

# Our Sanitariums



Medical

Missionary

Special

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Lou Kirby Curtis . . . . . Editor

## Question Box

If an apparently healthy eight months' old child refuses to take its regular portion of milk, what should the mother do?

If it is known that the child is not constipated and not feverish, there should be no alarm. A child exercises better judgment than an adult about refusing food, when its needs have been supplied. The above would indicate that its food has been too rich in quality or too large in amount.

Is it necessary for a six months' old baby to wear an abdominal band?

Most emphatically, yes! There are two reasons—one to prevent a so called breach at the naval, another, that the band insures keeping the abdomen warm, a great help in preventing colic.

I hear my neighbors and friends talking about pyorrhea. What is it?

It is a disease of the gums, quite common in adult life. Its symptoms are red swollen gums, tender to touch, bleeding easily and shrinkage from teeth. This separation forms a pocket in which micro-organisms find a ready lodging place and are from here absorbed into the blood stream and may cause a large variety of diseased conditions.

Do all persons bitten by a mad dog develop hydrophobia?

Only about fifteen per cent of people bitten by mad dogs take the disease. It is most serious when the bite is on the hands or face or other unprotected portions of the body. The germs are in the saliva of the dog and where the dog's teeth pass through the clothing they are wiped sufficiently dry of saliva to make infection improbable.

What should be done in case of a severe sprain at a joint?

This means stretching and possibly tearing of ligaments. To prevent the blood clotting in the torn ligaments, cold towels should be kept on for the first hour, after which heat is to be preferred, followed by a snugly fitting bandage.

What is the best home treatment for beginning fever?

Fever is usually caused by some invading micro-organisms. Give the patient plenty of water to drink and heat him until he sweats. Then the heart will thump along strongly. All the capillaries of the body will be distended, the blood will be forced through all parts of the system and may destroy the invading germs shortly after their entry. At all events, it destroys so many that it causes the invading processes to hesitate. The invading germs produce a toxine which injures the organs. Drink water and cause a large quantity to enter the body, two to three gallons a day. This must pass out through the skin and kidneys, removing the toxine before it becomes strong enough to do any serious harm.

Has sanitary methods accomplished any improvements for camps?

Modern sanitation had not entered the United States army during the Mexican war so that a large number of the men were incapacitated because of camp sickness. There it was observed that the flies that visited the officers' dining tent carried lime on their feet which they had secured by scavenging from the waste-pits behind the field hospitals. In the recent maneuvers on the Mexican borders, there was not a case of camp sickness acquired in camp. There were no flies in camp. The sanitary measures were so stringent that not a particle of food was left where flies could get it for food. If careful sanitary regulations

are followed, there is no need for much sickness on the camp-grounds.

Is there any way to prevent one from getting typhoid fever?

Typhoid fever is spread all over the world. We can expect it anywhere that human beings live. There is usually somebody who has had typhoid fever and is now a carrier of the disease in every large community. These individuals, if employed in handling food, infect it. The germs grow rapidly in milk and other food products, enter the water supply and may infect large communities. Consequently, we may expect to meet typhoid fever occasionally unexpectedly.

Filtered, or boiled water insures safety from the water supply carrying the germ into the body, but cooked food does not always give us freedom from that source. In view of this, we have found another method on the immunity side. It is possible to vaccinate persons by giving them three injections that will make them immune to the disease for a number of years.

There is no typhoid fever in the American army, because all the soldiers are vaccinated against it. The State of Illinois furnishes this vaccine free to immunize any of its people.

What shall I do for the coat on my tongue?

Meals at night make a bad taste in the mouth, so omit the evening meal, drink larger quantities of water between meals, using a fruit diet for a day or two. If the tongue does not readily clear up, consult a physician.

What diet should be used for stomach trouble?

No diet or a fast is the best thing to start a treatment of a stomach difficulty. Then use mild mucilaginous foods, such as the gruels. Do not use salads or acid fruits. One should never follow an abstemious diet for any length of time. We have a divine right to eat average varieties of wholesome food. If we cannot, the physician of today has methods of finding out what the exact difficulty is and remedying it so that one may eat without anxiety.

How may a cold be cured?

This is a very broad question and in order to answer the question intelligently we will confine our answer to a given case of acute bronchitis or, a cold on the lungs, as the patient puts it. Bronchitis should not be treated lightly, especially in the aged and in young. Often grave results follow bronchitis. A great many drugs are used to relieve pain, cough, etc., but we believe that in the average case if the following directions are carefully pursued, drug therapy may be abandoned. Treatment,—first give high enema of hot water followed by a cool cleansing enema. This should be followed by a general sweating treatment such as hot foot and leg bath, fomentations to the chest and throat; have patient drink hot water or hot lemonade.

When the patient is sweating freely give a mild cold treatment as a graduated shower or cold sponge. Patient should now be placed in bed with a heating chest pack and be permitted to perspire gently for some time. The following day the patient should receive three or four fomentations to the chest succeeded by a cold sponge and friction. General alternate hot and cold applications may be kept up for a day with beneficial results. Patient should restrict diet for first day or two to an absolute fruit, fruit juice, and water diet. After the cold has been loosened, easily digested solid foods should be resumed. Keep patient in bed in a well ventilated room.

What is the cause of rheumatism and neuritis?

There has been a theory that too much uric acid in the blood was the cause of these diseases. While it is true that we find an excess of uric acid, especially in rheumatism, yet it has been proved over and over again recently, that many cases of rheumatism and neuritis are infective in origin. A person suffering with these diseases should be thoroughly examined to find if there is a focus of infection from which are absorbing poisonous material. There may be diseased tonsils, decayed teeth, inflamed gall bladder or catarrhal appendicitis and often a sluggish colon will produce enough toxic material to cause rheumatism. Persons suffering with constipation are daily drinking from an internal sewer and no one can expect health as long as this condition exists. It is such a serious malady that such a sufferer should go to the ends of the earth before he stops his efforts to find a cure. Not only does rheumatism and neuritis result from constipation but it is the forerunner of Bright's disease, appendicitis, disease of the gall bladder, heart disease and diseases of the nervous system. Epilepsy has been cured by first effecting a cure of constipation.

# Lake Union Herald

*"In due season we shall reap, if we faint not"*

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## The Medical Missionary Idea

L. H. CHRISTIAN

To every true reform, ideas and ideals are as the breath of life and the wings of heaven. Without them no genuine reformation can succeed.

The motto and inspiration of many Christians today is—"The gospel to the world in this generation." The publishers of this paper have accepted that motto as their goal. But many mistake gospel for dogma or creed. Dogmas may be dead theories. The gospel is a living power, a spiritual electricity transmitted on the wires of Bible truth.

The gospel to the world must mean a world-wide work of reform, an ideal reform after the order and by the power of the Divine Master. "Every true reform has its place in the work of the gospel and tends to the uplifting of the soul to a new and nobler life." Especially does a true Bible temperance reform demand the support of all Christian workers.

Our Lord Jesus Christ came to this world as a servant of men. "He came to give them health, peace, and perfection of character. During His ministry Jesus devoted more time to healing the sick than to preaching. His miracles testified to His words that He came not to destroy but to save." Christ was the first great medical missionary, and no gospel reform is complete unless it helps the poor, heals the sick, and rescues the fallen.

