely known as the Sanitarium Health Foods. The reason for this is that the foods manufactured by this company were originally made for the use of patients of the Battle Creek Sanitarium.



Origin of Battle Creek Foods

A YOUNG medical student was boarding himself in the heart of New York City while attending the Bellevue hospital Medical College. His culinary conveniences were very limited and he was living the simple life, partly because he was saving every penny possible for extra opportunities in medical training, and partly because he believed in biologic living and was making experiments in diet and nutrition. The cooking and other preparation of most foods were quite impossible. The thought occurred to the busy student, "What a convenience it would be not only for him but for thousands of people if ready-to-eat foods could be readily obtained in groceries and markets."

Following An Ideal

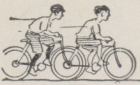
The idea pursued the young man. After he graduated he became Superintendent of the Battle Creek Sanitarium, then a little water-cure with 15 to 20 patients. Although he had for many years been interested in foods, he now began an intensive study of the influence of foods upon health, the effects of unwholesome foods in producing disease, and the adaptation of special foods to special ailments, as an aid to recovery. So the two ideas, ready-to-eat foods for everybody and food remedies for various classes of sick people, were kept constantly in mind and soon definite results began to evolve.

Noteworthy Contributions to the Rational Diet

There followed experimentations in various other lines of health food development. Our entire factory is, in fact, a research laboratory in which some new development is constantly taking place.

As a result of this activity, hundreds of new products have been devised and tested. Out of the great number studied, a few score have stood the test of practical experience and are included in the list of food specialties here described, each one of which has been prepared to meet a special need and has been proven to be efficient.





Battle Creek Sanitarium Health Foods

EACH of the following foods was originated in our laboratories. Most of them have been in use for many years. They have been thoroughly tested, not only in the Battle Creek Sanitarium, for which they were first made, but by many other medical institutions as well as by thousands who have become acquainted with the foods through the advice of physicians and friends.

Official Recognition

The products of our laboratories are to be found on breakfast tables in every land. They have received high recognition and medals from several great World's Expositions—First at Chicago in 1893, at Paris, France, in 1900, at St. Louis in 1904, and at Philadelphia in 1926. These foods provide sufficient variety to allow of frequent change of the bill of fare and supply the dietetic needs of a multitude of conditions.

Cooked Whole Wheat

Cooked Whole Wheat is prepared by our own special process, in which the choicest, carefully selected wheat is cleaned by the most thorough-going methods, including washing, and then carefully processed by methods which sacrifice none of the original properties of the grain. The result is a product which differs from any heretofore put on the market. Its superior flavor, that of the natural grain, enhanced by the special treatment to which it is submitted, quickly wins recognition and willingness to test its merits.

Cooked Whole Wheat is especially good for those who suffer from constipation.

One trial is not sufficient to test the merits of Cooked Whole Wheat. It must be eaten daily for a week. It becomes more palatable every day. You soon find real pleasure in chewing the rich, golden, energy-filled grain. And in a few days you find appetite keen, bowels moving well, "pep" increased, so that you become a steady user of ready-to-eat Cooked Whole Wheat.

Sanitarium Cooked Bran

Cooked, sterilized, ready to serve. Not ordinary fodder bran, but the large, clean flakes which are selected by a special





Battle Creek Diet System



process. Bran is not only a useful laxative, but is rich in phosphates and other salts, in iron and in protein. It may be used freely and as long as needed without injury. Sterilized bran is easily taken with other foods. It adds necessary bulk, retains moisture, and is a gentle stimulant to the intestines, rich in vitamin B. Bran does not irritate, it titillates.

Men and women need Sanitarium Cooked Bran to keep the blood clean, the brain clear and the body "fit."

Eat it with oatmeal for breakfast, with soup for dinner, with stewed fruit or cereal for supper.

Sanitarium Cooked Bran, the original and the best, is what you want.

Fig-Bran Flakes

Fig-Bran Flakes is a most delicious breakfast food which consists of two of Nature's efficient laxative foods, Bran and Figs.

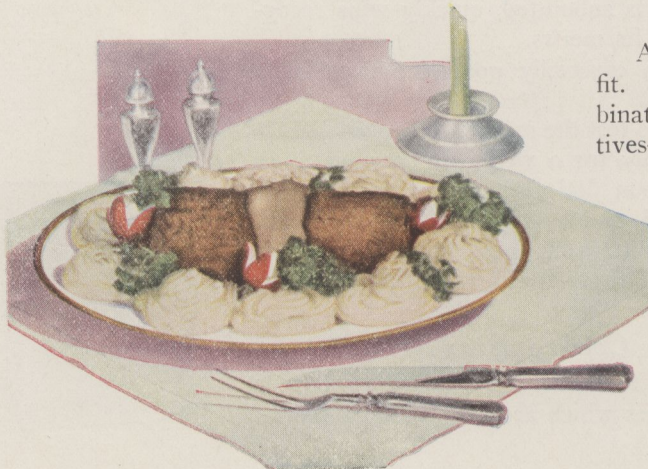
Fig-Bran Flakes does not act like a cathartic, but aids Nature in disposing of harmful residues.

But Fig-Bran Flakes is more than a laxative food. It is a delicious breakfast food, which is at one and the same time a laxative, a blood-and-bone-builder and a supplementary food of high value which makes good certain deficiencies of the ordinary fare. Fig-Bran Flakes is enriched by the addition of vitamin B and food iron of which it contains more than does beefsteak or other meats, and of far better quality, making it a food *par excellence* for pale children and invalids.

Fig-Bran

A granular food that keeps you fit. Fig-Bran is a delightful combination of Nature's finest laxatives—coarse Bran, Figs, an age

Protose Roast prepared from Protose the vegetable meat. Recipe given on page 62.





Healthful Living



old laxative, and blended with these a third—Savita, a concentrate of yeast—one of the richest known sources of vitamin B—the growth-stimulating vitamin.

Fig-Bran is ready-to-serve with the addition of cream and sugar or fruit juices. Children love its flavor of natural fruit and downright goodness.

Fig-Bran is an aid to regular habits of elimination.

Cero-Vita

A combination of grains in the form of toasted flakes. A food which we recommend as superior to all preparations of this sort, both in flavor and in nutritive properties. Those breakfast foods which exclude the bran are lacking in vitamin B, now recognized as one of the most important of all food principles. Wherever this new product has been introduced its superiority is immediately recognized.

Granola

A toothsome, dextrinized granular product, made from wheat and other choice grains. A most excellent, substantial, digestible cereal food. Can be used in a great variety of ways. Ready to serve at once with cream, fruit, or fruit sauce, or may enter into the composition of a great variety of toothsome and wholesome dishes.

Toasted Wheat Flakes

Prepared from choice winter wheat—the whole grain, thoroughly cleaned. Cooked, toasted, crisp, slightly browned flakes with a natural wheat flavor.

Toasted Rice Flakes

A delicate and delicious cereal preparation made from rice. It is exceedingly palatable, easily digestible and is welcomed by sensitive stomachs.

*Health Crackers—
Whole Wheat, Fruit and
Graham.*



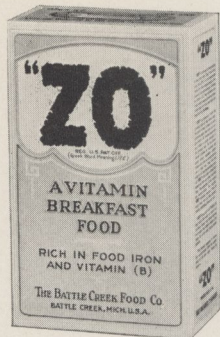
*Delicious Health Cake.
Recipe given on page 62.*



Battle Creek Diet System



"ZO" the Vitamin B Breakfast Food



The average bill of fare is often woefully lacking in the essentials for good nutrition. The foodstuffs which make up the average breakfast, dinner or supper contain little food iron or lime, and are deficient in vitamin B, the food accessory which promotes growth.

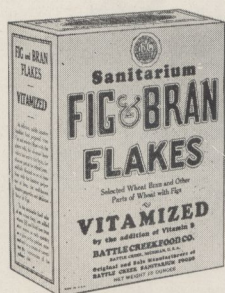
The average housewife has neither the time nor the opportunity to become sufficiently acquainted with the properties of the various available foods as to permit of arranging a well-balanced bill of fare which will supply everything essential for good nutrition and full development. After several years of research and experiment, we developed a food called "ZO," which corrects some of the outstanding deficiencies of the average diet.

"ZO" is super-rich in the things lacking in the ordinary bill of fare. By combining the choicest cereal products with certain food concentrates, a product has been perfected which supplies ten times as much iron as ordinary bread, four times as much food iron as beefsteak, and three times as much as spinach.

In addition "ZO" contains nine times as much vitamin B as does tomato and four times as much as do the turnip and the carrot, vegetables noted for their richness in vitamin B.

"ZO" is so toothsome and delicious it's a pleasure to eat it. The children like it. One never tires of it.

Branola



Branola is a delicious bran cereal that has a decided laxative effect. It is a pure wheat product, comprising all of the *best of the wheat*, but is improved by the removal of the least useful fine starch of the center of the wheat berry. All the bran is retained and in large clean flakes, which do not fail to stimulate the colon, without causing irritation. The flavor of Branola is delicious as produced by our special process. It requires but a few minutes to prepare. Eaten daily, it is almost a panacea for constipation. Children love it. It keeps them regular and gives them a keen appetite.



Vita-Bits

Vita-Bits, the laxative breakfast food, is bran in a new form, so perfectly hidden that you eat it with real enjoyment. You don't see the bran. You don't taste it. Yet it's there—the really efficient part of the bran that moves the bowels by natural stimulation. Remember, bran never irritates. Vita-Bits is not simply roughage or ballast. Vita-Bits is rich in food iron, food lime and vitamin B. It is made laxative by the addition of so large a proportion of cellulose that with every spoonful, you eat the equivalent of a spoonful of natural bran. Ready to eat, served with milk or cream.



Whole Wheat Flour

(100%—Stone Ground)

Wheat, as it comes to us from Nature's laboratory, the finished product of the deft magician, the green leaf, with its miracle working chlorophyl, carries in each little grain an assorted package of the choicest food elements compounded from the soil and sunshine, rain, dew and atmosphere—pure as the driven snow, created for man's use and especially adapted to his needs.

Try genuine stone ground Whole Wheat Flour. You will like this high grade product.

Brose

A combination of cereals which can be quickly prepared and served with cream in the form of a hot mush or porridge. Brose has a distinct and agreeable flavor. It is exceptionally rich in lime, iron and vitamin B. A capital breakfast dish. The children like it. Requires cooking only ten minutes.

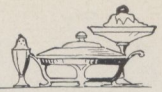
Twenty Per Cent Gluten Meal

Not a diabetic food. A cooked gluten meal, containing nearly twice the amount of gluten found in ordinary wheat flour, and hence a choice food for patients who require foods rich in nerve and blood-building elements. Especially recommended for persons suffering from hyperacidity, ulceration of the stomach, and for infants requiring artificial feeding. An admirable food in cases of typhoid and other fevers. Used in the form of "gluten gruel," a very delicate and palatable food.





Battle Creek Diet System



Vita Wheat

Vita-Wheat is made from the best of the grain, including the germ which is very rich in vitamin B. Hence the name Vita-Wheat. This smooth, creamy, hot cereal makes a delightful breakfast for old or young. Has been slightly toasted and requires but five or six minutes' cooking to make ready for the table.

Beverages

Health Koko

Cocoa and chocolate contain theobromin, a poisonous drug practically identical with caffeine, which produces similar effects. Health Koko has been subjected to a process for the removal of the theobromin. Persons who are unable to use ordinary cocoa because it produces sleeplessness, report themselves able to use Health Koko without ill effects.

Kaffir Tea

The product of a shrub, native to South Africa, where it is much used by natives and Europeans in place of tea or coffee. Has the aroma and refreshing qualities of the best tea and is free from poisonous caffeine and tannic acid which causes insomnia, headaches and digestive disturbances.

Minute Brew

A delicious cereal drink, a health beverage with a coffee-like flavor. Your morning cup without a single danger. May be instantly prepared at the table by adding boiling water. Allows sound, refreshing sleep. You will like its captivating flavor. It costs but little. A four-ounce can makes sixty-five cups.

Confections

Chocolate Nut Bars

A new and delicious confection in the form of a candy bar. Made of pure Malt Honey, dipped in the finest chocolate, topped with choice pecan meats.

Fruit Bars

A rich confection prepared from California fruits and honey.

Yeast Nut Bars

A tasty candy bar made from raw sugar and honey, vitaminized with Savita, the concentrated yeast extract. High in vitamin B. Rich in food iron.



Nut Bromose

A delicious confection prepared from Malt Honey and nuts. A capital food for people who desire to increase their weight. An excellent food for luncheons, camping, traveling, especially for golfers and athletes, as a means of producing endurance. Presented in blocks about the size of caramels. A world's walking race was won on Bromose by Carl Mann.

Fig Bromose

Same as the preceding, but with the addition of California figs.

Health Chocolates

This delicious chocolate confection resembles other chocolates in appearance, but differs in that the "chewy" centers contain no cane sugar, being made from Meltose or Malt Honey.

The most delicious of all chocolates. Excellent for children, even babies.

Meltose Sweets

A confection prepared from Malt Honey in the form of caramels. Contains no cane sugar. Can be eaten as freely as desired.

Health Breakfast

Baked Apples

ZO with Fresh Strawberries

Cream

Bran Nut Muffins
(Sanitarium Cooked Bran)

Fig Marmalade

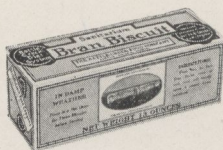
Minute Brew (Cereal Coffee) or Glass of Milk





Sanitarium Crackers and Biscuits

Bran Biscuits



Prepared from bran and flour, shortened and sweetened. An excellent laxative food. Rich in lime, iron and prote.n.

The average diet is deficient in bulk. It does not contain the needed bulk or roughage to fill up the intestinal tract and arouse the colon to normal action. Dainty, concentrated foods are responsible for more constipation than any other one thing.

The right way to fight constipation is to eat right. Eat foods containing more cellulose—the coarse, fibrous, woody element found in bran.

When the little ones require something between regular meals to satisfy a natural appetite, give them Sanitarium Bran Biscuit.

Fruit Crackers

A toothsome fruit sandwich, consisting of a crisp biscuit in two layers with an intermediate layer of choice, delicious fruit. Capital for luncheons, and to serve with desserts.

Plain Graham Crackers

Crisp, toothsome, wholesome. Not sweetened. An excellent staple bread product.

Graham Crackers Sweetened

Thoroughly baked, crisp, nutty flavor, slightly sweetened and shortened.

Oatmeal Wafers

We were the first to produce a thoroughly palatable oatmeal wafer—a problem difficult of solution. Made from choicest material. Palatable, nutty flavor.

Whole Wheat Wafers

Thin, well-baked, crisp, toothsome wafers prepared from 100% whole-wheat flour. The best article of its kind which has been produced.

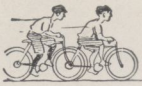
Whole Wheat Cream Sticks

Small finger-rolls or sticks prepared in the same manner as whole-wheat wafers, shortened with cream.

Zwieback

Prepared from choice wheat flour, dextrinized, crisp, delicious in flavor, a favorite for more than fifty years. Large, thick slices, suitable for serving as fruit or gravy toast.





Healthful Living



Breakfast Toast

A zwieback preparation, differing from the preceding in that it is presented in thin, narrow pieces, convenient for table use.

