

# The Corn Flake Connection & John Harvey Kellogg

Adventists see themselves as called by God to share with the world a message of wholeness for the mind, body, and spirit. This model is the healing ministry of Christ, “who went about doing good.” (Acts 10:38) This vision included a conviction that the health message should be shared, and thus they set out to share this healthier lifestyle. Dr. John Harvey Kellogg, the first medical director of the Battle Creek Sanitarium, researched new and better ways to help his patients stay healthy, and in the process created a more nutritious breakfast option, Corn Flakes.



## 1 OBJECTIVE

Through the story of the breakfast cereal Corn Flakes, team members will learn that the Adventist health care legacy is rooted in the desire to enrich lives through a healthier lifestyle.

## 2 VIDEO



**John Harvey Kellogg**  
1:56 minutes  
[youtu.be/oyOky\\_WjIly](https://youtu.be/oyOky_WjIly)

## 3 DISCUSSION

- Why do you think Dr. Kellogg dedicated his energy to create healthier food options?
- As a group, discuss some ways you can be innovative in your approach to delivering health care.

## 4 PRAYER

Thank You for guiding our health care system with a vision for whole-person health. We ask You to reach down and fill us with a love that only You can provide. Bless those we serve, providing courage and hope where needed.

In Your name, Amen

## DID YOU KNOW?

- C. W. Barron, founder of *The Wall Street Journal*, told a reporter he didn't understand Dr. Kellogg. “He should have been one of the richest men in the world, but that he lets money slip through his fingers so easily.” In reply, Kellogg stated, “What is money for, except to make the world better, to help people have a better life?”
- The Adventists interest in health was well known. In 1904, Kellogg exhibited health literature and ran a cooking school at the St. Louis World Fair. September 29 was officially proclaimed by the fair as Battle Creek Sanitarium Day.
- The Battle Creek Sanitarium offered patients the latest in technology, such as the Universal Dynamometer Dr. Kellogg invented, to test the strength of his patient's muscles. It was based on the same principle as blood pressure machines and quickly became part of West Point Military Academy's fitness training program in the early 20th century.