In the early Christian Church special ministers, men and women, called Parabolani were appointed to care for the sick. In later times certain orders such as the Knights of St. John devoted themselves to this work. Every institution had an "infirmarium" for the afflicted. The art of healing was regarded as one with religion, the practice of exploiting the sick for private gain being then unknown. In those ages the deaconesses were an order of their own. History informs us that they did a large work for the sick and needy.

From the fourteenth century and onward the state began to take charge of the sick, an arrangement that proved very unsatisfactory. With the advent of modern medical science the treatment of disease passed more and more into the hands of special institutions and doctors in private practice. The work of healing was divorced from religion, to the great detriment of both. One evil result of this is that in recent years a great many sects have arisen claiming to possess wonderful gifts of healing. Christian Science and other delusions have brought in a false healing. The venders of patent medicine, fads and faddists have flourished by making merchandise of the lives of their fellowmen.

It is high time that the church of Jesus Christ take up its appointed work of healing the sick. "Medical missionary work is the pioneer work of the gospel. In the ministry of the word and the medical missionary work the gospel is to be preached and practiced. Christ ministered to both soul and body. Deliverance from sin and the healing of disease were linked together. The same ministry is committed to the Christian physician. He is to be to the sick a messenger of mercy bringing to them a remedy for the diseased body and sin-sick soul." Christ is the true head of the medical profession, the chief physician. Missionary nurses, who care for the sick and relieve the distress of the poor, will find many opportunities to pray with them and to speak of the Saviour.

Great light has come to this generation on the laws of hygiene and health. Our forefathers made God responsible for all diseases. An epidemic was to them a sign of the whim of an angry God. We of this new age know that sickness comes from the violation of nature's laws. If we blame anyone it is the doctor or board of health. Fanatical faith healers and faddists of our day oppose the discoveries of the medical profession. True Bible Christians accept the light of modern science, believing the laws of nature to be the laws of God, and knowing that to transgress them is to violate the order of the Creator.

God's purpose in the last great work of reform is to prepare men and women for translation. The gospel ideal is not to get us ready to die, but to live—to live forever.

# Madison Sanitarium

The Madison Sanitarium is beautifully located on a knoll facing the broad expanse of Lake Monona and commands a full view of our state's capital city.

Madison is often spoken of as "The Four Lake City." It is situated on a narrow isthmus between two of its four lakes, and has special natural and commercial attractiveness. It is a city that possesses a rare combination of town and country.

It combines to a remarkable degree the energy and friendliness of the newer West, with the beauty and finish of the older East.

Madison has proved a good location for sani-

vides facilities for sixty patients, is made up of a group of six separate buildings, these being heated and lighted from a central heating plant.

A nurses' training school is conducted in connection with the work. The nurses are provided with a comfortable home pleasantly situated on the sanitarium grounds. A new class is started in the fall of each year.

The institution is provided with a complete and modern equipment. The scope of its work is broad, including all types of medical and surgical conditions.

Tuberculosis and other infectious diseases, together with the insane, are not accepted.

The homelike atmosphere of the institution, together with its beautiful location, makes it an ideal retreat for the weary sufferer. No other city in this country has just the combination of land and water that Madison has.



tarium work, because of its accessibility to all parts of Wisconsin and northern Illinois. It is located on the main lines of the Chicago and Northwestern and Chicago, Milwaukee, and St. Paul railroads, and also is reached over branch lines of these companies and the Illinois Central.

The above institution was established in 1902, and during its thirteen years of existence has served nearly 10,000 patients. This patronage has been drawn from the city of Madison and vicinity as well as the entire state of Wisconsin, together with Michigan, Minnesota, Iowa, and northern Illinois.

It is amply provided with broad verandas and spacious lawns. Its family consists of a corps of nurses and helpers, numbering about fifty. The institution pro-

Concerning Lake Monona [Spirit Lake], a noted traveler once said: "The far-famed Bay of Naples is not more lovely than Monona."

An electric line runs directly to the entrance of the sanitarium grounds, which are now being extensively improved by drives, walks, and pleasing landscape features.

Because of its location away from the noise of city life, this sanitarium offers an exceptionally attractive temporary home for the invalid.

Because of its nearness to the city and the many advantages which can be found in a university and capital city, the Madison Sanitarium possesses advantages of which it may well be proud.

Write us for further particulars.

## Sanitariums Versus Hospitals

P. L. LARSON

Many persons have a very vague idea regarding sanitariums and their relation to the hospital. In the first place the sanitarium is more than a hospital, and therefore, a hospital can never be a sanitarium. They both have their place in the community, but occupy very distinctive positions. The sanitarium is planned, built, and conducted with the idea of homelikeness, having large airy dining-rooms, spacious parlors and reception rooms, with a large number of easy chairs, bespeaking comfort to the prospective occupant. The very atmosphere seems pregnant with rest and quiet which is very much appreciated by the one seeking health. The sanitarium is a training school of health, where the patient is taught that health is a matter of sowing and reaping; and those who faithfully and conscientiously put in the largest crop will secure the greatest harvest. The invalid must put off the old man of disease, and put on the new man of health. There is no place in the world better equipped to help bring this about than the sanitarium, with its bath rooms fitted up with all the modern appliances known to medical science for giving a variety of hydro-pathic treatments, electric treatments, and massage. This system consists in treating the man and not the malady, therefore trained assistants must be in charge of the various departments. The physician in charge prescribes every treatment to the needs of each individual patient, thus elimin-

inating all possibility of routine which is not tolerated in an up-to-date sanitarium. It undoubtedly is already apparent that a great deal of help is necessary in order to carry on such a regime. The ordinary hospital is not equipped to do this line of work, therefore, does not attempt it. Its energies are devoted mostly to surgery, emergency cases, fevers, etc. Therefore, to it the large dining-room, parlor, and reception room would be superfluous. The question is asked frequently, "Why are the rates higher in the sanitarium than they are in the hospital."

From what has already been said, it would seem that the reason is very apparent. The equipment is greater, and much more help is required to operate, but let us consider for a moment the comparative cost to each patient. The sanitarium patient is charged \$18 to \$20 per week for board, room, and two bathroom treatments per day. An entrance examination fee of \$5 is charged, which entitles the

patient to consult the physician every day during his stay without further charge. Suppose the patient stays six weeks, which at \$18 per week, plus entrance examination fee, would be \$113. The hospital patient has had an examination by the physician before going to the hospital, which cost \$5, more or less, but for the sake of argument we will allow that no charge is made, but during the first two weeks' stay at the hospital, the doctor calls every day, making fourteen calls at \$1.50, or \$21. The second two weeks he calls every other day, seven calls, \$10.50, the third two weeks perhaps only four calls are made at \$1.50, making \$6. Then allowing that the patient has taken a \$12 room, we have a total of \$109.50. The patient has received no treatments—simply board, room and the attention of the floor nurse. Comparing this with the prices and care the sanitarium patient has received, one can see at a glance which has received the most for his money.

## Sanitarium Life

A. C. LOVELL

It has been well said that our sanitariums are places where Seventh-day Adventists are "at home" to the public.