Good Health Biscuit

Prepared from Cero-Vita flakes, pressed into biscuit form. A crisp, toothsome biscuit, slightly laxative, and not lacking in vitamin B and iron, as are ordinary breads and many breakfast cereals.

Granose Biscuit

Consisting of Wheat Flakes pressed into the form of biscuit. Crisp and delicate. An excellent form of bread. Aids bowel action.

Toasted Rice Biscuit

Prepared from Rice Flakes pressed into biscuit form, then toasted. Crisp, delicious.

Nut Butters

Peanut Butter

We were the originators of peanut butter, which we first made for the Battle Creek Sanitarium in 1892. We at first roasted the nuts, but found that roasting destroyed some of the fine qualities and rendered the product hard to digest. After much experimenting, we discovered a new process whereby a far more delicious and entirely wholesome product could be made without roasting. The roasted nut butter is difficult for some people to digest.

Our peanut butter is prepared from choicest nuts. A most excellent fattening food. Capital for use in sandwiches and salads.

Almond Butter

Prepared by our own process from the finest quality of sweet almonds. Thoroughly cooked and emulsified, it dissolves readily in water, and until opened will keep indefinitely in any climate.

Almond Butter may be prepared for table use by mixing with an equal amount of water and adding salt. This makes delightful sandwiches. Mixed with equal parts of lemon juice and salt to taste, you have a sour salad dressing. Makes delicious nut cream and nut milk.





Vegetable Meats

Protose



A vegetable meat. One of the most interesting discoveries of modern times. Looks like meat, tastes like meat, has the savor and composition of meat and even the fibre of meat. May be cooked in all the different ways in which meat is ordinarily prepared—boiled, stewed, roasted, or broiled, or may be eaten cold, direct from the can. Protose makes excellent broths, soups, and combination dishes with vegetables, grains and fruits. More nutritious than meat, more easily digestible. An absolutely pure product prepared from grains and nuts. Protose contains more protein than either mutton or veal, and nearly twice as much as chicken and more than twice as much as fish. Furthermore, Protose contains *six times as much food lime as does ordinary beef-steak, and twice as much iron.*

A most delicate and wholesome vegetable meat and a great favorite.

While it is easily digested and can be managed by the indoor worker of sedentary occupation, it supplies at the same time the sturdy, staying qualities required by those leading a strenuous active life. Its protein is of equal value to that of meat.

Nuttolene

Another vegetable meat, to which we gave the name of Nuttolene, is a delicate white meat as dainty and juicy as the breast of a spring chicken.

A pure nut product, having the consistency of cream cheese, a meat-like flavor and composition. Is excellent for the preparation of stews, sandwiches and cutlets.

Nuttose

This is the original of all vegetable meats prepared from nuts. It has a rich meaty flavor, tasty and palatable.

Vitamēt

A new vegetable meat which is especially to be recommended because of its richness in pure vegetable protein, vitamin B and



food iron. It is basic (alkalin) and especially valuable in cases which require an alkalin-ash diet. Vitamēt is non-fattening—no starch, so is good for the diabetic and the obese.

Tomato Soup

A rich soup prepared from choice ripe tomatoes and flavored with Savita, the yeast extract. You will appreciate the flavor. It's different!

Vegetable Soup

Prepared in our factory the same as you would prepare it in your own kitchen. The added flavor of Savita, the yeast extract, is irresistible.

Savita

Savita is an extract of yeast with a delicious flavor. It is ten times as concentrated as fresh yeast and the flavor reminds one of savory roasts and gravies. Savita is one of the richest known sources of vitamin B, the growth stimulating vitamin. To it has been added organic iron concentrates obtained from vegetables.

Savita stimulates the appetite, causes the salivary glands to pour out their juices, aiding digestion and assimilation. Savita is a needed food for growing children and invalids, and is a benefit to all. From it you can prepare appetizing sauces and gravies, soups, broths, and other savory dishes. Try it as a sandwich filling, it's good.

Health Luncheon

Golden Bouillon

Ripe Olives

Celery Hearts

Protose Croquettes with Cream Sauce

Baked Stuffed Potatoes

Buttered Carrots

Perfection Salad (Vegetable Gelatin)

Whole Wheat Fruit Muffins

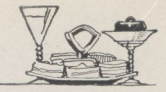
(100% Whole Wheat)

Fresh Fruit





Battle Creek Diet System



Sal-Savita

Flavor, vitamin B, Iron, Appetizing, aids Digestion.

A delicious food relish for table use which may be conveniently added to vegetables and vegetable soups, purées and broths with a great increase in the enjoyment of the meal and notable physical benefit.

SAL-SAVITA is much more than a relish. It presents Savita, with its wonderful hormone, vitamin B, in a form convenient for table use. Besides, it is rich in organic iron, and so is most valuable as a means of balancing the bill of fare.

Sprinkle freely on the food as served. It may be used very liberally without harm, and with increased profit.

If a bouillon is desired, add a heaping teaspoonful to a cup of hot water, or cold water if desired.



Malted Nuts

This delicious product, one of the most interesting and useful of many foods developed in our laboratory, possesses several extraordinary properties which render it unique and in many cases practically indispensable. Here are some of its remarkable features:

Malted Nuts, when diluted with six parts of water, has practically the same composition of, and is the only satisfactory vegetable substitute for, cow's milk.

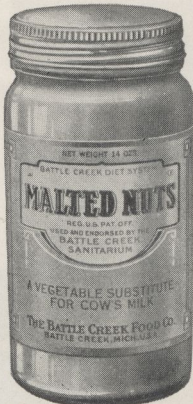
It has saved the lives of many babies sensitized to cow's milk.

Malted Nuts combined with milk in the right proportion makes the best known substitute for mother's milk. The composition is nearer to that of human milk than any "modified milk." The curds are small and easily digested, and babies like and thrive on it. Incubator babies have been raised on it.

Malted Nuts contains a large per cent of malt sugar, which is digested and assimilated in one-fourth the time of milk sugar.

Malted Nuts renders extraordinary service to nursing mothers because of its remarkable power to increase the flow of milk. It renders special service to expectant mothers, particularly those who have previously had insufficient supply of food for their infants.

Malted Nuts, because of its richness in iron, in which milk is greatly deficient, is a food of great value to adults who are anemic.





The protein of Malted Nuts is of the high quality known to chemists as "complete" protein, and so may replace the proteins of meat, eggs, and even milk.

Malted Nuts may be used either in its natural state as an addition to fruits, cereals, salads, or soups, or with the addition of water as a substitute for milk or cream in the preparation of delicious ices and desserts.

Vegetable Gelatin (Agar)

Vegetable Gelatin is an imported vegetable product which grows in the sea. A superior gelatin from which delicious and healthful desserts can be made. Vegetable Gelatin is low in food value, hence valuable in the reducing dietary.

Jellies prepared from Vegetable Gelatin are much finer in flavor and more delicate than those from animal gelatin. A consideration of great interest to housewives is the fact that vegetable gelatin goes four times as far as ordinary gelatin and "sets" firmly without the use of ice even in hot weather.

Fig and Prune Marmalade

These marmalades differ from all others made in that they contain no cane sugar. They are prepared from genuine fruit juices and fruit pulp, to which is added nothing whatever except our delicious Meltose Honey. The avoidance of cane sugar renders our marmalades a wholesome and delicious sweet which can be used as freely as may be desired. Three varieties are made: White Fig, Black Fig, and Prune Marmalade. All are delicious and rich in lime and iron.

Preserved Figs

Choice Kadota figs which are noted for their freedom from seeds. Preserved in Meltose honey, healthful and delectable.

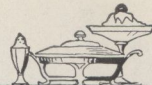
Ripe Olives

Ripe Olives have long been considered only as an appetizer but owing to their nutritive value have a genuine place in the diet. Fully ripened on the tree they are wholesome and easy to digest.

Meltose

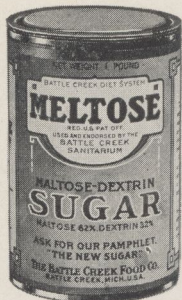
Meltose or Malt Honey is a syrup made from grains. It has a delicate agreeable flavor similar to maple syrup and honey which it resembles. It contains no cane sugar or other artificial sweet. It is identical in character with the normal product of starch digestion in the stomach, hence may be eaten as freely as desired. Should replace other syrups.





Meltose Sugar

Meltose Sugar in powdered form, is a delicious sweet with a slight maple sugar and honey flavor. Meltose or Malt Sugar differs from cane sugar in several important particulars, chiefly the following:



1. Cane sugar is sometimes an irritant to the stomach, often causing indigestion, acid dyspepsia, gastric catarrh and painful sensations in the stomach. Meltose Sugar being a natural product of digestion is non-irritating.

2. Meltose Sugar is more readily assimilated than cane sugar, requiring less work of the digestive organs, being absorbed in less than half the time required for cane sugar, and is a better source of energy.

3. Meltose Sugar is rich in food iron containing more than ordinary beefsteak, while cane sugar contains no iron.

4. Meltose Sugar is rich in food lime, containing three times as much as beefsteak, while cane sugar contains no lime.

Food-Ferrin

(The New Food Iron for Blood Building)

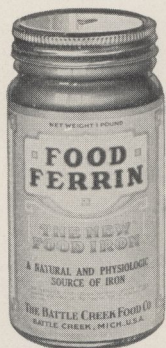
Food-Ferrin presents organic iron in a new combination which assures its prompt utilization by the blood-making organs of the body. Test experiments by experts in the Nutrition Laboratory have shown Food-Ferrin to be possessed of remarkable and unsurpassed blood-building properties.

The superiority of Food-Ferrin is due to the fact that it presents iron in a new form. Recent physiological research has disclosed the fact that to be utilized for blood-building purposes, iron must be associated with certain other elements that have heretofore been neglected. It is this combination which exists in natural foods and which makes the difference between food iron and iron-containing drugs and nostrums.

In Food-Ferrin the elements needed for making rich red blood are presented in a form which enables the body to utilize them as it does the iron of spinach and other greenstuffs.

Food-Ferrin offers the advantage of presenting food iron in a highly concentrated state. *A tablespoonful of Food-Ferrin contains as much iron as a pound of spinach or beefsteak, or three loaves of ordinary bread and more than five times as much as the same weight of any other foodstuff.*

Food-Ferrin is agreeable to the taste, and may be freely used for any length of time without injury. It is not a drug but a palatable and most efficient blood-building food.





Dose: One or two tablespoonfuls with each meal. For an infant, a teaspoonful at each feeding.

Food Ferrin is supplied in two forms, one a thick sweet syrup, the other a plain liquid. They are of equal value in blood-building material but in cases requiring a diet low in starch and sugar, the plain liquid Food Ferrin is preferable.

Yogurt Buttermilk Tablets

From the most ancient time buttermilk or sour milk has been a favorite dairy food. Many African tribes use milk only after souring in a gourd. Oriental people long ago discovered a most remarkable buttermilk ferment now known to bacteriologists as *B. Bulgaricus*.

We are able to supply this ferment or germ in tablet form so anyone can prepare a good buttermilk of uniform quality right at home. No elaborate equipment is necessary. Ample facilities are to be found in every home kitchen for making this high grade Bulgarian Buttermilk for daily use

Acidone

A special preparation which furnishes the stomach the necessary acid that is lacking in certain cases. We have, for the first time, solved the problem of presenting this highly important food chemical in a concentrated and harmless form. By this means it is possible to introduce into the stomach a sufficient amount of the needed digestive acid to render efficient service to stomachs in which gastric acid is lacking. This cannot be accomplished in any other way without the use of the stomach tube.

Carminc Capsules

For motility test and more general description, see page 60.

Diabetic Foods

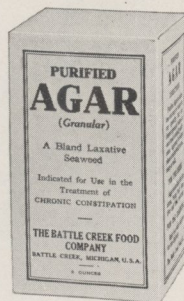
The large experience gained in providing special foods for the many hundreds of diabetic patients who have been treated at the Battle Creek Sanitarium during the last forty years, has enabled us to develop a line of special foods which are unexcelled in their adaptability to this class of patients.

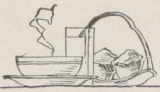
The same foods which are efficient in the diabetic diet are also useful in the reducing diet. The reason is that this class of foodstuffs is limited in, or entirely free from starch.

Agar

Especially purified and in granular form. Agar is a bland, non-irritating and harmless indigestible accessory food which stimulates the colon to action.

For full information on this product, see page 27.





Almond Butter

From which a delicious vegetable milk or cream may be prepared. Of special service to those who are sensitized to cow's milk or are unable to use milk on account of the large amount of sugar present. See page 13.

Standardized Glutens

Our glutens are prepared by a process of our own devising, and are all thoroughly standardized, so that, in their use, both physician and patient know just the amount of protein and starch eaten.

All our different gluten preparations are of special value to anemic patients as well as those who are suffering from diabetes, for the reason that they are rich in food iron and food lime, hence are superior blood-making foods. 44.81% Gluten Flour, or Gluten Biscuit, contains six times as much iron as does ordinary beefsteak and better iron.

44.81 Per Cent Sanitarium Gluten Flour

After many years' experimentation we succeeded in producing a satisfactory flour, containing nearly four times the ordinary amount of gluten (protein), which may be successfully employed in bread-making. This flour is prepared from special varieties of wheat which contain the largest amount of gluten, reinforced by additional pure gluten prepared by special process. This flour is used at the Battle Creek Sanitarium in the treatment of diabetes. Our 44.81 per cent Gluten Flour is exactly what it is represented to be. It contains that amount or more of wheat gluten. This Gluten Flour has given most excellent satisfaction to thousands who have used it. Recipes for making gems and bread will be found on the bag.

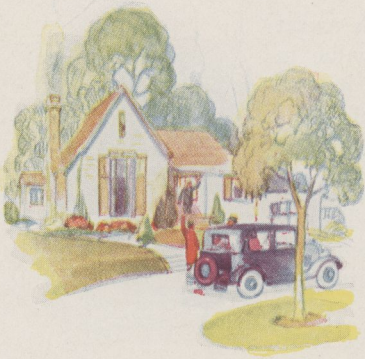
Gluten Bread

Gluten Bread in ten ounce tins. For those who do not do their own baking. Very convenient. Keep a few tins in the house.

Hundreds of bakers furnish fresh gluten bread made from Sanitarium Gluten Flour. Write for name of nearest baker.

Casein-Gluten Flour

Casein-Gluten differs from other gluten products in the fact that it combines with the protein of wheat (gluten) the valu-





able protein of milk (casein). These proteins have been enriched by an additional amount of vitamin B obtained from vegetable sources. By its use an ample amount of vitamin B will be supplied to make good the deficiency which is likely to exist in diabetic diet as well as the ordinary bill of fare.

In view of these facts, it is evident that *Casein-Gluten* is a valuable adjunct in the scientific treatment of diabetes, obesity and other disorders in which protein foods are required.

Gluten Bran Flakes

Prepared in answer to a popular demand from diabetics for a breakfast cereal they could safely use. Made of wheat gluten and bran. Low in starch content.

Forty Per Cent Gluten Meal

Prepared from the choicest wheat, guaranteed to contain 40 per cent of gluten thoroughly cooked. May be combined with buttermilk or eaten as a porridge, or in the form of mush, with the addition of a little cream.

Health Dinner

Grapefruit Basket Cocktail
Roast Protose with Savita Brown
Sauce
Fresh Spinach garnished with Eggs
Mashed Potatoes
Cinnamon Apple Salad—Date Whip
Nut Brown Bread (Sanitarium
Cooked Bran)
Fruit Crackers (Sanitarium)





Battle Creek Diet System



Pure Gluten Meal

As free from starch as can be made. Guaranteed to contain on an average less than 5 per cent starch.

Forty Per Cent Gluten Biscuit

Contains 55 to 60 calories of starch per ounce and 45 calories of protein. One ounce supplies as much food iron for the blood as six ounces of beefsteak, and three times as much food lime as does beefsteak. An excellent and toothsome bread for obese persons, as well as diabetics.



Pure Gluten Biscuit

Guaranteed to contain less than 5 per cent starch. The actual amount is $\frac{1}{2}$ to $3\frac{1}{2}$ per cent; or one to four calories per ounce.

Para-lax

A thick creamy emulsion of purified paraffin oil. Peppermint flavored. Tastes good. An excellent laxative for the diabetic.

Complete description of Para-lax on page 25.

Sanitarium Brand Canned Fruits and Vegetables

All diabetics and over-fat people must of course, avoid cane sugar as must also persons suffering from hyperacidity, gastric or duodenal ulcer, high blood pressure and gall bladder disease.

For the use of such persons we can recommend the following choice canned foods which have been packed *without sugar or salt*.



Apple Sauce
Apricots
Blackberries
Blueberries
Cherries, Red Sour
Cherries, White
Figs (Delphi)

Grapefruit
Peaches, Yellow Halves
Pears, Bartlett
Pineapple
Raspberries, Black
Raspberries, Red
Strawberries

Asparagus, green
Beans, Golden Wax
Beans, Refugee
Beans, Green Lima
Peas, June
Spinach, Garden
Tomatoes

Starchless Bran

Bran made free from starch and other carbohydrates by a special process. Guaranteed to contain less than 5 per cent of starch.

Diabetic Colax

A special form of Colax is made for Diabetics which is free from sugar and contains practically no carbohydrates. For general description of Colax see page 24.



Healthful Living



Diabetic Food-Ferrin

A Food-Ferrin prepared especially for the diabetic and the obese. Non-fattening and very rich in blood building iron. For general description of Food-Ferrin see page 18.

Diabetic Laxa

A combination of bran and agar. Specially prepared for diabetics. For general description see page 24.



Diabetic Paramels

More efficient than mineral oil in any other form.

For more general description of Paramels see page 26.

Purified Paraffin Oil

As its name implies, this high-grade mineral oil has been put through our special process of purification and all deleterious substances have been removed. A good laxative for the diabetic. See page 27.

Protose

A vegetable meat in every way superior to flesh meat. Contains three times as much iron and six times as much lime as does ordinary beefsteak. Contains about 10 calories of carbohydrates to the ounce.

Soy Biscuit

A palatable soy bean biscuit. Contains no starch. An excellent bread for diabetics. The Soy Bean more nearly resembles in composition a nut than the ordinary bean. It contains more protein than any other vegetable product and is also rich in oil. Most remarkable of all is the fact that this bean contains practically no starch. These characteristics make the Soy Bean a food *par excellence* for persons suffering from diabetes. This is a bread which the diabetic can use freely without fear of injury from starch or carbohydrates.

Soy Meal

One of the most valuable products in the whole list of foodstuffs.

Soy Meal contains more protein than the best beefsteak, more than eggs, even more than dried milk; and the protein is of the choicest quality, equal to that of milk.





Soy Meal is practically free from starch, and so of special value for diabetics and those who need to reduce their weight.

Soy Meal may be used in a great variety of ways. Recipes on can.

Special Literature

Space in this book does not permit the giving of detailed information of vital interest to all persons having Diabetes. Write for free copy of "*What to Eat in Diabetes*," a 50-page booklet of Recipes, Menus, Tables, Rules, etc.

Food Accessories for Combating Constipation

Colax

Colax, agar or seaweed presented in biscuit form. This product is a laxative because of its great avidity for water and the bulk which it gives to the intestinal contents. Under the influence of water or other liquids Colax absorbs moisture until it increases its weight ten fold. It becomes a bland yet powerful eliminative agent.

Twenty-one biscuits, a week's supply, in one package.

Lacto-Dextrin

Here is another food, one of the most remarkable products we have ever developed. It is used extensively in combination with our various laxatives as a means of suppressing the extreme putrefaction always found in chronic constipation. It is a concentrated carbohydrate consisting of a mixture of Lactose and Dextrin, flavored with lemon. While prepared in the form of a pulverized sugar, it is served as a beverage, making a delicious and refreshing drink.

Laxa

The natural stimulant of the intestines is bulk.

The colon must be stretched to make it contract.

All animals eat something to induce intestinal activity. The dog eats bones and sometimes grass. The chicken eats gravel or bits of glass, and if nothing else is handy, feathers.

The Alaska Indians gather and dry the seaweed which grows along their shores.



The Eskimo eats the half digested moss which he finds in the stomach of the reindeer. Agar is widely used in Japan, China and the Orient. This substance owes its value to the fact that it renders the intestinal contents moist and bulky and thus facilitates bowel movement.

The combination in Laxa of the two forms of cellulose—Agar and Cooked Bran—makes an ideal colon food which possesses many special advantages and succeeds in cases that have proven refractory to other means.

Among the special excellencies of Laxa may be mentioned the following:

It is palatable and easy to eat. May be eaten dry like toast, with or without butter, or may be served in soup, with gravy, fruit juices, and in many other ways. It is a palatable food.

Laxa possesses a decided nutritive value. It is rich in phosphates and also contains a considerable amount of valuable protein. It is especially rich in vitamin B, which modern scientific research has shown to be essential for complete nutrition.

Some cases require lubrication as well as bulk. Combined with Para-lax, or Paramels, Laxa, if used according to directions, rarely fails to afford relief in obstinate cases of chronic constipation.

Laxa may be used for any length of time without the slightest injury. It does not create a "habit." It is not a drug, but a highly efficient colon food.

Para-lax, the Improved Mineral Oil (Emulsion)

Para-lax is an emulsion of pure, highly refined mineral oil, peppermint flavored.

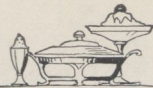
It has for years been extensively used and prescribed by physicians as a remedy for constipation.

Para-lax is not a laxative in the ordinary sense. It is not a cathartic. Its action is purely *mechanical*. It simply lubricates the intestinal walls, the natural result of which is that the contents of the bowels move along their usual course more rapidly and are finally expelled from the body several hours, or possibly several days, sooner than would otherwise occur. This is accomplished without strain or the usual griping, and the distress so often experienced after the use of laxative drugs and mineral waters.





Battle Creek Diet System



Para-lax undergoes no changes while in the stomach or intestines, is not acted upon by the gastric juices, and no part of the oil is absorbed by the system, the entire amount passing out of the body without change.

Laxatives increase the absorption of toxins by irritating and congesting the mucous membrane, thus lessening its filtering power and rendering it permeable to poisons. Para-lax does not irritate, but soothes, protects, and encourages healing of the diseased surfaces and hinders absorption of poisons.

Para-lax is chemically neutral to the body, causing no irritation whatever. It simply facilitates bowel movement by making conditions favorable for normal action. Ordinary laxatives irritate and excite the whole thirty-two feet of the intestinal tract in order to relieve a difficulty located principally in the colon.

Para-lax with Agar

Combining all the advantages of Para-lax as above enumerated with those of agar. The result is a superior emulsion with a delicious flavor. Children like it.

Paramels—A Mineral Oil That Does Not "Leak"

One of the best of laxatives. An especially prepared paraffin or mineral oil in convenient tablet form. Melts at body temperature. It is highly efficient in relieving constipation, perfectly harmless, free from unpleasant features.

Paramels, like all mineral oils, give best results when used in connection with Sanitarium Cooked Bran, Fig-Bran, Agar, or Laxa, since roughage or bulk is needed as well as lubrication.

Paramels may be used indefinitely without injury. They do not cause a "habit." They train the bowel to more efficient action.

Paramels are packed in handy tin boxes, each containing sufficient for a week's treatment. Convenient for travelers.

Psylla (Plantago psyllium) Specially Selected and Sterilized

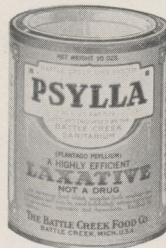
This remarkable product, a native of Asia Minor (it grows wild in Greece), has only very recently become known in this country, although long familiar to the people of Southern Europe. The product owes its properties to its extraordinary richness in a peculiar mucilaginous substance which the small brown seeds give out when immersed in water. This substance



takes up water in enormous quantities and forms a limpid, coherent, gelatinous mass many times the volume of the original material.

When regularly used, either by itself or as an aid to the other laxatives mentioned, Psylla secures frequent well-formed and ample stools, three a day or more. Psylla often succeeds when other measures fail. The addition of a spoonful of Psylla to bran with each meal will rarely fail to secure desired results even in very obstinate cases.

Psylla is absolutely harmless. It is not a drug, but an accessory food, which supplies both the bulk and the lubrication needed for efficient bowel action.



Specially Purified Paraffin Oil—An Efficient, Harmless Remedy for Constipation

Ordinary commercial paraffin oil contains, according to Dr. Ross of London, highly deleterious substances which can only be removed by special processes of purification, such as those to which this product has been subjected.

Purified Paraffin Oil produces natural movements of the bowels by correcting unnatural conditions. The following are some of the advantages:

(1) It is non-absorbable, non-irritating, and in this respect differs from all laxative drugs; (2) It prevents drying and adhesion of the intestinal contents; (3) It lubricates the intestinal mucous membrane and thus facilitates bowel action; (4) It protects the diseased mucous surfaces and promotes healing.

Purified Agar

Agar, presented in flaked form, is a seaweed that grows off the coast of Japan, is a form of cellulose resembling bran in chemical composition but somewhat like animal gelatin in physical appearance. Agar has a remarkable avidity for water, of which it may absorb a sufficient amount to increase its weight ten fold. Its volume is equally increased. The soft, watery, pulpy mass thus formed dries very slowly for agar clings to water with great tenacity.

This preparation differs from ordinary commercial agar in the fact that it has been subjected to special processes by which it has been thoroughly cleansed and disinfected.





Battle Creek Diet System



Food Values

The following table shows the number of calories per ounce for each of the principal food specialties which we supply:

	Protein	Fat	Carbohydrates	Total
Bran Biscuits	19	22	57	98
Branola	13	5	76	94
Bran Gluten Flakes	24	9	12	45
Breakfast Toast	12	2	85	99
Bromose (Nut)	20	69	41	130
Brose	14	11	78	103
Cooked Bran	24	11	51	86
Cooked Whole Wheat	9	3	64	76
Fig Bran	9	6	62	77
Fig Bran Flakes	19	9	62	90
Food Ferrin (sweetened)	00	00	86	86
Food Ferrin (unsweetened)	00	00	00	00
Fruit Crackers	13	27	73	113
Gluten Biscuit (40%)	46	3	29	79
Gluten Biscuit, Pure	89	8	1	98
Gluten Bread (Canned)	28	0	14	42
Gluten Flour	50	4	48	102
Gluten Meal, Pure	95	2	5	103
Gluten Meal (40%)	53	0	44	97
Health Chocolates	1	4	85	90
Lacto-Dextrin	00	00	113	113
Lima Bean Flakes	17	1	72	90
Malted Nuts	23	69	40	130
Meltose Honey	00	00	81	81
Meltose Sugar	1	00	100	101
Nuttolene	15	63	8	86
Oatmeal Wafers	14	30	81	125
Protose	25	25	9	59
Prune Marmalade	00	00	86	86
Psylla	00	00	00	00
Savita Broth	5	2	00	7
Vita Bits	14	3	75	92
Vitamēt	9	13	4	26
Vita Wheat	13	5	90	109
Whole Wheat Cream Sticks	10	1	89	100
Whole Wheat Wafers	11	26	85	122
Zwieback	17	4	85	106
"ZO"	16	1	85	102

The Extraordinary Amount of Food Lime and Iron in Battle Creek Food Company's Specialties

(Grains per ounce)	10,000ths of grain Iron	1,000ths of grain Lime
Fig Marmalade	150	557
Prune Marmalade	150	226
Meltose (malt honey)	171	122
Nuttolene	171	263
Malted Nuts	192	433
Malt Sugar	214	262
Laxa	239	515
Protose	249	416
Gluten 20%	300	95
Bran	341	735
Gluten 44.81%	600	191
Savita	625	
Soy Biscuit	694	1500
Gluten (pure)	1487	498
Average	344	440

Food Lime and Iron in Common Foodstuffs

(Grains per ounce)	10,000ths of grain Iron	1,000ths of grain Lime
Baker's Bread	39	91
Corn Meal	39	110
Rice	39	55
Crackers	66	135
Macaroni	53	135
Sweet Corn	35	37
Potatoes	57	86
Asparagus	44	153
Chicken	97	66
Apples	13	43
Bananas	26	55
Buttermilk	11	643
Carrots	26	343
Cauliflower	26	753
Average	47	184



How to Eat for Health Strength^{and} Efficiency

1. Take care to chew each morsel thoroughly. This greatly aids digestion and bowel action.
2. Avoid tea, coffee, tobacco and alcohol.
3. Avoid irritating condiments and spices.
4. Use salt sparingly. Many persons are benefited by discarding salt altogether.
5. Eat simply and moderately, avoiding too many kinds of food at a meal.
6. Eat food which is relished. Such food generates appetite juice, which is essential to good digestion. (Savita provides abundant and delicious flavor.)
7. Use cane sugar sparingly or not at all. Meltose or Meltose Sugar may be used freely with great profit.
8. Secure three free bowel movements daily by the abundant use of fruits, greens and other laxative foods, such as Fig-Bran, Branola, Vita-Bits, Fig Marmalade, Laxa, Colax, Lacto-Dextrin, Psylla, Paraffin Oil, Para-lax or Paramels.
9. If necessary to still further encourage bowel action, eat some fresh fruit at bedtime and an orange or an apple between times.
10. Make fresh vegetables the staples of the diet rather than breakfast foods and cereals. Eat more potatoes and less bread. Cereals, like meats, tend toward acidosis.
11. Eat some uncooked food daily, such as fresh or dried fruits, lettuce, heart of cabbage, or fresh cucumbers.
12. If there is much gas in the bowels, and the tongue is coated, the breath foul or the stools putrid, or headaches or bilious attacks occur, the flora needs changing to get rid of bad germs in the colon. For this, take Lacto-Dextrin in amount to secure and maintain odorless stools, a clean tongue and a sweet breath. It is wise to have the stools examined occasionally.
13. Vary the diet from day to day, but avoid complicated meals and dishes.
14. The meal hours should be regular, with five or six hours' interval. Avoid heavy meals at night.
15. Take time to eat. Long chewing aids bowel action.
16. Drink four to six pints of water daily.





Fundamental Facts About Food and Feeding

FOOD IS FUEL. Poor fuel means a deficient output of energy. Too much fuel chokes the fires, too little, lowers the steam pressure. Foods differ in quality as do fuels. Some foods are like pine kindling; others like good anthracite coal.