To be "at home," or in readiness to receive guests, means that a preparation has been made. In this case it means that not only the building is clean and the furniture in order, but that the hearts and lives of the workers are in tune with the Infinite.

It is stated that "our sanitarium workers are engaged in a holy warfare. To the

sick they are to present the truth as it is in Jesus; they are to present it in all its solemnity, yet with such simplicity and tenderness that souls will be drawn to the Saviour"—*"Testimonies for the Church," Vol. 7, page 68.* This is the prime object for the establishing of these Seventh-day Adventist "at home" places.

It is the intent that truth shall be acted out in the daily life of the workers in such an appealing way that we may win souls just as the Saviour drew many to a knowledge of salvation by acts of love, kindness, and mercy.

If such a work is accomplished in a credible way, mature, live Christians of sufficient education should constitute the workers. We have the following instructions on this point. First, to parents,—*"I am instructed to warn parents whose children have not firmness of principle or a clear Christian experience not to send them away from home."* Second, to the management,—*"Let a decided effort be made by managers of our large sanitariums to employ older persons as helpers in these institutions.—Volume 8, page 224.*



## Why Am I Sick?

W. T. LINDSAY, M. D.

The first question that comes to the mind of the sick man may not be, "Why am I sick?" but rather, "When will I be well?" The vital question to him and the one he must ask himself in all seriousness is the one that in answering will disclose the broken law of nature, the essentials to health, knowingly or unknowingly disregarded.

While this sanitarium special is designed to bring the people of the Lake Union Conference and their sanitariums in closer touch, it will not be out of place to deal with some of the problems in a general way, as they must be dealt with daily in our offices, in a personal way.

The water of a spring can not flow higher than its source, so human flesh can not entirely rise above the common level of those who have been our progenitors. Using a common comparison, heredity and its tendencies may be likened to the seed bed a gardener prepares in the spring. He may cultivate it ever so carefully, but he can reap no crop without seed sowing. On the other hand without the preparation of the soil, the seed would not grow. So heredity may be said to prepare the body for disease, to make it receptive for the common seeds of disease, namely, germs, with which we are at all times surrounded.

Another cause of disease so common that it cannot be omitted is the care of the young child, a subject too comprehensive in itself to be fully dealt with here. Two common errors only will be mentioned. First, not enough thought is given to the food of the mother, or to the fact that by the time the meal is prepared she is too tired to partake of it in the proper way to derive the desired nourishment. Second, the child will be given food not suited to his use in that it may not have enough of certain ingredients, as for instance an exclusive milk diet, which is low in iron, which can be supplied by adding properly cooked cereals or fruits, or on the other hand, our little man of from ten to eighteen months may be given a full dietary suitable for a child of ten years or even that of an adult. In either of the above extremes, the proper growth and development of the "house we live in" is hindered and marred, and cannot produce a body able to live above disease.

It is now an established fact that freedom from disease means that the body's resistance is so high that disease cannot get a foothold. In the case of an epidemic of diphtheria the germs may be found in the throats of every one in the community, while only a few susceptible ones take the infection. As we may not hope to shield our children from temptations, but rather train them to meet life as it is and be able to shun the evil because it is evil, so we must train our bodies to expel the seeds of disease and resist the influences that sap our very life's blood.

Worry and other common causes of human ills are often spoken of as the disease of the age. We surround ourselves with business cares, and in the multitude of details that devolve on us we are kept on a constant tension lest we forget or leave some

important detail undone; later we get the habit of anxious thought. In this respect a wholesome lesson may be drawn from the lowly guinea hen. She selects a bushy fence corner and lays an immense number of eggs, then when so impressed she begins to set. She cannot cover them all, but calmly sits in the middle of the pile and hatches all she can. Would that we might all profit by the thought. Another large class of ills comes about by disease producing germs entering the body through a few common portals, namely, diseased tonsils, decayed teeth, diseased gums, suppurating cavities in the nose, or even a long neglected ingrowing toe nail. It has been proved that they all and even the last named may permit germs to be absorbed that will cause a general inflammation of the joints, often called rheumatism, or a disease of the lining membrane of the heart, which may so damage this delicate structure that one is left a weakling ever after.

The thirty-three feet of bowels is another common source of our ills. Trouble especially in the large bowel is so common that some ask, "Why did the Creator so form us?" We might more justly ask, "Why has man wandered so far from nature, and her simple but exacting laws?" We eat at irregular times, eat when over tired, eat too fast, and make our meals consist of too great a variety, to say nothing of improperly cooked or too highly seasoned food. In summer we suffer from heat, but continue to eat heavy foods, too abundant in the elements of starch and fat, which were intended to keep us warm in the winter months. Nature gives us a clue to the summer diet in that our gardens, are, or should be, as every household should have a garden, filled with succulent fruits and vegetables, which with eggs, milk, and additions from the cereal family, give us the ideal and rational summer fare. In the winter we say we are afraid of taking cold, so we have our houses warmer than the average summer temperature. The statement, "taking cold," is a paradox; it would be better if we said we "took hot." Artic explorers are free from colds while in the frozen zones, but quickly take them, with pneumonia or bronchitis as well, when they return. We clothe our bodies too heavily in winter and spend too much time in our heated and ill-ventilated rooms, then wonder after a five months of this treatment we feel sluggish and out of sorts when the first warm spring days come. Spring fever, so called, is not that the body needs a blood purifier, but less heat producing food, as its requirements for food are much less than during the rigorous winter months.

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"The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health. It is a power also in dealing with disease. . . . Often invalids can resist disease, simply by refusing to yield to ailments and settle down in a state of inactivity. Rising above their aches and pains, let them engage in useful employment suited to their strength. By such employment and the free use of air and sunlight, many an emaciated invalid might recover health and strength."—*Ministry of Healing*, page 246.

## Personal Efficiency

F. A. LOOP

Is your health good? Physically and mentally do you measure up to the full stature of a man? In these strenuous days when the responsibility of man is so great, it is highly important that every one know himself. Is the reason you are not efficient in your work due to disease? Efficiency is really a modern word. The great business enterprises and large manufacturers who are employing capable engineers to study the question of economy from every angle, have found that much depends upon the habits and health of their employees. New business methods have been adopted, labor-saving machinery has been installed, by-products have been saved, but for all this it is found that real success depends upon the health of every workman. Then if it is important that employers and corporations be solicitous for the health of the worker for the greater success of their business, should it not be a matter of importance with the individual himself?

The average man is only fifty per cent efficient. He is suffering from occasional or periodic headache, from insomnia, indigestion, backache, sore throat, rheumatism, neuralgia, and nervousness. Many of these are symptoms or signals of an approaching chronic disease that sooner or later will remove him from the arena of usefulness and happiness. Mr. Rittenhouse points out that in thirty years the mortality from these organic diseases has increased seventy-five per cent in the United States.

Diseases of the heart are on the increase. More deaths occur from organic heart disease than from all forms of tuberculosis. The maladies of the heart and circulatory system are very closely related to disease of the kidneys. A large percentage of the deaths from chronic disease is due primarily to disease in one or both of these systems.

But you ask, "What is to be done?" The answer: Periodical examinations should be made to detect the present trouble before it becomes firmly seated, and proper treatment taken, not forgetting to correct wrong habits of living. Mr. Rittenhouse says: "I believe it is safe to say that fully eighty per cent of these deaths from organic diseases could be postponed from a few days to a number of years if you would teach the people personal hygiene." Dr. Henry Smith Williams, after discussing some of these points, says "It would seem then that there must be something radically wrong in the manner of life of the adult population of America."

In these modern times with the progress of medical science and the training which the physician receives, it is possible in a very large percentage of cases to find out precisely what is wrong. The days are past when the physician is satisfied with simply looking at the tongue and feeling the pulse of his patient. He now requires from three days to a month to study each case. Not only is a thorough physical examination made, but the sputum, urine, and other excretions are sent to the laboratory to be carefully studied. The sphygmomanometer, which has become a part of every up-to-date physician's *armamentarium*, is used to carefully examine the condition of the heart and

blood-vessels. It accurately measures the blood-pressure. High blood-pressure is the forerunner of apoplexy which is causing so many deaths. The X-ray has become indispensable in studying the heart, lungs, intestines and other organs. With it the heart can be seen to beat and the peristaltic movements of the stomach and intestines can be observed.

Everyone, though in apparent health, should be examined at least once a year. Dr. Henry Smith Williams again says: "You should confer with your physician about your heart every six months. This is preeminently a case where a stitch in time may be all important. The time to treat heart disease is a good while before it begins." No one questions the wisdom of having the teeth examined and repaired at least once every six months. But how much more important than the teeth is the heart, that tiny organ which works night and day beating on an average of one hundred thousand times each twenty-four hours. The old adage which says "A man is as old as his arteries" is true. Arteriosclerosis, hardening of the arteries, cause of apoplexy, is the result of wrong diet and too strenuous life. If your blood-pressure is tested twice a year you may know how old you are. Some men are young at seventy, while others are old at thirty. The condition of the arteries tells.

After your case has been thoroughly studied and you know yourself, the question of what to do is in order. It is really old-fashioned to deal in self-medication, to say nothing of its dangers. The days of patent medicines are nearly gone and quackery is receiving a death blow. America has awakened to the fact that to save her people, to keep them from becoming defective and filling untimely graves, she must do something to thwart this evil. Popular journals as well as leading medical journals are joining in a fight to exterminate all forms of quackery. The newspapers of some of our leading cities are also taking up the fight. If we will all join hands and refuse to use these dangerous and useless patent nostrums, the fight will soon be won. When we are not feeling right or suffering pain, what folly to go to a druggist and purchase some patent medicine that is put up for financial profit only. Many a life is lost and many diseases become incurable by this practice of self-medication, by the use of some widely advertised nostrum.

The days of preventative medicine have dawned. Today we are bending our energies toward the preventing of disease. Truly an ounce of prevention is worth many pounds of cure. And if everyone will periodically visit the doctor, as he visits, or should visit the dentist, and have his physical condition carefully examined, and then by proper treatment and right living place himself in the best relationship to health, life will be longer, the days will be happier, the Christian experience sweeter, and efficiency raised from the fifty per cent mark a long way toward the hundred.

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"Let physicians and nurses draw from the things of nature, lessons teaching of God. Let them point the patients to Him whose hand has made the lofty trees, the grass, and the flowers, encouraging them to see in every bud and flower an expression of His love for His children."—E. G. W.

# The Wabash Valley Sanitarium

BY A PATIENT

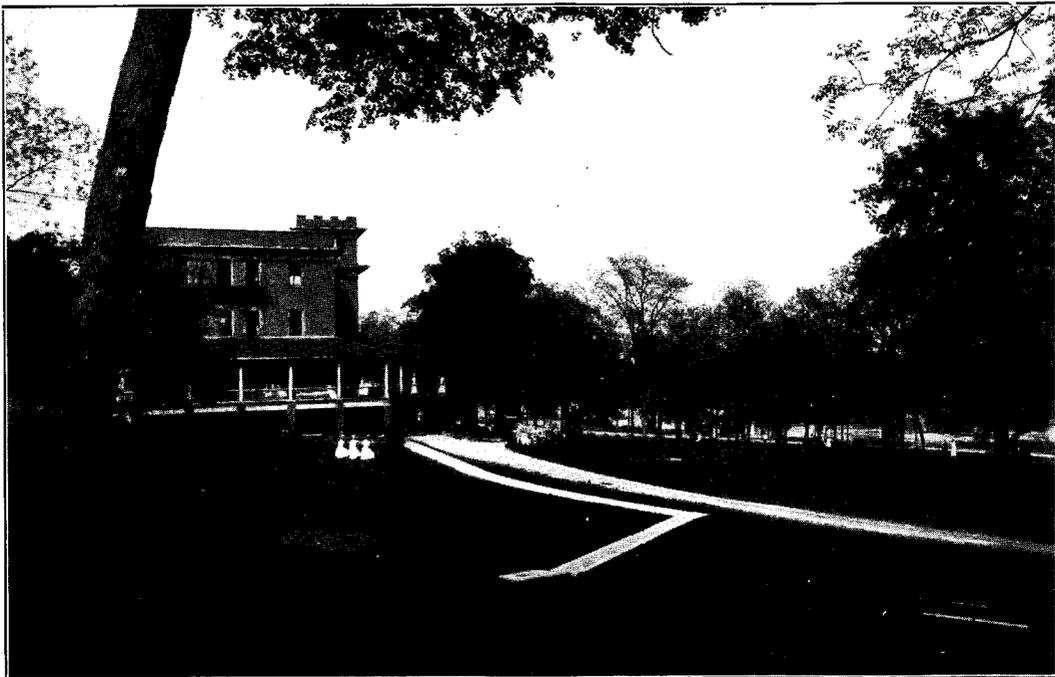
Much as Omar Khayam, the Persian poet, went in and out of the schools of philosophy with the feeling that he was none the wiser thereby, so do many seekers of health go in and out of the doctors' offices and hospitals with the feeling that they are none the healthier, and none the wiser in hygiene.

One of the Seventh-day Adventist institutions, however, has made one health-seeker see that there are some sanitariums that can really make a large per cent of patients not only healthier, but, if



One feature of the Wabash Valley Sanitarium that I am happy to praise in particular is the thorough and painstaking study of the patient's condition that is made by the physicians, and the equally thorough and careful selection and administration of treatment. I felt as if I were under the sympathetic and watchful eyes of doctors and nurses of experience at all times—and indeed I was.

The rare beauty of the natural surroundings of the Wabash Valley institution plays an important part in the healing work. It is well out in the country, thoroughly away from town noise and dust. The ride there, because of the beautiful tree-fringed river, and the first view of the place makes one love it. The stately trees in front and the wooded hill in the background suggest a haven of rest at first glance. By the roadside is a flowing well, apparently coming from



they desire it, wiser as well.

As a patient whose life was probably saved by the treatment received at the Wabash Valley Sanitarium, near La Fayette, Ind., I wish to offer this appreciation to the officers of that institution, hoping that they may give it publicity somewhere; not because the writer is fond of publicity, but because it may encourage others to get help in a crisis similar to mine.