But food is something more than fuel. It not only supplies heat and energy to the body, but also tissue-building material. Fats, starch, sugar, and fruit acids are true fuel elements; while proteins such as gluten of wheat, the casein of milk, the vegetable casein of nuts and beans and similar foodstuffs, as well as the lean of meat and the white of egg, are the tissue-building elements.

The fuel elements—starch, sugar, fat, etc., are easily disposed of by the body. A portion is burned up at once in producing energy, supporting muscular work, etc., while any residue is deposited as fat. The proteins or tissue-building elements are not so easily disposed of. They cannot be stored up. If taken in excess they must be gotten rid of at once. An excess of protein gives rise to poisonous substances which do great mischief in the body and so must be destroyed by the liver and eliminated by the kidneys as quickly as possible.

The worst mischief that arises from the use of an excess of protein is the encouragement of putrefaction in the intestine. The undigested fragments remaining in the colon undergo rapid putrefaction changes, and the poisons absorbed into the body damage the liver, kidneys, and all the tissues, and disturb all the vital functions. The normal proportion of tissue-building elements is about one-tenth of the total food requirement. When an excess is taken, the undigested portions undergo putrefaction, and are converted into highly poisonous substances.

The presence of these poisonous substances of putrefaction may be recognized in the stools by a putrid odor. Healthy bowel discharges should have a sweetish or slightly sour odor, or should be entirely free from odor. A putrid odor is always an evidence of an abnormal and harmful condition. When the bowels are in such a condition that putrid, foul-smelling gases escape, *intestinal autointoxication is going on!*

The greatest bulk of our foodstuffs consists of three constituents: fats, carbohydrates and proteins.

Proteins are not all alike. Some are worth much more than others. The protein of milk is of such high quality that one



pint of milk, or a glassful at each meal, taken with an adequate amount of cereals, fruits and vegetables, will supply all the protein required by the adult body to keep it in a state of high health and efficiency.

Food Salts

Chief among these food salts are iron and lime. Iron is needed especially for the blood, which contains nearly all the iron found in the body. It is associated with the hemoglobin or red coloring matter of the red blood corpuscles. In food, iron is associated with the protein and especially the green coloring matter of leaves and tender shoots; that is, greens, asparagus, lettuce and cabbage. It is also abundant in beans, peas, and lentils, in the gluten of wheat and in figs, dates, and raisins, in molasses, maple syrup, malt sugar and bran, graham and whole wheat preparations. Iron is also found in meat because of the blood left in it, but blood iron is of poor quality for the reason that it has once been used. Experiment shows (Sherman) that the iron from vegetable sources is the best.

Food lime is needed for the bones, muscles, blood and heart. The daily requirement is about 20 grains. Many of our common foodstuffs are so much denatured that they supply less than one-half the amount of lime needed. The lack of lime in the national bill of fare is shown in the almost universal decay of the teeth. Muscular and nervous weakness are often due to a deficiency of lime.

Vitamins

Vitamins are essential to the growth, development and maintenance of both animals and plants. They are produced by plants and when eaten by animals are stored for use in the liver and other glands. Milk contains vitamins gathered with the animal's food.

In general, vitamins are found chiefly in green leaves, buds and sprouts and in the germ and the bran of cereals. Vitamins are deficient in chops, roasts and most other meats.

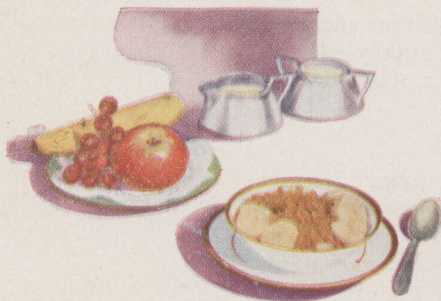
Roughage

Roughage, that is, indigestible material, chiefly cellulose, is needed to stimulate the intestine to such a degree of activity as will carry the foodstuffs along the digestive tube at the proper rate and dismiss the unusable residues from the body before they have had time to undergo putrefactive changes. The bran of wheat is especially adapted to serve this purpose. Agar is also excellent, it furnishes bulk, is not irritating and stimulates bowel activity.





Battle Creek Diet System



Delicious Breakfast Cereal

Fig-Bran Flakes

with Sliced Bananas and Cream

Breaded Protose with Hot Apple Sauce

(Individual Order)

Protose, 1 slice
Egg

Bread crumbs
Butter

Cut the Protose in one-quarter inch slices. Dip in beaten egg and then in bread crumbs. Place in buttered pan and dot with tiny bits of butter on top. Bake in a slow oven one hour. Then increase the temperature until the Protose is delicately brown. Serve with hot apple sauce.



Fig-Bran Flakes Macaroons

2 cups Fig-Bran Flakes
1 cup shredded cocoanut
1 cup nut meats, cut fine
¼ level tsp. baking powder

4 egg whites
1 cup sugar
¼ level tsp. salt

Beat the egg whites very stiff. Add the sugar slowly and continue beating until the mixture becomes creamy. Add all the rest of the ingredients and drop from the end of a spoon on a greased baking sheet.

Bake in a slow oven until a light brown color. This requires from twenty-five to thirty minutes.

Savita Rice Soup

¼ cup rice
1½ quarts water
½ tsp. celery salt

3 tbsps. Savita
1 tbsp. butter

Cook the rice in the water to which has been added the celery salt and Savita. Let boil one-half hour or more. Add the butter and serve.



Tomato Soup

1 can tomatoes
1 pint water
1 tsp. salt
1 slice onion

1 small bay leaf
1½ tbsp. butter
3 tbsps. flour
2 tps. sugar

2 tps. Savita

Cook tomatoes, water, bay leaf, onion, salt and Savita together fifteen to twenty minutes and strain. Rub the flour and butter together, pour the strained tomato into it slowly, stirring continuously. Let boil five or more minutes and serve.

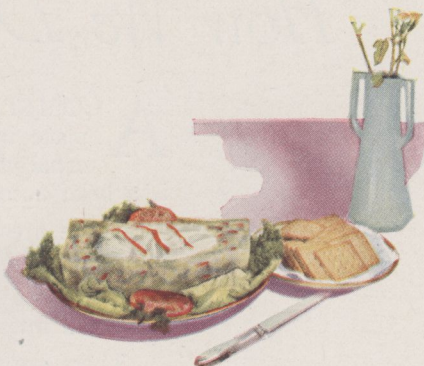


Perfection Salad

(Vegetable Gelatin)

- | | |
|---|-------------------------------|
| $\frac{1}{4}$ cup pimento | $\frac{3}{4}$ cup lemon juice |
| 1 cup celery | $\frac{1}{4}$ cup cold water |
| $\frac{1}{2}$ cup chopped almonds | 1 cup hot water |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ tsp. salt |
| 4 tbsps. Vegetable Gelatin
(Or 1 Envelope) | |

Chop pimentos, celery and nuts; add sugar, lemon juice and salt. Soak vegetable gelatin in the cold water, drain and add to the boiling water. Strain and when slightly cooled add the other ingredients. Turn into a wet mold. Serve with raw mayonnaise.



Baked Stuffed Tomatoes

- | | |
|---------------------------|---|
| 6 tomatoes | $\frac{1}{2}$ cup bread crumbs
(toasted) |
| $\frac{1}{2}$ lb. Protose | 1 tbsps. chopped
onion |
| $\frac{1}{2}$ tsp. sage | |
| Butter | |
| $\frac{1}{2}$ tsp. salt | |

Wash the tomatoes, cut a slice off the top and scoop out the inside of the tomatoes. Mix the bread crumbs, Protose, onion, sage and salt with the tomato pulp. Fill the tomato shells with this dressing. Place a piece of butter on the top of each tomato. Bake in a moderate oven.

Bran-Fruit Bread

(Sanitarium Cooked Bran)

- | | |
|---------------------------------|-------------------------|
| 1 egg | 1 tsp. soda |
| 1 cup brown sugar | 1 tsp. salt |
| 1 cup Sanitarium
Cooked Bran | $\frac{3}{4}$ cup dates |
| | $\frac{3}{4}$ cup nuts |
| 2 cups white flour | 1 cup sour milk |

Beat the egg and add the sugar. Mix and sift the dry ingredients, and add alternately with the milk to the first mixture. Add the nuts and fruit. Let stand fifteen minutes. Bake in moderate oven one hour. Yield—one loaf.



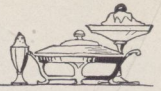
Grape Juice Gelatin

(Serves 6)

- | | |
|--|-------------------------------|
| 4 tbsps. Vegetable
Gelatin (Or one
envelope) | 1 cup grape juice
(warmed) |
| $\frac{3}{4}$ cup cold water | 1 cup cold water |
| | $\frac{1}{2}$ cup sugar |

Prepare Vegetable Gelatin according to general directions, using $\frac{3}{4}$ cup cold water. Add the cooked gelatin to the grape juice, one cup cold water and sugar. Mix and pour into wet molds.





"How We Digest Our Foods"

A COMPLETE account of the chemical changes which take place in foodstuffs in passing through the alimentary canal would require the space of a large volume. Here is a brief account of the essentials of the subject.

There are practically five digestible elements,—starch, albumin or protein, fats, sugar and salts.

There are five food laboratories,—the mouth, the stomach, the small intestine, the colon, the liver.

There are five digestive fluids,—the saliva, the gastric juice, the bile, the pancreatic juice, and the intestinal juice.

The saliva digests starch.

The gastric juice digests protein.

The bile digests fats.

The pancreatic juices digest starch, protein and fats.

The intestinal juice digests all foodstuffs.

The starch is digested by the saliva, the pancreatic juice and the intestinal juice.

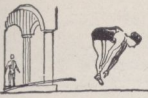
Protein is digested by the gastric juice, the pancreatic juice and the intestinal juice.

Fats are digested by the bile, the pancreatic juice and the intestinal juice.

Sugars are digested by the intestinal juice.

The "salts" are dissolved by the several digestive fluids.

The mouth is a mill. It grinds the food by gradual reduction process, while it is at the same time being macerated or softened and mixed with the saliva. The chewing of the food sets in operation the whole series of food laboratories. When the movements of the jaw begin, the salivary glands start to pour out the saliva, the gastric glands secrete gastric juice, and all the other laboratories prepare for the work that they are expected to do; and besides this, the movements which carry the food into the stomach, while depositing the foodstuffs in this chamber for further attention, send on beyond the stomach peristaltic waves which reach the colon, and with such vigor that its contents move forward four times as fast during the eating of a meal as in the intervals between meals. Very little absorption takes place in the stomach. The stomach, indeed, may be considered as an antechamber to the real food laboratory, the small intestine, where the chief work of digestion and absorption is done.



Healthful Living



How Much to Eat

The matter of quantity in eating is largely a fuel question. A big automobile uses more gas than a Ford. An engine pulling a big load uses more coal than one standing still or lightly loaded. A dog is wise enough to eat less when idle; but many people eat all their appetites will permit or their stomachs will hold, though taking little or no exercise.

Laboratory research has shown that the amount of work done with the muscles is the chief factor in determining the food requirements of adults. A farm laborer may need twice as much food as a student or a banker.

How Food Values Are Measured

A pound of wood will produce less heat than a pound of coal or oil. The amount of energy in the fuel determines its value. This cannot be found by weighing or measuring. The energy content of coal or wood is found by burning it and noting how much water it will heat. The amount that will raise the temperature of one pound of water one degree is called a heat unit (B.T.U.). Four times this amount is called a calorie, the French heat unit, which is now the standard. Food is fuel, and hence its energy content is determined in the same way. Every food has been tested in the laboratories and its calorie value determined, so that to learn the value of any food as a source of energy, that is, its quantitative food value, we have only to consult a table known to be accurate.

Science at the Dinner Table

The first appearance of the calorie on the bill of fare was at the Battle Creek Sanitarium years ago (1904). Since then it has appeared there regularly at every meal, and is the means of regulating the food intake with approximately the same degree of accuracy employed by the pharmacist in filling a prescription. Every meal is, in fact, a prescription, the purpose of which is to make good the daily losses of the body and the results are good, bad, or indifferent, in accordance with the accuracy with which the prescription is made and filled by the housewife, the cook or the caterer.

A man or woman who is working very hard in some muscular employment such as sawing or chopping wood, scrubbing, or housecleaning, will require one-half more food or even more. A letter carrier would require one-half or two-thirds more food than a stenographer or a bookkeeper. A woman expends more than twice as much energy when sweeping or dusting as when sewing. Rapidly growing boys and girls from 13 to 16 years of age, require nearly as much food as do adults.

The accompanying tables show the amount of food required by boys and girls of different ages, and by men and women of different heights:



Battle Creek Diet System



Your Daily Ration

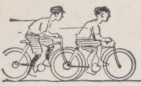
The amount of food you require daily, that is, the number of calories of food which your several meals should aggregate, will depend upon your sex, your age, your height, your weight, the amount of work you do and the season of the year.

If a person's weight is materially less than the weight shown in the table for a person of his height, he should eat from 10-20 per cent more than the number of calories given in the table. If his weight is 10 per cent or more greater, he should lessen the number of calories eaten by 10 or 20 per cent until the weight has been properly reduced.

BOYS				GIRLS			
Age Yrs. Mos.	Height Inches	Weight Pounds	Calories Required	Age Yrs. Mos.	Height Inches	Weight Pounds	Calories Required
8—0	48.8	54.5	1700	8—0	47.7	52.5	1575
8—6	49.4	57.1	1750	8—6	48.7	55.0	1600
9—0	50.0	59.6	1800	9—0	49.7	57.4	1650
9—6	51.0	62.5	1850	9—6	50.7	60.2	1700
10—0	51.9	65.4	1900	10—0	51.7	62.9	1750
10—6	52.7	68.0	1950	10—6	52.8	66.2	1800
11—0	53.6	70.7	2000	11—0	53.8	69.5	1850
11—6	54.5	73.8	2050	11—6	54.9	74.1	1900
12—0	55.4	76.9	2100	12—0	56.1	78.7	1950
12—6	56.5	80.8	2150	12—6	57.3	83.7	2000
13—0	57.5	84.4	2200	13—0	58.5	88.7	2050
13—6	58.7	90.0	2250	13—6	59.5	93.5	2100
14—0	60.0	95.2	2300	14—0	60.4	98.3	2150
14—6	61.5	101.3	2350	14—6	61.0	102.5	2200
15—0	62.9	107.4	2400	15—0	61.6	106.7	2250
15—6	63.9	114.2	2450	15—6	61.9	109.5	2275
16—0	64.9	121.0	2500	16—0	62.2	112.3	2300
16—6	65.7	125.5	2550	16—6	62.5	113.8	2325
17—0	66.5	130.6	2600	17—0	62.7	115.4	2350
17—6	67.0	132.6	2650				
MEN				WOMEN			
Height Inches	Weight Pounds	Calories Required		Height Inches	Weight Pounds	Calories Required	
60	120-130	1900-2000		59	111-126	1775-2000	
61	122-132	1950-2100		60	113-129	1800-2050	
62	124-135	2000-2150		61	115-132	1850-2100	
63	127-140	2050-2200		62	117-136	1875-2175	
64	131-143	2100-2250		63	120-140	1900-2250	
65	134-147	2150-2350		64	123-144	1950-2300	
66	138-151	2200-2400		65	125-148	2000-2350	
67	132-156	2250-2500		66	128-152	2050-2400	
68	146-162	2300-2550		67	132-155	2100-2450	
69	150-168	2400-2650		68	136-160	2150-2500	
70	154-174	2450-2750		69	140-165	2200-2600	
71	159-180	2500-2850		70	144-169	2300-2700	
72	165-185	2600-2900					
73	170-189	2700-3000					
74	176-192	2800-3050					
75	181-196	2900-3100					

Ordering Your Meal

If your total day's calorie intake is shown by the table to be 2,500 this total should be proportioned between the three meals,—breakfast, dinner and supper. It is better to make breakfast and dinner the heaviest meals and supper the lightest meal of the day. When one eats heartily at night, there is naturally little appetite for breakfast. This gave rise to the "no-breakfast" custom. The better plan is a very light supper. A fruit supper is excellent.