I went to the sanitarium in an advanced stage of nervous prostration, with little faith in a cure; but I saw too many of the nearly-dead rise up and be well to warrant my skepticism, so I too consented to be healed. Now I am home again with my husband and children.

the side of a great oak tree, and beside the walk that leads through the wide grounds to the main building is a spring-house, whose water is the purest. In their season, the blossoms of many trees add to the delights of the place; and if one is strong enough to ramble through the near-by groves he will find wild flowers in plenty—wildflowers such as abound in the choicest of Indiana's too fast disappearing groves and woods. Song-birds seem to love this spot; the bird-lover who loves them for their music can have a daily concert, and the scientific bird-lover, with a good glass, can find continual interest.

When heroic treatment is required in addition to the gentle influence of nature, the patient finds the sanitarium equipped with scientific and business-like effi-

ciency. The large building, which has three floors, is thoroughly modern. In the surgical ward are all those things that go to make up a complete and successful surgical department. The patients' rooms not only are amply furnished, but are also delightful lookouts for the viewing of that same nature which makes the porches and grounds so pleasant and attractive.

The main floor has a variety of uses, but the activities there are all made to harmonize beautifully. Here are the doctors' offices, where more responsibility is centered perhaps than at any other point. As a patient, I found the physicians so quick to understand the idiosyncrasies of a woman of exhausted nerves like myself that I have often marveled that such studiousness and sympathy could be so admirably combined in busy men. Dr. Loop, the superintendent, seemed ever to have complete control of the whole complex machinery of the place as well as that finer sort of cooperation that springs from sympathy—the sympathy, I mean, of nurses and helpers through the whole building. Dr. Van der Voort, the house physician, upon whom rested a proportionate responsibility, showed the same executive success within the range of his obligations. Not only in the offices but in their daily visits to the patients' rooms, did they show an earnestness and thoroughness that inspired confidence.

Miss States, the matron, captured the hearts of us patients as completely as she had already made conquest of the affections of the nurses. She served always with that quiet, gentle dignity that gives the best atmosphere for sick folks, and her tender guidance is to be thanked for much of our improvement.

Closely akin to religion, and springing from it oftentimes, is hospitality; and hospitality is one of the chief charms of the Wabash Valley Sanitarium. Each morning in the parlor the patients gather as one large family for worship, which is presided over by the chaplain, Elder W. A. Young, a man ripe in Christian experience. These daily services make us feel at home. Many a patient is strengthened and some unbelieving ones converted by the true manna that is received through the Scriptures in these services.

In the dining-room the same homelike hospitality is felt. Here if one glances out of the window, he sees the same beautiful river scenery that may be seen from all the rooms on the sunny side of the building. Here the patient receives the most generous attention, without the slightest contamination from those corrupting "tipping" practices of mercenary hotels.

The spirit of the whole institution is the spirit of brotherly love—that spirit which Christ brought into

the world to give us a foretaste of His everlasting kingdom.

## Importance of Sanitarium Work

C. M. CHRISTIANSEN

I wonder how many of us stop to think what our work would amount to without our sanitariums and publishing houses? It would be greatly crippled without them. Medical missionary work is the pioneer work of the gospel.

But there will come a time, and that very soon, when the publishing work will have to close, when our literature will be denied the mails. The medical part of the message, however, will continue to the very last.

What would we do with our sick loved ones, where could we send our sick friends, indeed in whose hands

would we want to trust ourselves when in the grip of some dangerous disease, if these havens of refuge were not?

In the sanitarium training-schools thousands of young people have been prepared for active missionary work, and many of these are doing faithful work today in the home and foreign fields.

Our ministers use the sanitarium work as a lever

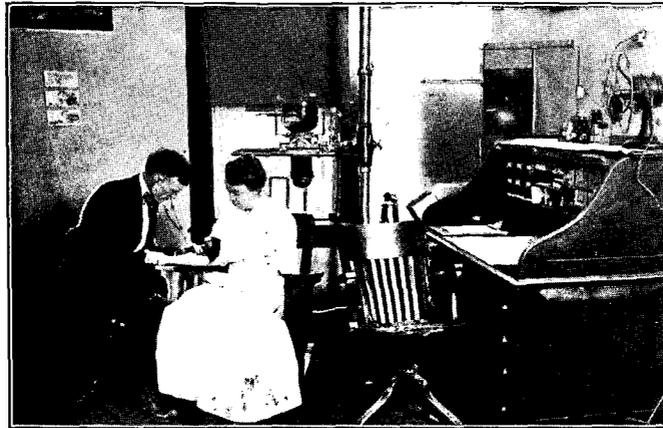
many times in introducing the message to those unacquainted with our faith, and many thousands of the warmest friends we have among those not of our faith were made friends by our sanitarium work.

Large amounts of money have been donated to our work because of the influence of these institutions, and legislation that otherwise might have gone seriously against us has been stayed because of the influence wielded by warm friends of the sanitariums.

The medical work is a strong agency in the hands of God for reaching those who cannot be reached by the printed page and the pulpit.

It is the wish of the managers and their coworkers to make these institutions a greater blessing to those of our people who need medical aid. An excellent plan is being suggested elsewhere in this paper which will open the doors of the sanitariums to all who need help, even though the patient is unable to meet all the expense.

With efficiency in service, kindness, and courtesy, together with that quiet, restful, Christian influence that pervades the institutions that are training their workers for the world-wide mission field, our sanitariums will continue to be successful in their Heaven-appointed work of sowing seed that will grow into ripe grain to be reaped for the heavenly garner.



## From Its Early Days

W. C. FOREMAN.

Medical work was first started in Moline by Dr. J. E. Froom soon after his graduation from the medical school. With Dr. Froom were associated some canvassers who handled medical literature. This effort finally developed a demand on the part of the people for treatment according to sanitarium methods.

Dr. Froom and wife took up the work in a more definite way in a small rented building.

They had associated with them one or two graduate nurses. Their facilities were very crude and the lack of

held in the sanitarium. The working force, at the time of my arrival consisted of Doctors Edwards, Miss Laura Jensen, lady nurse, and B. B. Aldrich, gentleman nurse. The training class consisted of two young women and one young man. Miss Hanna Jensen, now Mrs. L. H. Rubin, was serving as cook and Mr. George Stagg was acting as janitor and all round man. The patronage increased to such an extent that in the spring of 1906 it was decided to build an addition. The work of building began the first of April that year and \$10,000 was spent in building the addition which provided treatment rooms for ladies and gentlemen, twelve guest rooms, and a small gymnasium. As the treatment rooms which had occupied the basement proved to be undesirable, the new building was planned with the treatment rooms on the first floor. From time to time other facilities have



more extensive apparatus and conveniences made the work very arduous. The patronage increased steadily and it was not long before there was a demand for more commodious accommodations. Sister M. E. Stewart, who had lived in the city for many years, whose heart was in the advancement of all phases of our message, became interested in this work. Having some means at her command, she arranged for the purchase of the present location during the year of 1902. Some alterations were made in order to make the building suitable for sanitarium work. In May, 1913, Dr. Froom resigned and Drs. S. P. S. and Maria L. Edwards connected with the work. November 20 the same year the writer joined the corps of workers. On November 30, 1903, the dedicatorial services were

been added as our financial circumstances allowed.

Dr. S. P. S. Edwards' health began to fail in 1907 and in January 1908 the doctors were given a leave of absence and went to the Pacific Coast hoping to recover his health. Dr. W. H. Warner was associated with the institution from June, 1907, to March, 1908. Upon his resignation Dr. R. M. Clark came and remained about one year. Dr. Estella G. Norman, our lady physician, took up the work in July, 1908. Upon the resignation of Dr. Clark as medical superintendent, Dr. F. J. Otis connected with the work in June 1909. Several other physicians have been in the work for short periods of time.

Our first class of nurses graduated consisted of four young people; now our training school consists

of twenty-five. Thirty-five nurses have been graduated. We have much reason to praise the Lord for His guiding hand and sustaining grace that has made the present prosperity of the work possible. If the work continues to grow more room will need to be provided.

Our patronage has consisted of people from nearly every state in the Union; the bulk, however, is drawn from the cluster of cities in this vicinity. About twenty-five outside physicians brought patients to the sanitarium last year. Our best advertising has been through our satisfied patients. All the good that has been accomplished through the agency of the sanitarium belongs to the One who has made this service possible, and to His name we ascribe all the glory.

## The X-Ray

F. J. OTIS

Ever since the discovery of the X-ray, we have known that there were great possibilities in the aid to diagnosis.

In the early work there was so much danger to the patient and operator and so many severe burns that the progress with the X-ray ceased for a while. In recent years, apparatus has been developed by which the X-ray can be handled with perfect safety to both the patient and the operator.

Not only can we know accurately the condition of the bones, but many of the softer structures can be seen with the proper management of the X-ray.

People have suffered with neuralgia or tooth ache for years only to learn from the X-ray that they have a misplaced tooth, the removal of which cures the difficulty completely.

We have listened, tapped, and aspirated the lungs in an effort to diagnose the condition there. Now we can look through, see cavities, and observe the quantity of fluid in them as readily as water can be seen in a glass.

Half the gall-stones that are troubling us may be seen with the X-ray.

By feeding a patient a special meal, we can observe the workings of the stomach and intestines in a miraculous manner.

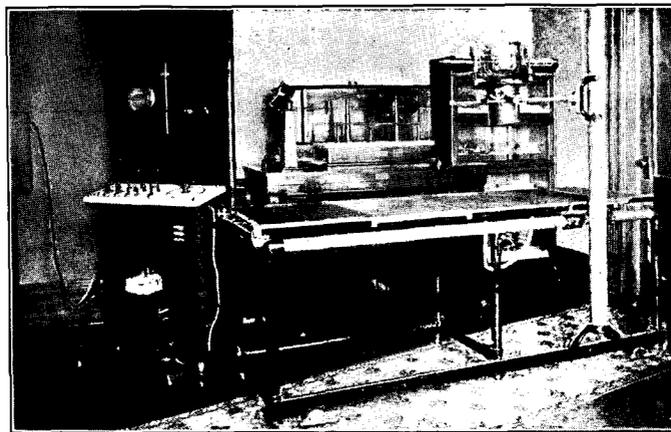
It is possible to know that organs that should be freely movable are held in, abnormally close, by adhesions or bands.

The safe use of the X-ray has not been the only thing accomplished by it,—great achievement has been made recently in the treatment of certain

diseases with the X-ray. Great tumors about the neck and axilla have been caused to completely disappear with large doses of the X-ray.

There are none of the things accomplished by radium in the treatment of disease that cannot be duplicated with the X-ray.

Some of the difficulties in the past have been that the machines have not been powerful enough to accomplish the work. Several years ago we installed one of the most powerful machines then made. It has been a great help to us in determining what was the trouble with our patients. We have been able to do at once the thing that was necessary to do, without keeping them under prolonged periods of observation. As a result, patients may be sent home restored to health sooner. It has been a great conservation to the economic efficiency of people to have their difficulties treated accurately and quickly. We do not have to look back many years to remember when patients spent months in suffering where now the same patient can speedily recover because of our improved care of the sick.



“The physician who desires to be an acceptable co-worker with Christ will strive to become efficient in every feature of his work. He will study diligently, that he may be well qualified for the responsibilities of his profession, and will constantly endeavor to reach a higher standard, seeking for increased knowledge, greater skill, and deeper discernment.

Every physician should realize that he who does weak, inefficient work is not only doing injury to the sick, but is also doing injustice to his fellow physicians. The physician who is satisfied with a low standard of skill and knowledge not only belittles the medical profession, but does dishonor to Christ, the chief Physician.”—*“Ministry of Healing,”* page 116.

## Obstetrical Work

E. G. NORMAN

At Moline our obstetrical work has grown to such an extent that we have fitted up a room with everything needful. We hope that the time is not far distant when we can build an addition and provide separate quarters for this work.

Our nurses become perfectly familiar with this line of nursing. Sometimes the infant has to be bottle-fed and the nurse learns the best method of modified milk feeding. On an average, each nurse during her training has at the very least twenty obstetrical cases.

## The Progress in Surgery

F. J. OTIS

At the present time we are reminded of the war between Germany and France forty-five years ago. In 1870 when the Germans were surrounding Paris, the Paris hospitals were filled with the wounded soldiers. Every soldier who had a limb amputated died as a result of the amputation. While the surgeons understood anatomy and physiology, they did not understand bacteriology and the causes of infection.

Pasteur was a professor of chemistry and his laboratory was made a hospital. His son was a soldier. While visiting the soldiers in the ward, he observed the care of the wounded. He had made some observations in bacteriology and believed that infection in wounds was caused by germs. He brought his proofs to the physicians, but they would not listen to him.

Lord Lister, of England, heard of his experiments and became interested in open fractures of the limbs. It had been customary to amputate them because the infections proved fatal. In that way they saved a few lives, but lost many, even after amputating the limb. Lister made a little antiseptic wax and used this in the open fractures with good results.

Then came the use of antiseptics in surgery. The great mortality following operations began to decrease. Still it was extremely high. In one European hospital, seventy per cent of the surgical cases died as a result of infections.

Aseptic methods were adopted and the loss was only ten per cent. These things were being done in the latter part of the eighties.

In the nineties they began to teach bacteriology in medical schools. They learned that the germs must be excluded from the field and the surroundings during the operation. In the early work there were quite a good many deaths, but as the methods have improved, it has become possible to do a great number of previously impossible operations.

People feared operations so much that many hesitated to go to hospitals. They sought sanitariums instead, because they feared the use of the knife.

However, since 1900, the progress has been exceedingly wonderful. The men who went to medical college in the nineties have emerged from the schools with a working knowledge of bacteriology and have been expert in the exclusion of germs from the operating field, so they later acquired a surgical proficiency and are doing a work unattained in the eighties.

Our own work has not been behind in these accomplishments. While high percentages have followed surgical work, the recent work even in our own sanitariums has attained the very high efficiency of less than one per cent over a hundred operations performed without an infection of any kind.

Where a patient formerly spent six weeks to three months in the hospital, because of an operation, he spends two to three weeks now.

Appendicitis was a fearful and serious disease previously, but now with an earlier diagnosis and the removal of the appendix before it is dangerous, all cases are saved and the operation is regarded of no

more consequence than manicuring the finger nails.