Successful Diets for Specific Ailments

THE Battle Creek Diet System is not a fad nor a fancy, it is not a new thing nor an experiment.

The fact that the Battle Creek Diet System has been one of the most important factors in building up the great Sanitarium at Battle Creek and scores of similar institutions in different parts of the world; that it has penetrated to foreign lands; that it has found its way into millions of homes; that scores of thousands of people testify to the benefits derived from it, are proofs that the principles upon which this system is based are sound and may be trusted.

Said the great Bouchard: "Disturbances of nutrition rule the largest number of chronic diseases and explain the appearance of many illnesses of an acute nature."

This fact explains the reason for the existence of Battle Creek Health Foods. They are the outgrowth of an effort to utilize the scientific regulation of diet in the treatment of disease and promotion of health, endurance, and efficiency.

The Battle Creek Diet System represents, not the experimental stage of an idea, but the perfected results of a whole generation of effort and experience.

What Shall I Eat?

What shall I eat? is the question asked more frequently, perhaps, than any other by patients suffering from chronic disease. The answer is by no means always easy, for the reason that the ordinary bill of fare and the range of knowledge of the ordinary cook do not include things most needed to meet the indications present.

The Battle Creek Diet System undertakes to provide foods especially adapted to the conditions of ill health which special foods are capable of helping. Here are some of the conditions to the relief of which they have proven their efficiency in many years' use at the Battle Creek Sanitarium in the treatment of many thousands of chronic invalids:





The Antitoxic Diet

Most chronic diseases are directly or indirectly the result of contamination of the blood and tissues with poisons generated in the colon by putrefactive organisms or wild bacteria. These bacteria are derived from various sources, particularly unclean milk, old cheese, oysters, fish and flesh meats of all sorts. The bacteria produce poisons by causing the putrefaction of the food residues, mucous, bile, and other body wastes while they are retained in the colon; hence, autointoxication is always increased by constipation. Constipation on the other hand is increased by autointoxication.

The poisons produced by putrefactive bacteria paralyze the colon. To cure and prevent this condition the food must be of such a character that the residues left behind when digestion and absorption are completed will not undergo putrefaction. It is also necessary to encourage the growth of acid forming organisms in the colon. These harmless bacteria are provided by Nature as a protection against the wild putrefactive bacteria. They form acids in the colon which encourage bowel action and prevent putrefaction. The normal, or antitoxic diet, then, is one which will encourage the growth of acid-forming friendly organisms while discouraging the growth of the harmful bacteria.

The bowels must move often, at least three times a day; hence the diet must be laxative, that is, it must contain large quantities of cellulose for bulk.

All the foods made by this company are suitable for an antitoxic dietary. They are especially intended to encourage intestinal antiseptics; that is, to overcome "biliousness" and constipation and keep the intestinal flora in good condition.

LACTO-DEXTRIN, a concentrated food, changes the intestinal flora, aids bowel action and prevents the growth of pernicious bacteria in the intestine. The change of flora is always necessary to secure the quickest and fullest results from the antitoxic diet and so should be the first step in the establishment of the anti-toxic regimen. It is important to use Lacto-Dextrin daily in moderate amounts and to revert to its use in larger amounts from time to time to maintain the change as complete as possible.

We know of no means by which so rapid an improvement in health can be effected as by changing the intestinal flora.



Three-Day Fruit Régime for Changing the Flora

ONE HOUR BEFORE BREAKFAST

	Oz.	Cal.
Lacto-Dextrin	3	300
Psylla (2 Tbsp.)		

BREAKFAST

Sliced Oranges	5	74
Fig Sauce	3	146
Baked Apple	6½	162
2 Laxa Biscuits		
Paramels or 1 Tbsp. Paraffin Oil		

10:00

Lacto-Dextrin	3	300
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DINNER

Savita Bouillon	6	44
Spinach, Cooked	5	68
Carrots, Cooked	4	36
Head Lettuce and Sliced Tomatoes	5	25
Prune Sauce	4½	150
Fresh Pineapple	4	50
2 Bran Biscuits	2	25

SUPPER

Stewed Tomatoes	5	33
Celery	3	15
Fresh Fruit Salad (Oranges, Grapefruit, Pineapple)	6½	80
Fig Sauce	4½	219
Fresh Pear	6	107
2 Laxa Biscuits		
Paramels or 2 Tbsp. Paraffin Oil		

ON GOING TO BED

Lacto-Dextrin	3	300
Psylla (2 Tbsp.)		
1 Tbsp. Paraffin Oil		

Total	754
	2134

Use PROTOSE and NUTTOLINE in place of meats of all sorts. Protose supplies everything meat supplies and in addition furnishes more than twice as much food iron and six times as much lime as does ordinary beefsteak; is free from germs and does not encourage putrefaction as do meats.

LAXA and PARAMELS, accessory foods, when taken at each meal insure regular bowel action.

Use MELTOSE SUGAR and MELTOSE in place of cane sugar. The latter often gives rise to gastric and intestinal catarrh, which encourages auto-intoxication. Meltose Sugar is a natural sugar which the body utilizes more readily than any other. (*Meltose Sugar and Meltose Honey are not recommended for diabetics.*)



Battle Creek Diet System



FIG and PRUNE MARMALADES, which are made with Meltose Sugar, instead of cane sugar, may be used freely without injury. They are rich in iron and build up the blood and aid bowel action.

Use SAVITA in place of meat extracts. Savita furnishes a fine mushroom flavor, superior to meat extracts. It may be employed for the preparation of bouillon, gravies, broths, in soups, and in all ways in which meat extracts are used, and with far greater satisfaction. Savita is very rich in vitamin (B) and in iron. Everybody needs it every day, especially children.

Use 20% GLUTEN MEAL and 40% GLUTEN BISCUITS for growing boys and girls and invalids who need blood-building. These preparations are richer in iron, lime, and protein than everyday foodstuffs and are free from the objections which hold against the use of meat and even eggs.

Use MALTED NUTS in place of milk and cream when these disagree. Malted Nuts is the only vegetable substitute for milk. It has essentially the same food value. Malted Nuts contains two and one-half times as much iron as does milk and twice as much as ordinary beefsteak.

Use BRANOLA and BROSE as breakfast foods. They possess the virtues of the original grains, are blood-building, being rich in lime and iron and aid bowel action.

Diet for Nursing and Expectant Mothers

Sanitarium Cooked Bran, Fig-Bran, Paramels and Para-lax are of first importance as a means of regulating bowel activity. The bowels should move three times a day. By this free activity of the bowels, some of the gravest dangers connected with child-bearing may be avoided. Protose, Nuttolene and Malted Nuts should be substituted for meat so as to lessen the work of the kidneys as much as possible. For the same reasons, meat extracts and broths and animal gelatins should be avoided, substituting Savita and Vegetable Gelatin. Fig and Prune Marmalades should take the place of sweets prepared with cane sugar. Many nursing mothers have found that Malted Nuts, more than any other food, increases the flow of milk.



Our Dietetic Department will be glad to furnish bills of fare for the expectant mother.

Every expectant mother should take care to change the intestinal flora and to keep it changed. Lacto-Dextrin is the most efficient means of accomplishing this (see page 54). Psylla (psyllium seed), Paramels and Fig-Bran aid in changing the flora by preventing the accumulation of putrescible residues. Thorough emptying of the colon daily is necessary.

Diet for Infants

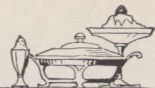
Meltose Sugar is almost indispensable for bottle-fed infants. It is more easily assimilated than other forms of sugar and should always be used in preference to cane sugar. For very young infants, cow's milk should be used by diluting with an equal quantity of water, containing two ounces of Meltose Sugar to the quart. For older children, Meltose Sugar or Meltose Honey should be substituted for cane syrup, maple syrup, corn syrup and candies. Meltose Sugar is entirely harmless, while other sugars are often damaging to the child's digestive organs.

Malted Nuts is a vegetable milk to be used in place of cow's milk. Diluted with equal parts of water, it may be exclusively used in cases in which milk does not agree.

Savita in the form of broth, is another excellent food for children, especially for children that appear backward in physical development. Savita is very rich in the vitamins which promote growth. A few spoonfuls may be given daily to most infants with advantage. Twenty per cent gluten gruel is an excellent preparation which, for a score of years or more, has been much used in lying-in establishments. A cupful of Savita broth contains as much iron as a half pound of beefsteak. Two ounces of 20 per cent gluten gruel supply as much iron as an ounce of lean meat and better iron.

Acidosis in infants is usually the result of feeding an excessive amount of fat. A gruel prepared from equal parts of Malted Nuts, Meltose Sugar, and 20 per cent Gluten Meal is an excellent food for infants and young children suffering from acidosis. When a baby is constipated, Para-lax with Agar should be given in the amounts of a teaspoonful twice daily. An infant's bowels should move after each feeding or at least three times a day, and the stools should be free from an offensive odor.





Changing the flora is of greatest service in cases of infants that are pale, lack appetite, do not gain in weight and are not doing well. The stools of such infants are foul. Lacto-Dextrin should be given in doses of one teaspoonful dissolved in milk or water at each feeding for a child weighing 8 pounds with an additional teaspoonful, daily, for each 3 pounds additional weight.

For Lack of Appetite

Lack of appetite is usually due to chronic intestinal autoin-toxication. The tongue is coated, the bowels are constipated and there is a general feeling of feebleness and exhaustion. A change of the intestinal flora and the free use of Savita will usually bring a return of appetite and relish for food within a short time.

Savita is a wonderful stimulant to appetite. It is rich in vitamin B, which aids nutrition and is the most powerful gastric stimulant known. Savita should be used freely, one or two large teaspoonfuls at each meal.

Sal-Savita or Savita salt, a new table relish, should also be freely used.

Diet for Bad Complexion, Eczema or Other Skin Eruptions

These disorders of the skin, as has been shown by Bulkley, are due to infection of the colon with putrefactive bacteria. These bacteria produce poisons which are carried to the skin by the blood and give rise to various eruptions, especially eczema, acne and psoriasis. As Bulkley has also shown that the use of meat causes or aggravates these disorders, meats must be discarded. Change the flora with Lacto-Dextrin, then adopt a careful antitoxic diet. Temporary relief from itching when troublesome may be obtained by bathing the parts with very hot water (120° F.). The results of the change of flora are simply marvelous in most chronic cases.

The antitoxic diet has been shown to be the most effective remedy for skin diseases of various sorts. It has also been shown by Bulkley, of New York, and others, that this dietary checks the growth of cancers. All meats must be suppressed. The bowels must be kept open by the use of Laxa and Parmels, and the flora should be changed by the use of Lacto-Dextrin. Potatoes, spinach and other greens should be freely used, together with fruits and fresh vegetables of all sorts.



For Migraine—Sick Headache

Sick headache is usually due to absorption of poisons from the colon. The intestinal flora must be changed by the use of Lacto-Dextrin. It must be kept changed by an antitoxic and laxative diet. Bran, Para-lax or Paramels, the free use of greens and fresh vegetables, with an enema at night to keep the colon clean, are measures which generally afford relief. Fig-Bran and Lacto-Dextrin should be used in sufficient quantities to secure three bowel movements daily, and to render the stools free from odor.

Chronic Gastritis

In this condition there is chronic infection of the stomach. This condition may be best combated by Lacto-Dextrin, which should be taken daily for several weeks, one or two tablespoonfuls in water before each meal. In cases in which there is much gastric irritation, gluten meal, rice and Agar along with Lacto-Dextrin, Meltose and Savita broth, should be made the exclusive diet for a few days.

For Acid Dyspepsia or Hyperacidity

A suitable amount of Lacto-Dextrin affords relief from the effects of gastric acidity (sour stomach). Dissolve two heaping tablespoonfuls of Lacto-Dextrin in half a tumbler of hot water. Swallow at once. Relief is almost immediate, even in cases of gastric or duodenal ulcer. For permanent relief, the Lacto-Dextrin should be taken regularly, in doses of one to two ounces, three or four times a day.

Meats, condiments, pepper, horseradish, mustard, etc., and much salt, should be scrupulously avoided. All these substances irritate the stomach and cause it to produce an excess of extreme acidity.

The intestinal flora must be thoroughly changed and the bowels trained to move three times a day, by the use of Psylla, Paramels and Laxa, Fig-Bran and laxative foods.

Gastric and Duodenal Ulcer

Lacto-Dextrin has shown itself to be a most valuable remedy in cases of peptic ulcer. It lessens acidity and relieves pain by causing an abundant flow of alkaline diluting juice in the pyloric portion of the stomach. Pain is relieved and healing promoted.





Battle Creek Diet System



The intestinal flora must be thoroughly changed. The bowels must be kept active by the use of Psylla, Agar and Mineral Oil, and such other means as are necessary to keep the colon free from putrefying residues. Malted Nuts, Nut Creams and other nut preparations, such as Protose and Nuttolene, are excellent sources of protein which render quite unnecessary the use of meats which is very harmful in cases of ulcer. Of course cases of clearly defined ulcer, seen in X-ray examinations, usually require operation, though often helped by Lacto-Dextrin. After operation Lacto-Dextrin and the other measures suggested should be used to prevent a return.

Twenty per cent Gluten Meal, Malted Nuts, Meltose with butter or thick cream (equal parts), together with Vegetable Gelatin, Granola, and Toasted Rice Flakes have long since been in successful use at the Battle Creek Sanitarium in the treatment of gastric and duodenal ulcers.

Special formulas for these and other foods will be furnished by our Dietetic Department if desired.

Hypochlorhydria-Achylia

(Gastric Acid Deficient or Absent)

A deficiency of hydrochloric acid is a serious menace to the welfare of the body. Hydrochloric acid is necessary to disinfect the food and to initiate and regulate highly important digestive processes. When absent, its place should be supplied by hydrochloric acid. This can only be taken in sufficient quantity when combined with protein. This problem was first solved in our laboratory by the production of Acidone, the only means, except the stomach tube, by which hydrochloric acid in adequate amount can be introduced into the stomach. This supplies a sufficient amount of hydrochloric acid to render substantial aid to the digestive process.

The diet must be strictly anti-toxic. Discard meats of all sorts. Use Protose and Nuttolene in their place.

Change the intestinal flora with Lacto-Dextrin. See page 54 and special booklet.

Use Meltose in place of cane sugar and Savita in place of animal broths of all sorts. Vegetable Gelatin should be used in place of animal gelatin. Savita is the most efficient of all known gastric stimulants. Use freely at every meal. The continuous use of Lacto-Dextrin in doses of two or three large table-



spoonfuls three times a day is highly advisable as a means of promoting the growth of the protective intestinal flora. The use of Malted Nuts and Nut Creams in place of milk and cream, is found highly beneficial in many cases.