We can open the most delicate structures of the body and transplant and exchange tissues. A rib is often taken to fill in a defect in the skull. If through disease we lose half of the arm bone, we can split a piece off of the leg bone, splice it onto the arm bone and get a useful arm. Wonderful work has been done in surgery to relieve the diseases of the abdomen, and in recent years we have found out how to make a patient breathe even without any ribs. We do not hesitate now to open up the chest and sew up a wounded heart.

Even the nervous system has become an overflowing field for surgical improvement. While formerly people have become gradually paralyzed and invalids for life, we find often that paralysis is produced by simple tumors developing against the cord. We open the cord, remove the tumor and the patient is cured.

Inflammation of the bowels, and peritonitis, have been entirely removed from the patient who places himself early in the hands of a competent physician. The management of surgical cases has become so excellent that shock following an operation has been almost entirely removed. The control and handling of germs have become so perfect and the facility of feeding tissue so thoroughly understood that it is possible to remove the tissues from the body and keep them growing for months and even years.

Hundreds of those who died under the methods of ten or fifteen years ago would be saved under the advance methods of today. It is the early diagnosis and increased facilities for recognizing the cause of disease that makes it possible to foresee the danger early enough to steer the patient safely past.

The hand of the Divine has directed in scientific research until there is in store great conservative resources in the treatment of all classes of cases, and in diagnosis, the basis of sanitarium regime. It is our duty to avail ourselves of these increased facilities in order that we may acquire greater efficiency for the work that is before us. The more serious the cases, the more people we can help in surgery and treatment, and the greater influence our sanitarium work in every department will have. Let all unite to make the sanitarium systems complete and indeed the head of of this great message of the sacredness of the human body. God's power through human agencies to relieve suffering, bring hope to the sinner, and hasten Christ's glorious appearing, is unbounded. May we, the human agencies, be ready to do our part well.

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"Words of kindness are as welcome as the smile of angels."

"From age to age the Lord has been seeking to awaken in the souls of men a sense of their divine brotherhood."

"The humblest workers, in cooperation with Christ, may touch chords whose vibrations shall ring to the ends of the earth, and make melody throughout eternal ages."

"As the dew and the still waters fall upon the withering plants, so let words fall gently when seeking to win men from error."—*Spirit of Prophecy*.

## As Others See Us

I have never ceased to be grateful for the benefits received while in your sanitarium and seldom fail to remember the morning service in the parlor and join my prayers with those who meet there asking God to bless the efforts to relieve disease and suffering. Having much better health, I am able to do my own work. I reject all medicine and rely on diet, fresh air, deep breathing, and plenty of water to keep me going. The lady whom I sent to you last summer, like myself, feels that the Wabash Valley Sanitarium is indeed a good place for afflicted people and you may be sure we shall take great pleasure in recommending it to our friends.

We are looking forward to a visit to the Wabash Valley Sanitarium this season. My wife says it makes her mouth water to think of the sanitarium these nice mornings. We surely have a warm spot in our hearts for the place and would not miss an opportunity to "boost" for it. I am gaining all the time, in fact, my general health is better than it has been for years.

I had contemplated going to a famous Indiana resort where I have been before when by chance I heard of the Wabash Valley Sanitarium and the description of it made it appear to be just the place for me. The sanitarium has many attractive surroundings and is in fact what the name signifies. It is in no sense a pleasure resort but a place for the tired and sick, and the environment, natural and maintained, is perfect. The institution is one of the many supported by the commonly called Seventh-day Adventists. It is not a financial enterprise. Being under the charge of a Christian church it is expected that a certain amount of religious atmosphere would pervade the place. It is true but in a reasonable and sane degree only. Short religious services are held once or twice a day except Saturday [Sabbath] when there are more to which guests are cordially invited.

There is no suggestion that the religion applies directly to the cure of disease as in Christian Science, but a proper or perfect relation of the mind and spirit to its environment and studious care for the good of the body are enjoined in the general instructions.

The institution is equipped like the better known one at Battle Creek, with all kinds of baths, pathological and chemical laboratories, a surgery and one of the very best X-ray laboratories I have ever seen. In fact, the equipment for diagnosis of obscure conditions is excellent. If you are sick and need change of environment or just tired it is a delightful and healthful place to go.—*Clipping from the New Castle Daily Times, October 22, 1914.*

## Sanitarium Experiences

E. G. NORMAN

One day a business man called up and wanted to know if we had room for his sick engineer. The young man soon arrived and was operated upon for appendicitis. During his convalescence he became interested in the people "who kept Saturday for Sunday." He began to read the Bible and ask many questions. With great interest, he read everything brought to him and soon gave evidence of a changed

heart. At the Ottawa camp meeting he was baptized and has since been a consistent member of the church.

Soon an older brother began to accompany him to the Sabbath services. His interest deepened until he too joined the church. Next the mother of these grown boys began to read her Bible and ask questions. She brushed the dust from a copy of "Bible Readings," bought from a canvasser twenty years ago, and for the first time began to read it. It was not long until she too united with the church. She is very enthusiastic in spreading the good news among her neighbors. She spends her own money, hiring halls and getting her friends out to hear our ministers present the truths for these times. There being no Seventh-day Adventist minister nor church building in Moline, she most frequently attends church across the river in Davenport where they have recently dedicated a new church building as a result of a tent effort last summer. She also gave \$150 toward this new church. Thus the work goes on, and we are glad to have a part in it.

## Experiences at Madison

MRS. D. B. CHRISTIANSON

A letter from a former patient, a Catholic, stated: "I was lost for several days after I got home. There was always something missing, and I think it was the morning worship, and the treatments."

Another, a business man, and one very much interested in gospel work and prominent in it, says, "I do miss those services which began each new day with prayer and praise; they were a great source of comfort and encouragement."

A lady, a member of the Episcopalian denomination writes, "I can never forget the influence of the early morning meetings."

One, a man who has been an infidel all his life, now about sixty, says, "I never had any interest in the Bible or Christian people. I have become interested, and mean to oppose God no longer, but let Him have His way. I want the happiness that you people here manifest."

On coming to the room of a patient, a man of seventy years, but possessed of all his faculties this question was asked: "What about the soul?" Having presented the scriptures on this, he further said: "I have another question, I don't want to be found fighting against the law of God. What about this Sabbath question?" And so we have many opportunities given us. Our daily pray or is that God may help us to improve all these so that He can approve of us when the records of our lives are examined.

"Our sanitarium workers are engaged in a holy warfare. To the sick and the afflicted they are to present the truth as it is in Jesus; they are to present it in all its solemnity, yet with such simplicity and tenderness that souls will be drawn to the Saviour. Ever, in word and deed, they are to keep Him uplifted as the hope of eternal life. Not a harsh word is to be spoken, not a selfish act done. The workers are to treat all with tenderness. Their words are to be gentle and loving. Those who show true modesty and Christian courtesy will win souls to Christ."—*Volume 7, pages 68, 69.*

# Our Sanitarium Training Schools

C. E. GARNSEY

When the angels of God on the great gathering day bring the redeemed from the ends of the earth to ascend to the city of God, with King Jesus at their head, a mighty company will surround the Saviour,—the result of His personal ministry on earth. And how were they won? In great part by what we term today, "medical missionary" endeavor. And as the major part of His own personal work on earth was not with the large audiences, but with individuals, so is it today with those who seek to heal the sick and to win souls.

If we desire to train workers who will be especially qualified for soul-winning, we will make no mistake by training them to work as Jesus worked. Sickness, the great curse which people have brought upon themselves by continually transgressing nature's laws, was always used by Christ as a golden opportunity for winning the soul.

Our sanitarium training schools are instituted that thousands of strong, capable young men and women may be trained to work as Christ worked among the sick and afflicted. No better opportunity for soul-winning can possibly be found in this age of rush, money-madness, and pleasure seeking, than beside the sick bed, and with the suffering invalid. The busy, nervous business man of today finds no time for Bible study and soul interests until he finds himself at a sanitarium with a worn out body and perhaps a serious operation pending. Nothing tenders the heart and opens wide the doors of the soul, as does the gentle, soothing touch of the nurse as she applies some simple treatment that relieves the pain and quiets the excited nerves.

During the entire three years' course opportunities are found where souls may be won for the Master. The dining-room girl, the call-boy, the desk clerk, the bed-makers and others in their very first year are constantly meeting and mingling with the sick and ministering to them.

Not always by Scripture readings, but by the daily, earnest, quiet, Godly influence can the minds and hearts of the patients be directed toward God. As only those who have received the call of God for active missionary work are admitted to the training course, the missionary spirit that pervades the institutional work is noticed by all who visit our sanitariums. When there is no training school connected with the institution, and the work is done by hired help only, this spirit is lacking.

The students are given a balance of mental and physical work which is very conducive to good health. Practically every student will finish his or her three

years' course with better health than upon entering.

We see a large number of our boys and girls enter this training absolutely dependent, entirely unable to cope with the great problems of life unassisted. But what a wonderful transformation takes place during the three years of their sanitarium experience. They are graduated with a profession, one that makes them admirably fitted for the intensely practical things of life and for self-supporting missionary work. And what is more, their training gives them an invaluable preparation for overcoming many of the temptations that are ruining so many of the young people of the world.

Some of the important things included in the training of the nurses are:

Valuable points in household economy.

Thorough cleanliness, and cleanliness means much more to the nurse after a course in bacteriology, operating-room technique, room fumigation, etc., than to the average person.

Personal hygiene, health principles and food-values.

They are drilled in matters of etiquette and courtesy, and are trained to be prompt, accurate, dexterous, and careful.

In the cooking classes the instruction is especially valuable in matters of economy, right combinations, proper serving, and the preparation of foods that appeal to the appetite.

The circumstances that are constantly arising during the course of training which require quick thought, decision and personal responsibility, are invaluable.

No matter what kind of missionary work the nurse wishes to take up after finishing her course, her training will prove a most valuable asset. If she chooses to take up Bible work, her ability as a nurse will open the doors before her. If she is called to home or foreign mission work, she could have no better preparation. If she wishes to continue in sanitarium nursing, there is always a place for the faithful nurse.

Perhaps she will be called home to care for her aged parents. Here her training makes her useful in every way. And what training could make a young woman better qualified to take up the responsibilities of wife and mother than that of the trained nurse.

The young man who finishes his training creditably makes a more proficient Bible worker, a better mission worker, he is better prepared to make a successful preacher and can always find a position, if he wishes it, in our sanitariums or treatment-rooms.

We know the end is rapidly approaching and we also know that the message will close with our medical missionary work.



# Our Sanitariums

L. H. CHRISTIAN

The ignorance of the Middle Ages concerning even the simplest laws of sanitation and hygiene is almost unbelievable. One plague followed another. The black death alone destroyed over 25,000,000 during a few years in Europe. The papacy defended the superstition and persecuted the men of science, which fact in time caused the medical profession to separate from the church.

The words "hospital" and "hotel" are of common origin, and at first signified a place where strangers and guests were made welcome. A century ago came the great buildings called "Hotel Dieu," houses of God, the beginning of our modern hospitals. But these were overcrowded and cheerless. In some of them convicts were employed to nurse the sick, and the death rate was appalling. In the Hotel Dieu of Paris a hundred years ago, a mortality amounting to 220 per 1,000 was reported. In some of the British hospitals the mortality reached between 400 and 500 per 1,000. This terrible condition was due to overcrowding and lack of sanitary arrangements. "The extraordinary spectacle was to be seen there of two or three smallpox patients, or several surgical cases, or sometimes even four parturient women lying in one bed. A large portion of the beds were made for four persons and six were frequently crowded in." People became so afraid of the hospitals that the very name had to be changed to "Houses of Recovery."

Modern medical science and the better knowledge of the laws of health have worked wonders in our methods of healing or preventing disease. True, superstition yet abounds. We have evidence of this sad fact in the success which blesses many modern faith cures, in the prosperity of foolish fads and especially in the enormous quantities of drugs and medicines used. The person who believes a bottle of bitter liniment, or a little pink pill, or a tablet, can cure any disease from lumbago to heart failure, or the one who thinks that pounding the spine will "adjust" the appendix, or remove gallstones, is surely not far ahead of the ancients who prescribed powdered bats for indigestion and "the slime of snails for sore throat."

"Giving health" is what the old Romans meant by the word *sanatorious* from which our term sanitarium is derived. In modern life a sanitarium is "A Health Station or Retreat." Nearly every large city of this country has a number of sanitariums. Some of these are of doubtful quality being run by quack doctors. Others are of excellent reputation and are doing a splendid work for humanity. Seventh-day

Adventists believe in Christian temperance. We regard the laws of life and health as the laws of God. We consider it the duty of every Christian to become intelligent concerning the true principles of hygiene. A large number of Adventists are vegetarians, though with them vegetarianism is not a religion. We believe in prayer as an important factor in the healing of disease, but we cannot subscribe to the fanatical views held by some on this subject.

In accord with this belief and for the purpose of healing the sick and imparting instruction concerning the laws of our being, Seventh-day Adventists have established a large number of very successful medical and surgical sanitariums, where nature and the physician and surgeon work hand in hand. The methods employed are the most modern and improved. The appliances are up to date. Baths, electricity, and

diets are largely depended upon. These institutions are known all over the country and are patronized by many leading men and women of America and Europe. They are open to all classes without regard to nationality or creed. They are not established for the sake of gain, nor for religious controversy, but as quiet, happy, Christian havens of health.

Every one of our sanitariums is a training school for nurses and medical missionaries. The best and most practical education a young woman can secure is that of a missionary nurse. In no other vocation is a woman able to do a more blessed work for Christ.

To equip and support one of our sanitariums is no light task. Owing to a variety of causes such as superior service, careful nursing, natural remedies, and treatments, the rates at a sanitarium are of necessity higher

than the charges for a bed at some hospital wards. Our rates are much lower than in other like institutions. We help many of the sick and poor, and would gladly help far more if we could. Some of our readers may have in mind to make a will. Why not remember one of our Christian sanitariums in your bequests? During our medical missionary council in Washington, D. C., last February, it was recommended that every conference keep an endowed bed at our sanitarium. At a recent meeting of our Union Committee this plan was discussed and voted. The idea is not new. We hope each conference will adopt it. These sanitariums belong to God's people. We should do everything in our power to assist them in doing their appointed work. "Our sanitariums have been the means of accomplishing great good. And they are to rise still higher."