Hemorrhoids

Hemorrhoids are due to infection of the tissues lining the anal ring. The intestinal flora should be changed. (See page 54.) The diet for constipation must be adopted as above indicated. The stools should be kept soft by the use at each meal of Psylla, Paramels, Fig-Bran or Agar. The colon must be kept clean. If necessary, an enema should be given at bedtime. After the bowels move, the anal parts should be thoroughly washed and an application of carbolated vaseline made both externally and internally.

Chronic Appendicitis

It is important to change the intestinal flora and keep it changed. Lacto-Dextrin should be used to establish the normal flora and Sanitarium Cooked Bran and Para-lax, or Laxa and Paramels, Fig-Bran or Psylla, should be used at every meal so as to secure three full movements of the bowels daily. Sometimes it is desirable to use several of these laxatives daily at different meals. The diet must be strictly antitoxic. One or two large tablespoonfuls of Lacto-Dextrin should be taken 3 times daily.

Ulceration of the Colon

Ulceration of the colon is due to infection; hence the first thing to do is to change the intestinal flora. In addition to the



The Battle Creek Diet System Foods are now sold in three thousand authorized stores. If you do not have the name of the nearest agency store, write us.



method given elsewhere (see page 54), introduce into the colon daily, after washing it out by a warm enema, two ounces of Lacto-Dextrin dissolved in two or three pints of water. The patient should be quiet and retain the enema for half an hour or longer if possible without too much inconvenience. The diet should be the same as recommended for chronic dysentery. When Lacto-Dextrin is freely used in these cases, the relief is sometimes almost magical.

Diabetes

Excellent results have been obtained by the use of our special diabetic foods, particularly our Pure Gluten, 40% Gluten Biscuit, Gluten Bran Flakes, Protose, Nuttolene, Savita, Starchless Bran, Vitamēt, Canned Gluten Bread, Agar and Para-lax. All of these preparations are practically indispensable for all persons suffering from diabetes and should be systematically used as a part of each day's bill of fare and each meal.

For list and description of special diabetic foods see pages 19 to 24.

Obesity

Laxa, Bran, Agar, Paramels and Para-lax are food accessories of very great value in obesity. In the treatment of this disease the bowels are almost certain to become obstinately constipated. By the free use of these remedies, particularly Laxa and Paramels, together with the use of Lacto-Dextrin to change the intestinal flora, the most excellent results may be obtained in obesity. When the Lacto-Dextrin is being used, no cereals or potatoes should be eaten so as to avoid the tendency to increase in weight which otherwise might occur as the result of taking an excess of carbohydrates. The diet should consist of bran, fruits, celery, lettuce, greens, and other coarse vegetables such as turnips, carrots, radishes, cabbage, cauliflower and asparagus. Persons who are subject to obesity should use Laxa, Paramels, Fig-Bran and Savita steadily to promote free bowel action.

Our Dietetic Department will be glad to send reducing menus and recipes upon request.

For Gallstones and Gall Bladder Disease

Changing the intestinal flora by the use of Lacto-Dextrin and the free use of Psylla and Paramels is necessary for the reason that gall bladder disease really originates in the colon, from which the infection ascends through incompetency of the



ileocecal valve. An enema should be taken every night to make sure that the colon is thoroughly emptied. One or two tablespoonfuls of Lacto-Dextrin should be used before each meal. Pain and hyperacidity are usually relieved very promptly by one or two tablespoonfuls of Lacto-Dextrin dissolved in half a tumblerful of hot water. The diet must be strictly antitoxic. In most cases an operation is required for a radical cure.

Chronic Dysentery

Change the intestinal flora by means of Lacto-Dextrin. Cleanse the colon twice a day with a hot enema (115 to 120° F) and afterwards introduce a warm starch solution with Lacto-Dextrin, one heaping tablespoonful to the pint of water. Animal proteins of all sorts should be discouraged; that is, meat, eggs and even milk, must be excluded from the diet. Use Malted Nuts and Nut Cream in place of meats.

For Chronic Rheumatism

First of all there should be a change of the intestinal flora by the use of Lacto-Dextrin. (See pages 54 to 57).

The food should be reduced to a minimum, about two-thirds of the usual amount for a week or ten days. The intake of food should then be increased for a week or two, after which the diet should be reduced again. Meat should be discarded. Laxa and Paramels should be used at every meal in sufficient quantities to secure three bowel movements daily. An enema every night for a time will be highly useful by keeping the colon clean.

The flora must be kept changed by the antitoxic diet previously described. Diseased teeth and tonsils must be removed. Apply heat to the painful parts (fomentations or electric light) and keep joints quiet when movement increases pain.

For Arteriosclerosis and High Blood Pressure

Arteriosclerosis and high blood pressure are due to the circulation of poisons in the blood. Uric acid, one of the poisons responsible for these conditions, is found in flesh meats of all sorts. Other poisons are produced by the putrefaction of the undigested residues of food in the colon, hence, meats of all sorts must be discarded—also condiments of all sorts. They are irritating to the stomach and cause hardening of the arteries. Protose, Nuttolene and Malted Nuts are proper substitutes for flesh foods. Lacto-Dextrin provides a means of changing the flora and getting rid of the dangerous germs in the colon. Laxa and Paramels keep the bowel active and thus prevent autointoxi-



Battle Creek Diet System



cation. Meltose Sugar should be used instead of cane sugar and Minute Brew instead of tea and coffee. Savita should take the place of meat extracts, broths and bouillon.

Acid-forming foods should be avoided. The most acid of all foods are meats of all kinds. Eggs also tend to acidify the blood and tissue fluids. The same is true of a diet consisting chiefly of cereals. Potatoes and other vegetables should largely take the place of bread and breakfast cereals.

Diet for Epilepsy

Many cases of epilepsy are curable by a proper diet. First of all, the patient should take a fruit fast; that is, the diet should, for a few days, 3 to 7, be confined to juicy fruits and tomatoes with Psylla, Fig-Bran or Agar and Paramels. The bowels must be moved thoroughly three times a day. An enema at night is often needed. The diet should be frugal and strictly antitoxic. Free water drinking is highly important.

Meat must be entirely discarded. Protose, Nuttolene, Malted Nuts and Vegetable Gelatine should be substituted for meats and animal products. Use Savita instead of meat extracts. A change of the intestinal flora with Lacto-Dextrin, is very helpful in epilepsy.

The patient should be required to masticate the food very thoroughly and to avoid overeating, a common fault.

For Bright's Disease

The kidneys are the principal organs for the removal of poisons. Disease of the kidneys is usually caused by overworking them, and hence the proper dietary will be one which requires the least work of the kidneys. Meats of all sorts must be discarded, not only because they contain uric acid, a poison which the kidneys first of all fail to eliminate, but because the putrefaction of their unused residues flood the body with poisons which the kidneys must remove. Protose and Nuttolene may be used in moderation. Malted Nuts may be freely and advantageously used in place of milk, for it is more digestible and richer in tissue-building elements. Malted Nuts contains two and one-half times as much iron as does milk.

The antitoxic diet has been shown to require scarcely one-third as much kidney work as the ordinary bill of fare. Every person suffering from Bright's disease should take care to change the intestinal flora, which may be most effectively ac-



complished by the free daily use of Lacto-Dextrin; by the free use of Laxa and Paramels, and by cleansing the colon by means of a warm enema at night.

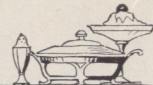
Diet for Fevers

The old adage, "Stuff a cold and starve a fever," has no *scientific* foundation in sound practical experience. Fever patients ought to be fed a liberal amount of suitable food. Flesh meats, broths, bouillon and meat extracts of every form, must be avoided. Meltose Sugar with fruits and fruit juices, Granola, and especially ZO, are foods *par excellence* for this condition. Gruels prepared from 20% Gluten, broths prepared from Savita, Toasted Wheat and Rice Flakes, Yogurt buttermilk, Fig and Prune Marmalade, are all excellent foods for fever patients, and should be given in amount about equal to that required by persons in ordinary health. Foods rich in protein must be used very sparingly. Malted Nuts is especially good. Most important of all is changing the intestinal flora by Lacto-Dextrin. Torrey found that the flora in typhoid cases may be completely changed. Wonderful improvement in symptoms follows and the duration of the disease is shortened. Dissolved in cold water, Lacto-Dextrin is a food beverage most acceptable to fever patients.

Diet for Tuberculosis

Every tuberculous person requires a change in the intestinal flora and increased bowel activity, for which Lacto-Dextrin, Laxa and Paramels furnish the most efficient means. The anti-toxic diet should be faithfully adhered to. Meltose Sugar or Meltose Honey with an equal quantity of cream or butter, affords the best possible means for increasing flesh. Malted Nuts is highly efficacious for the same purpose. Both Malted Nuts and Meltose not only increase the flesh but also build up the body because of their rich content of food iron and lime, which they supply in larger amounts than is found in ordinary beefsteak.

Protose and Nuttolene should replace meats of all sorts. Psylla is especially valuable as a means of securing frequent and normal bowel movements.



Reducing Weight Comfortably

IN reducing weight, it is not necessary to suffer from hunger. If you allow yourself to become very hungry you will be likely to over-eat and get discouraged and will give up trying to reduce your weight.

Many people who try to reduce their weight get sick in the attempt because the method employed is unscientific. A person who is dieting for reduction of weight needs the usual amount of iron for blood-making, lime for repair of bones, brain and muscles, and precious vitamins for activating and sustaining the vital functions. The methods for weight reduction usually followed diminish the supplies of lime, iron and vitamins by one-half or more, and expose the subject to an active cause of ill health and nervous break-down. Without vitamins, particularly without vitamin B in abundance, the nervous system must certainly suffer. This vitamin with lime and iron is abundant in greenstuffs and with iron is plentiful in yeast extract (Savita).

Foods to be Avoided

Over-fat people nearly always eat too much fat-building food, particularly starchy food, sugar, candies, sweet deserts and fat meats. It is best to avoid meats of all sorts.

The following is a list of safe reducing foods:

Gluten Biscuit, 40%	No-Fat Mayonnaise	Apricots
Gluten Biscuit, Pure	Brose	Asparagus
Gluten Flour, 44.81%	Branola	Blackberries
Gluten Bread in tins	Starchless Bran	Cherries, Pitted, Red Sour
Gluten Bran Flakes	Savita	Cherries, Whole White
Gluten Meal, 40%	Vitamēt	Grapefruit
Gluten Meal, Pure	Laxa	Peaches, Yellow Halves
Soy Meal	Para-lax	Pears, Bartlett
Soy Bean Biscuit	Paramels (Paraffin Tablets)	Pineapple
Casein Gluten Flour	Psylla (Plantago Psyllium)	Raspberries, Black
Sanitarium Cooked Bran	Purified Paraffin Oil	Raspberries, Red Columbian
Fig-Bran	Agar (granular)	Strawberries
No-Fat	Apple Sauce	

Write for a free copy of our comprehensive booklet "Reducing Weight Comfortably."



Constipation Cured Without Drugs

THE natural remedy for constipation is to be found in laxative foods and other natural remedies which remove the cause and restore natural conditions. The habitual use of mineral water—the mineral water habit—is now recognized as a common cause of grave stomach and intestinal disorders and possibly also of disorders of the kidneys. The liver, kidney, and bowel troubles for which mineral waters are chiefly taken are not cured, but in the end aggravated. A natural dietary and proper regulation of habits are the measures to be relied upon.

Nothing could be more irrational than the taking of drugs through the mouth to act upon the colon, which is twenty-three or twenty-four feet distant by way of the alimentary canal. The whole alimentary canal is irritated without reason throughout its entire length, whereas the existing trouble is confined in most cases to the last two or three feet of the intestine.

Drug laxatives never have cured and never will cure constipation. The best authorities now agree that their use is often the cause of this dread disease, and always a serious aggravation. Drug laxatives of all sorts, cascara sagrada, phenolphthalein, castor oil, salts, mineral water and the whole list of chemical stimulants of the colon must be strictly avoided. Every drug of this sort irritates the colon. They cause contraction or spasticity of the lower colon, irritate the mucous membrane and lessen its ability to defend itself and the body against the attacks of germs and germ poisons.

If the colon needs help, assistance should be given by means of the enema, which applies the remedy directly to the part which needs help. A warm enema administered at night will empty the colon. If the temperature of the water is not over 120 degrees and the quantity not more than three or four pints, no possible harm will be done if the remedy is repeated indefinitely. Lemon juice may be added to the water with good effects.

Perfect health is impossible with a bad "flora" in the colon, and the poisons that are spread through the system should be eliminated.





How Often Should the Bowels Move?

The stimulating effect of eating naturally leads to a desire to move the bowels after each meal, or at least three times a day. If only eight hours are needed for the digestion and absorption of the food and the transportation of the residues twenty-four feet from the stomach to the middle of the colon it is evident that a very few hours should suffice to push the residues through the remaining three feet of intestine and to dismiss them from the body. Consequently the bowels should move three times a day. This is just what happens with men who live in a wild or natural state, the higher apes, babies, and normal people living in a normal way. The Turks, the Bushmen, wild tribes of Northern India, and other primitive people, move their bowels three or four times a day, as do the big apes of the London Zoo and the big chimpanzee in the National Zoological Garden at Washington, D. C.

Why the Bowels Do Not Move

When the bowels do not move three times a day, it is because the diet is lacking in some essential, or because they have been crippled by neglect or abuse. The bowel needs the gentle titillation of coarse particles such as bran and other indigestible bits to stimulate it to action. A particle in the mouth keeps the tongue busy until it is passed on. The same is true of the stomach and of the colon.

Rules for Correcting Constipation

The following rules have been tested for years at the Battle Creek Sanitarium and have been found to be efficient, although there are rarely found cases in which the causes of the constipation are mechanical and require surgical relief:

1. Intestinal inactivity, or constipation, results in autointoxication, and is one of the most active of all causes of chronic disease. Every person should secure frequent and regular action of the bowels, at least three full movements daily.
2. An effort should be made to move the bowels soon after breakfast, whether or not there is a "call" for bowel movement, and at any other time when there is even a slight "call" experienced.
3. Cellulose (the indigestible part of vegetable food) is the only element which can increase the bulk of the feces. Half an ounce to an ounce of cellulose is needed daily. Sanitarium Cooked Bran, Colax, Agar and Laxa are the best forms of roughage (cellulose).



4. Meals must be regular in time and amount of food taken. Food is the physiologic laxative.

5. Exercise promotes bowel action, especially walking, horseback riding, gymnasium exercises, and such exercises as trunk bending, leg raising and deep breathing.

6. The cold morning bath often aids bowel action. Various other means are highly beneficial, such as massage of the colon, vibration and kneading of the abdomen, and special exercises of the abdominal muscles.

7. In cases in which the abdominal muscles are relaxed, and the colon and other parts of the intestine are prolapsed, an efficient abdominal supporter should be worn either permanently or until the abdominal muscles have become strong enough to hold the viscera in position.

8. Drugs of all sorts must be avoided. They do not cure, and do much harm when repeatedly used.

Lacto-Dextrin, Laxa, Agar, Psylla, Fig-Bran, Paramels, Colax and Para-lax are natural and harmless laxatives and may be regarded as supplementary foods.

9. The squatting position, secured by using a raised foot-rest in front of the closet seat, is a great aid to bowel movement.

10. If the bowels do not move well *three times a day* constipation exists. The constipation may be latent. It is necessary not only that the bowels should move, but that the colon should be completely emptied.

11. Eating a little fruit (nothing else) at bedtime, say one or two apples or oranges, aids in securing bowel movement the next morning. A glass of orange juice or a couple of oranges on rising encourages bowel movement after breakfast.

12. The bowels should be trained to regular movement by a visit to the toilet soon after each meal, also on going to bed and on rising in the morning. A definite habit of three or four bowel movements daily may soon be formed, and the rhythm should never be interrupted.

13. Whenever there is a "call" for bowel movement, a visit should be made to the toilet as quickly as possible.

14. In cases in which the measures above indicated do not secure prompt relief from constipation, an X-ray examination by the aid of the bismuth meal should be made.

15. In cases of spastic constipation or colitis, a small enema, three pints (115° to 120° F.), should be first used to empty the lower colon, then a larger enema, four pints (115° to 120° F.), should be given and repeated so long as the water returns colored or containing residues.



The Intestinal Flora

What Is It ?

What's Wrong With It ?

THE word *flora* is a Latin term meaning flower. Botanists use the word to designate the complete list of plants, trees, shrubs, flowers, weeds, ferns, mosses, fungi, etc., which grow in a particular locality. Germs are plants of the lowest order. The different germs which grow in the small intestine and the colon are the intestinal flora.

The colon is an incubator of germs. It is admirably adapted to the growth of germs. Although every baby is born with its colon free from germs, within a few hours after birth the intestine is swarming with bacteria. These bacteria which Nature plants in the baby's colon are, however, harmless. They are even more. *They are protective!* They belong to an acid-forming class of germs which thrive upon sugar and which give rise to the souring of milk and the fermentation of sweetened water and other saccharine liquids.

These germs grow in the colon like so much plant life, and this bacterial vegetation of the colon is called by bacteriologists the "intestinal flora."

However, these same good and friendly germs whose duty it is to keep the colon contents clean, are constantly opposed and frequently checkmated by other germs—poison producing germs—which are introduced into the colon through unnatural habits of living. Through errors in diet and especially through the use of foods contaminated with putrefactive germs such as unclean milk, stale eggs, meats in which putrefactive changes have already begun, the flora of the intestine becomes infected and putrefaction is set up. Through neglect of the bowels the food residues are retained too long. This increases putrefaction. Poisons are spread through the system, which coat the tongue, foul the breath, irritate the nerves, tire the muscles, overburden the liver and break down the kidneys. Perfect health is impossible with a bad "flora" in the colon.



Change the Flora

The protective germs that Nature plants may be greatly overshadowed, as in cases of severe autointoxication, but they are never entirely lost. Consequently, the only thing necessary for changing the intestinal flora is to produce conditions in the colon which will favor the luxuriant growth of the acid-forming germs which, when present in sufficient numbers, are capable of preventing the development of the offensive, dangerous, putrefactive organisms and producing the acids necessary to restore a healthy condition of the colon and normal activity.

The Lacto-Dextrin Method of Changing the Flora

The method is very simple and convenient. It merely consists in flooding the intestine with special carbohydrates, dextrin and lactose, which have been proven capable of changing the flora even in such pronounced cases of infection as typhoid fever. Sometimes the change is almost immediate. In other cases a number of days, or even weeks, may be required to secure maximum results. But good results are always obtainable!

Lactose and dextrin owe their value in changing the intestinal flora, to the fact that they are more slowly absorbed than other carbohydrates, and because of this slow absorption are able to reach the colon in sufficient quantity to cause a luxuriant growth of the beneficent protective flora, and keep down the dangerous putrefactive germs, which cannot thrive in the presence of acids.

Lacto-Dextrin

For two years or more we conducted experiments for the purpose of combining lactose and dextrin in a palatable and agreeable form. Lacto-Dextrin is the result, and its refreshing qualities make it a distinct pleasure to take. It gives rise to no discomfort, and it may be used as freely as may be found necessary without inconvenience. Lacto-Dextrin is largely used at the Battle Creek Sanitarium and has proved to be very popular because of the promptness and certainty with which it acts in changing the character of the stools and causing the disappearance of headache, nervousness, colitis, so-called biliousness and various other troubles arising from intestinal toxemia.

It must be remembered that with Lacto-Dextrin liberal quantities of roughage to supply bulk, and paraffin in





Battle Creek Diet System



some form to supply lubrication must be taken. Both bulk and lubrication are needed. Ordinary fats and oils do not lubricate. They are absorbed and disappear from the intestine. Paraffin oil is best taken with the meal in the form of solid tablets (Paramels), which melt at the body temperature.

The ideal bulk food is Psylla. A strong rival is Laxa, a combination of agar and bran, which has shown itself to be superior to either one of its constituents used alone. Laxa is in biscuit form, crisp, palatable and efficient. Fig-Bran is also excellent.

The materials, then, for a complete change of flora, are laxative foods, Paramels, Laxa, Psylla and Lacto-Dextrin. The method is as follows:

1. Make the bowels move three times daily. Use sufficient Laxa, Psylla and Paramels in connection with laxative foods at each meal to accomplish this result.
2. Take a large dose of Lacto-Dextrin three times daily, to flood the intestine with this special carbohydrate food, upon which Nature's protective germ grows best, and thus restore the normal flora. Specific directions are printed on each can.
3. Meats should be avoided. Eggs should be used sparingly if at all. Fruits, fresh vegetables, especially greens and salads, aid in effecting the change, and should be freely used.

This method strikes at the very source of most of our common ailments. Gas, flatulence, constipation, overworked kidneys, liver troubles, bad blood, autointoxication, chronic headaches, disturbances of the nerves, and often such serious maladies as high blood pressure, hardened arteries and Bright's disease, have their origin in a foul, germ-infected colon.

THE BEST PREVENTIVE OF THESE DISEASES is to maintain a normal flora, that is, an intestinal tract in which Nature's protective germ predominates.

Confirmatory of the facts upon which this method is based, we quote as follows from an editorial in the *Journal of the American Medical Association*, Vol. 80, Page 186:

"Hull and Rettger in 1914 and Distaso and Schiller in the same year, observed the profound effect of lactose in changing the flora of animals from a putrefactive to an aciduric type. The latter investigators noted a similar effect of dextrin. Other sugars apparently have no such effect."



When the flora has been completely changed the improvement in appetite, vigor, and general good feeling and efficiency is really wonderful.

The above suggestions are based upon observations made by leading physicians of the Battle Creek Sanitarium and other dependable authorities.

With the development of the normal acids in the intestine, the paralyzed portion of the colon receives the normal stimulation which it requires for prompt action in expelling the body wastes and food residues, and becomes active. The spastic or contracted portion of the bowel, being relieved of the irritating effects of the putrefactive germs and germ poisons, becomes less spastic and as the colitis lessens, gradually relaxes; and thus the crippled condition of the bowel is overcome.

It is evident that to change the flora (which means ridding the colon of the putrefactive germs and restoring the normal protective bacteria) is a matter of first importance in constipation. In a great number of cases this is all that needs to be done to effect a radical cure.

When the flora has thus been changed, bran, paraffin, agar and other measures, which were previously ineffective, become efficient. The body wastes and food residues are no longer retained in the colon for several days undergoing putrefactive changes, but are promptly discharged several times daily. The mucous surfaces of the colon being thus kept free from infection, heal rapidly, and the colon returns as nearly as possible to its normal condition.

Colitis

While there is no doubt that colitis is caused by bacterial infection, it is not known to result from any specific organism. Infected foods, especially meats of various sorts may be cited as the cause in many cases, but it often follows an attack of typhoid fever, dysentery, influenza or the habitual use of mineral waters, cathartics or laxative drugs.

It is in most cases doubtless the result of chronic constipation and the infection which naturally follows long retention in the colon of putrefying food residues.

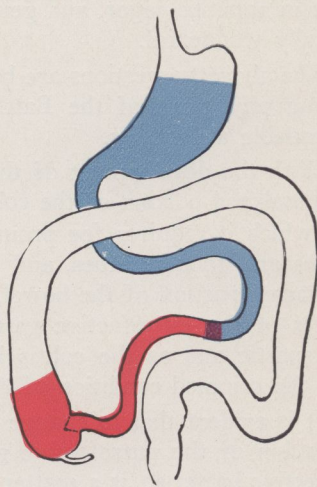
The colon must be thoroughly cleansed at least once daily (better twice) by the use of a warm enema. The water should be about 115 degrees F. and three or four pints may be used if necessary. The water should be introduced slowly and retained from five to ten minutes if possible.



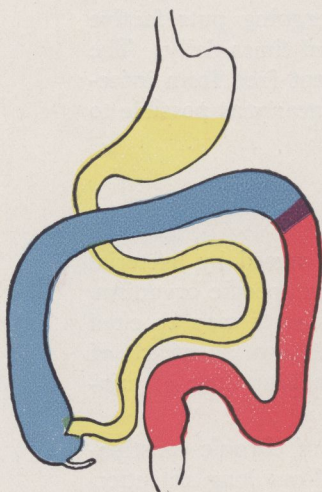
Battle Creek Diet System



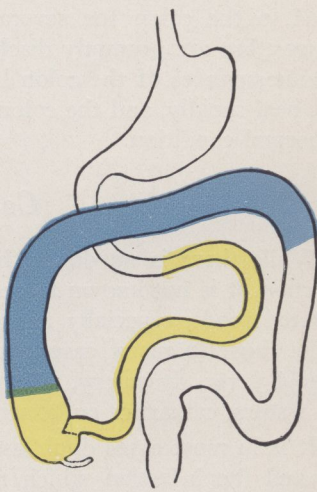
After Breakfast—8 A.M.




After Dinner—1 P.M.
Breakfast residue entering the colon.





After Supper—6 P.M.
Breakfast and dinner residue in the colon.
Breakfast residue ready to be discharged.



10 P.M.—Breakfast residue discharged before going to bed. Supper residue beginning to enter the colon.

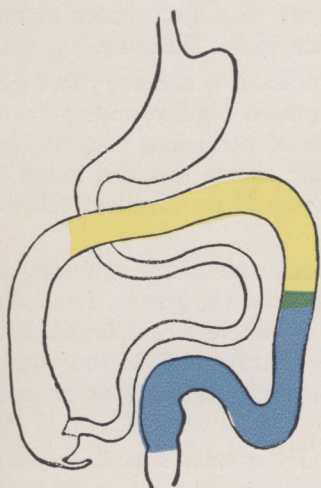

BREAKFAST


DINNER

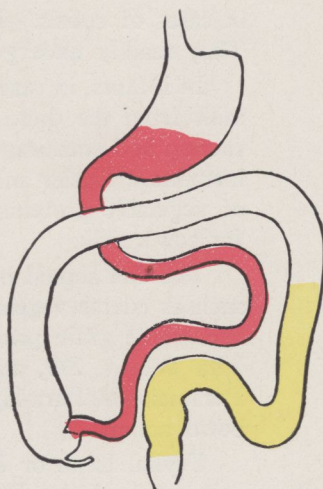

SUPPER



Healthful Living



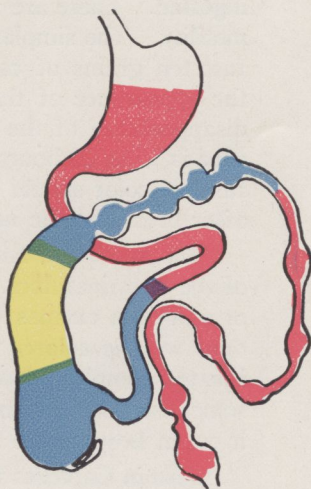
Before Breakfast—2nd Day
Dinner residue of the day before ready to be discharged.



After Breakfast—2nd Day
Supper residue ready to be discharged, thus clearing the way for the day's meals.



"One-a-Day"
Constipation



Colitis

BREAKFAST

DINNER

SUPPER



Battle Creek Diet System



Meats of all sorts must be strictly excluded from the dietary in cases of colitis. Eggs are nearly as objectionable as meat. They readily undergo putrefaction in the intestine.

In infants, in cases of acute colitis, it is necessary to exclude milk from the diet. Animal proteins readily undergo putrefaction and encourage the growth of pernicious bacteria in the intestine. Tissier and Torrey have shown that this is not true of vegetable proteins. Malted Nuts is an excellent substitute for cow's milk.

The diet should include a considerable amount of roughage, such as coarse vegetables, lettuce, spinach, greens, fresh fruits and whole grain products, such as whole wheat bread, Brose, Vita Wheat, ZO, and Branola. Paraffin oil in the form of Paramels or Para-lax should be used regularly as an aid to bowel action.

Psylla, Laxa or Fig-Bran and Paramels should be used at each meal. Lacto-Dextrin is needed in all cases, to change the flora.

The Carmin Capsule Test for Colon Efficiency

The motility period of the intestine is the time required for the passage through it of the residues of food or other material ingested. There are various ways of determining the intestinal motility. The simplest, and one of the best, is to take at breakfast ten grains of carmin (two capsules) and watch (1) for the appearance of the red color in the stools and (2) for the disappearance of the color. The normal period for disappearance is 15 to 20 hours. If Carmin Capsules are taken at breakfast the color should disappear at latest at the bowel movement after breakfast the next day.

The best plan, and one which greatly facilitates the change of the intestinal flora is to wash out the colon at bedtime by one or more hot enemas (3 or 4 pints, 115° to 120° F.); the residues will be colored red by carmin taken at breakfast. This insures complete clearance of the colon daily. Another plan, somewhat less efficient, is to take the carmin at supper and wash it out at bedtime the following day.

Carmin Capsules for testing the motility of the colon will be supplied on request at 75 cents per box.



Exercise for Good Health

The following exercises may be practised with the victrola:

1. Stand with feet together and hands at sides. Sideward lunge by placing left foot about three feet directly to side, bending left knee. Keep right leg perfectly straight, body facing to front. Hands behind neck with elbows at shoulder level and well back. Same movement to right. Repeat alternately.

2. Stand with hands in front of chest and elbows at shoulder level—palms downward. Fling arms sideward, turning palms up. Lower head backwards. Return to first position. Do not jerk the head and arms into position. Keep arms as far back as possible.

3. Stand with feet apart and arms raised sideward at shoulder level. Bend trunk forward downward, touching right toe with left hand. Return to position and repeat exercise to opposite side.

4. Stand with feet apart and arms raised sideward at shoulder level. Slowly bend trunk to left. Return to erect position and bend to opposite side.

5. Kneel on left knee. See that the right leg is perpendicular to floor and that the thigh of left leg is also straight. Keep this position throughout entire exercise. Now stretch arms overhead, keeping them straight and close to ears. Bend trunk slowly backward and return slowly to first position.

6. Stand with feet together. Place hands behind neck with elbows at shoulder level and as far back as possible. Bend trunk slowly forward, still keeping elbows back.

1. Swaying—Kneel on floor, resting hips upon heels, swing the arms over head and bend back as far as possible. Swing the arms forward, carrying the arms back as far as possible.

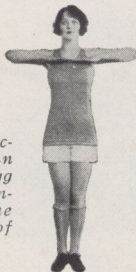
2. Back Stretching—Sit on the floor with legs extended and the hands resting on floor behind the hips. Reach the arms forward, trying to touch the toes. Return to position.

3. Deep Knee Bending—Stand with arms at the side, feet one foot apart. Raise the arms sidewise to the level of shoulders and rise upon toes. Lower the body, bending the knees. Do not bend the body forward. Stretch the knees. Lower the knees and arms to starting position.

4. Skipping, Standing—Raise the right foot sidewise. Bring the foot back to position at the same time with a hop, raise the left foot sidewise. With a hop, raise the right foot sidewise, bringing the left foot back to position.

5. Running—Knee Raising, Standing—hold the chest high. Place the hands on the hips, thumbs back. Run in place, raising the knees well.

6. Swimming, Standing—Raise the arms sidewise to the level of the shoulders, palms down. Bend the elbows until thumbs touch top of chest. Push the hands forward as far as possible. Turn palms outward and sweep arms sidewise. Bend the elbows, bringing thumbs to chest.



A set of five records by Dr. John Harvey Kellogg and a book of instructions for the modest price of \$5.00.



New and Palatable Recipes



Protose Roast

1 pound Protose
1½ cups hot water

1 tsp. Savita
1½ tbsps. butter

Celery salt

Cut the Protose in halves lengthwise, and lay each half with the flat side down on the bottom of a well-buttered baking dish. Pour part of the Savita Broth over the Protose and bake in a slow oven one hour. Baste frequently with the remaining broth.

To prepare the Savita Broth, dissolve the Savita in the hot water. Add the butter and celery salt. Serve roast with Savita Brown Gravy.

Delicious Health Cake

1½ cups brown sugar
½ cup butter
2 eggs
2 cups flour
1 tsp. soda

1 tsp. baking powder
1 tsp. vanilla
¼ tsp. salt
1 cup Sanitarium Cooked Bran

1 cup sour milk or buttermilk
½ cup nuts
½ cup raisins
½ cup dates

Cream the butter and sugar. Add the eggs. Sift dry ingredients and add alternately with the sour milk to first mixture. Stir in the bran. Add ground dates, nuts and raisins. (These must be put through a food grinder.) Add flavoring. Beat well. Bake in buttered layer cake tins in quick oven for about twenty minutes. Cover with whipped cream in place of frosting. Decorate with candied orange peel, citron and cherries as shown in picture.

Date Cookies

2 eggs
1 cup brown sugar
1 tsp. baking powder
½ tsp. salt

2 tbsps. melted butter
¾ cup flour
½ cup Sanitarium Cooked Bran

1 cup dates
½ cup raisins
1 cup walnuts
1 tsp. vanilla

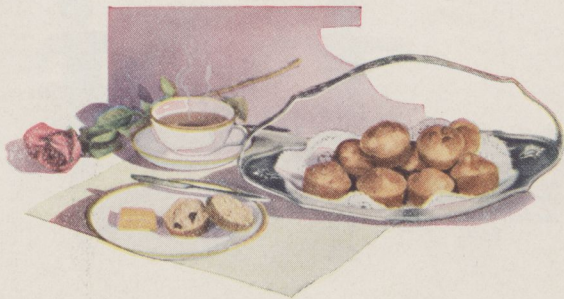
Beat the eggs until light and stir in sugar. Mix and sift the dry ingredients and add to first mixture. Stir in melted butter, bran, fruits and nuts. Drop from tip of spoon on greased baking sheet. Bake from ten to twelve minutes at 375 degrees F.

Whole Wheat Fruit Muffins

3 tbsps. butter
3 tbsps. sugar
1 egg
½ cup raisins

1½ cups, 100% Whole Wheat Flour
3 tbsps. baking powder
½ cup milk
¾ tsp. salt

Blend the butter and flour. Sift the dry ingredients, add the raisins. Beat the egg, add milk and stir in the dry ingredients. Fill well-oiled muffin tins one-half full and pat on top with spoon dipped in milk. Sprinkle with sugar. Bake in quick oven twenty to thirty minutes.





Healthful Living



Vita-Wheat with Dates

$\frac{1}{2}$ cup Vita-Wheat 2 cups boiling water
 $1\frac{1}{2}$ tsps. salt $\frac{3}{4}$ cup dates

Stir Vita-Wheat into boiling water, cook fifteen to twenty minutes in a double boiler, after cooking a few minutes over the open fire. One-half cup of stewed raisins or three-quarters of a cup of chopped dates may be added to the cooked cereal.



Honey, Nut and Bran Muffins

1 cup flour	1 tbsp. butter	$\frac{1}{4}$ cup chopped nuts
2 tsps. baking powder	$\frac{1}{2}$ cup Sanitarium Cooked Bran	$\frac{1}{4}$ cup Meltose Honey
$\frac{3}{4}$ cup milk		$\frac{1}{2}$ tsp. salt

Mix and sift dry ingredients, add nuts, milk, honey and melted shortening. Mix thoroughly, bake in muffin tins about twenty-five minutes in a hot oven.

Open Sandwiches

Dainty "open-face" sandwiches may be made as follows: Cut rounds of thinly sliced white or graham bread. Spread with cream cheese. Garnish with chopped ripe olives or chopped maraschino cherry, cut into the shape of a daisy, or by placing a single walnut meat in the center.

Ribbon Sandwiches

These are composed of four to six very thin slices of whole-wheat and white bread, with a Savita cream cheese and nut filling between each two slices. Press the layers firmly down on one another and slice them downward to secure a "cross-section" sandwich. These can be served either plain or toasted.

Golden Bouillon

2 pints water 2 scant tsps. Savita 1 tsp. celery salt $\frac{1}{2}$ tsp. salt
 Place water, Savita and celery salt in pan and let simmer for five minutes.

Savita, Cream Cheese and Nut Sandwiches

1 cake Philadelphia cream cheese
 $\frac{1}{2}$ tsp. Savita
 $\frac{1}{2}$ cup chopped nuts
 1 tbsp. mayonnaise

Cream Savita and cheese together and add the chopped nuts. Spread on the slice of buttered bread. Cut with biscuit cutter or cookie cutter into small round sandwiches. Garnish with a whole nut meat in center of sandwich.





Battle Creek Diet System

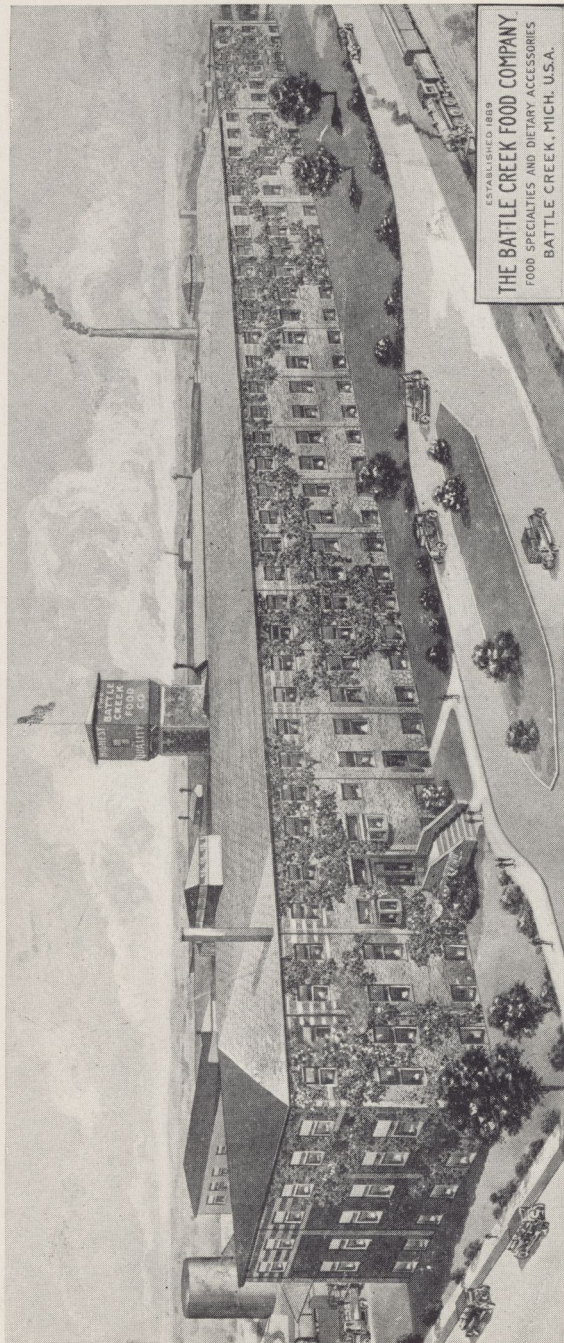


PRICE LIST

Breakfast Toast, pkg.30	Fig Bran, pkg.15
Fruit Crackers, pkg.40	Brose, 10-oz. pkg.15
Graham Crackers, plain, pkg.35	Branola, pkg.20
Graham Crackers, sweetened, pkg.35	Marmalade, White Fig, 10-oz. glass.50
Oatmeal Wafers, pkg.35	Marmalade, Black Fig, 10-oz. glass.45
Whole-Wheat Cream Sticks, pkg.35	Marmalade, Prune, 10-oz. glass.45
Whole-Wheat Wafers, pkg.35	Preserved Figs (in malt honey), glass.30
Zwieback, large pkg.35	Ripe Olives, large, 5-oz. glass.25
Zwieback (whole wheat), small pkg.25	Ripe Olives, extra large, 9-oz. tin.40
Health Koko, ½ lb.60	Ripe Olives, Super-Colossal, 15-oz. glass.	1.50
Kaffir Tea, ½ lb.50	Almond Butter, 8-oz. jar.	1.35
Minute Brew, ¼-lb. can.40	Peanut Butter, 8-oz. jar.40
Dormi, 5-oz. can.50	Nuttolene, 1 lb.60
Nu-Koko, ½ lb.50	Nuttolene, ½ lb.35
Cero-Vita (flakes), pkg.20	Protose Vegetable Meat, 1 lb.60
Cooked Whole Wheat, 11-oz. can.15	Protose Vegetable Meat, ½ lb.35
Granola, pkg.25	Nuttese, 1 lb.60
Granose Biscuit, pkg.25	Malted Nuts, small bottle50
"ZO," vitamin breakfast food, pkg.15	Malted Nuts, large bottle	1.00
Vita Wheat, pkg.25	Malted Nuts, 5-lb. glass jar.	4.00
Toasted Rice Flakes, pkg.20	Meltose (Malt Honey), glass jar, 10 oz.35
Toasted Rice Biscuit, pkg.25	Meltose (Malt Honey), ½-gal. can.	2.00
Toasted Wheat Flakes, pkg.20	Meltose Sugar (Malt Sugar), 16-oz. pkg.75
Gluten Meal, 20%, 12-oz. pkg.40	Meltose Sugar (Malt Sugar), 5-lb. can.	3.00
Whole Wheat Flour, 100%, 5 lbs.50	Vegetable Gelatin (for desserts), pkg.30
Bromose, Fig, 1-lb. pkg.	1.00	Sal-Savita (Savita Salt), 1½ oz.25
Bromose, Nut, 1-lb. pkg.	1.00	Sal-Savita (Savita Salt), 8-oz. can.	1.00
Health Chocolates, 1-lb. assorted.	1.50	Savita, 2-oz. jar.30
Health Chocolates, small pkg.70	Savita, 3¼-oz. jar.50
Health Chocolates, large pkg.	1.25	Savita, 6½-oz. jar.95
Health Chocolates, 20 oz.	2.00	Savita, 1 lb.	2.00
Health Chocolates, 40 oz.	3.50	Savita, 2 lbs.	3.75
Hygos, Peppermint Gum. 20 packages	1.00	Savita Yeast, 5-oz. jar.60
Hygos, Orange Gum. 20 packages	1.00	Savita Bouillon Cubes, pkg. (10 cubes).25
Lacto-Dextrin Chocolates, 8 oz.75	Savita Tablets, pkg.50
Meltose Sweets, 7 oz.60	Vegetable Soup (meatless), can.20
Chocolate Nut Bars—12 in box.	1.20	Tomato Soup, can.20
Fruit Bars—12 in box.	1.20	Acidone Tablets, bottle (100)50
Yeast Nut Bars—12 in box.60	Acidone, in bottles, pint.	1.75
Gluten Biscuit, 40%, pkg.30	B-Lac, 12 oz.	1.00
Gluten Biscuit, Pure, pkg.45	B-Lac, 5 lb.	5.50
Gluten Bran Flakes, pkg.30	Carmine Capsules, box.75
Gluten Bread in tin.35	Charcoal Tablets, large pkg.60
Gluten Flour, 44.81%, 5-lb. sack.	1.60	Colax, pkg.	1.50
Gluten Meal, 40%, pkg.60	Colax, unsweetened.	1.50
Gluten Meal, Pure, pkg.	1.00	Food Ferrin, 20 oz., Sweet.	1.25
Prepared Bran, Starchless, 4 oz.25	Food Ferrin, 18 oz. (unsweetened), pkg.	1.25
Soy Flour, 14-oz. tin.40	Lacto-Dextrin, 12 oz.	1.00
Soy Flour, 5-lb. tin.	1.75	Lacto-Dextrin, 5 lbs.	5.50
Soy Bean Biscuit, pkg.85	Laxa, pkg.90
Casein Gluten Flour, 2½ lbs.	1.00	Laxa, unsweetened (a week's supply).90
No-Fat (Mayonnaise), 7 oz.50	Paralax, bottle, pint.	1.25
Fatless Spread (formerly No-Fat), 7 oz.50	Paralax with Agar.	1.25
Vitamēt, ½ lb.40	Paramels (Paraffin Tablets), pkg.90
Vitamēt, 1 lb.75	Paramels, unsweetened (a week's supply)90
Lima Bean Flakes, 8-oz. pkg.30	Psylla (Black), 10 oz.	1.00
Lima Bean Flour, 16 oz.30	Psylla (Black), 5 lbs.	6.00
Bran Biscuit, large pkg.35	Psylla (White), 10 oz.	1.00
Bran Biscuit, small pkg.25	Psylla (White), 5 lbs.	6.00
Sanitarium Cooked Bran, pkg.25	Purified Paraffin Oil, bottle, pint.90
Sanitarium Fig Bran Flakes, pkg.25	Yogurt Tablets, pkg.	1.00
Good Health Biscuit, pkg.25	Agar (granular), small pkg.	1.00
Vita-Bits, pkg.20	Agar (granular), large pkg.	3.50

Sanitarium Brand Fruits and Vegetables canned without salt or sugar

Apple Sauce25	Pineapple, Cuban35
Apricots30	Raspberries, Red40
Blackberries35	Asparagus, green cut45
Blueberries35	Beans, Cut Golden Wax.30
Cherries, Pitted Red Sour.35	Beans, Refugee, green, string.40
Cherries, Whole White.40	Beans, Lima, green, small.35
Figs, Kadota35	Peas, June30
Grapefruit30	Spinach, Garden20
Peaches, Yellow Halves30	Tomatoes25
Pears, Bartlett35		



ESTABLISHED 1888
THE BATTLE CREEK FOOD COMPANY
FOOD SPECIALTIES AND DIETARY ACCESSORIES
BATTLE CREEK, MICH. U.S.A.

The Home of Healthful, Life-Building Foods

