

23

A MODERN HEALTH MOVEMENT



CONDUCTED BY SEVENTH-DAY ADVENTISTS

For the Health Seeker

THERE is nothing new or novel about being sick—that is an old story.

Nor is it a new thing to be looking for a cure for disease. That is an age-old pursuit, taking people even to the ends of the earth in quest of an elixir of life or the fountain of youth.

Neither is it new to hear of the discovery of another "cure," with promise of sure relief from some human ailment. From time immemorial we have heard of new remedies for any and every ill or ache to which flesh seems heir.

It is not news to hear that "cures" do not always cure. Many a panacea has come and gone, having had its day of popular acclaim, only to give way to another "sure cure" with greater claims.

No, there is nothing particularly modern about talking of our ailments, unless it be that we have more of them to talk about. There are now about 2,600 ways of being sick, and thousands more so-called remedies.

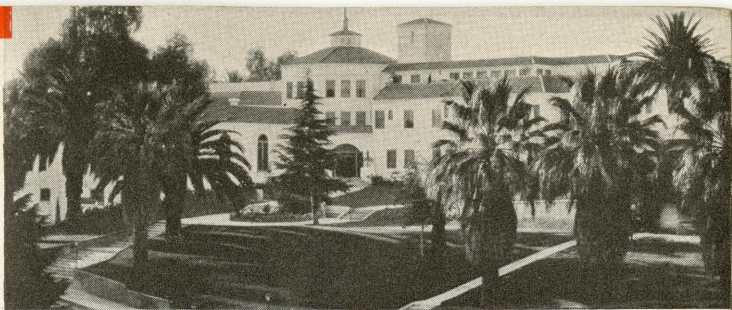


SHANGHAI (CHINA)
SANITARIUM

IN ABYSSINIA

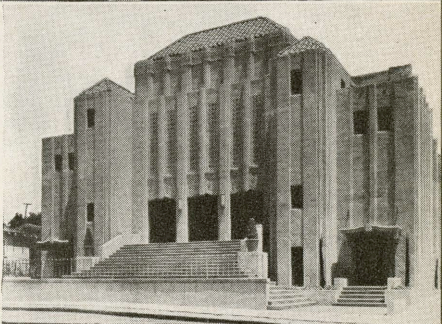
SKODSBORG (DENMARK)
SANITARIUM





LOMA LINDA (CALIFORNIA)
SANITARIUM

PAULSON MEMORIAL HALL,
COLLEGE OF MEDICAL EVAN-
GELISTS, LOS ANGELES



LOMA LINDA NURSES



MEDICAL PROGRESS

Progress has been and is being made in the treatment of disease. Medical science has made many discoveries in the field of true cures and their uses, finding new and successful ways of combating disease. Many diseases, regarded in the past as unavoidable plagues, are now a matter of history. The conquests already made give good promise of further triumphs.

Medical authorities now recognize that the most successful methods of treatment of the sick are those which most fully utilize the recuperative forces of nature. Greater recognition is being given to natural methods of healing, and less to drug medication. Doctors, nurses, sanitariums, hospitals, remedies, and appliances are of use only as they assist nature, which alone can effect a cure.

Standing first in the cure of any and all ills are the natural recuperative powers within the body, and the various natural healing forces outside the body, such as sunlight, fresh air, water, proper diet, etc. The successful physician is he who uses his scientific medical knowledge in an endeavor to assist and supplement these natural healing powers.



UPPER: HINSDALE (ILLINOIS) SANITARIUM
LOWER: IOWA SANITARIUM, NEVADA, IOWA

THE SANITARIUM IDEA

The modern and scientific development of successful medicine finds full expression in the system of sanitariums operated by the Seventh-day Adventists. This body is everywhere known for its health interest and activity. From its earliest organization it has stood prominent in its teaching and practice of temperance in its broader application, covering all that is hurtful.

In the care of the sick and the treatment of disease it was early recognized that nature, and not drugs, must be relied upon for a cure. A decided position was taken against the use of poisonous drugs as curatives. Prominence was given to the use of water as a remedial agent; later there were added various other therapeutic measures, constituting the basis of treatment as now carried on in the numerous sanitariums, hospitals, dispensaries, and treatment rooms.

The time was when these principles of therapeutics were not accepted by the general medical world. Indeed, by many they were regarded more as fads or irrational procedures. But today these treatment methods are widely recognized as of first importance, and are more or less employed by many medical institutions.

The Seventh-day Adventists first made use of the word "sanitarium" to designate an institution for the care of the sick. The sanitarium idea now stands for a distinct system in treating disease. It comprehends

the removal of the causes of disease; a reform in diet and such other living habits as may be detrimental to health; and the use of natural healing agencies.

BELTING THE GLOBE

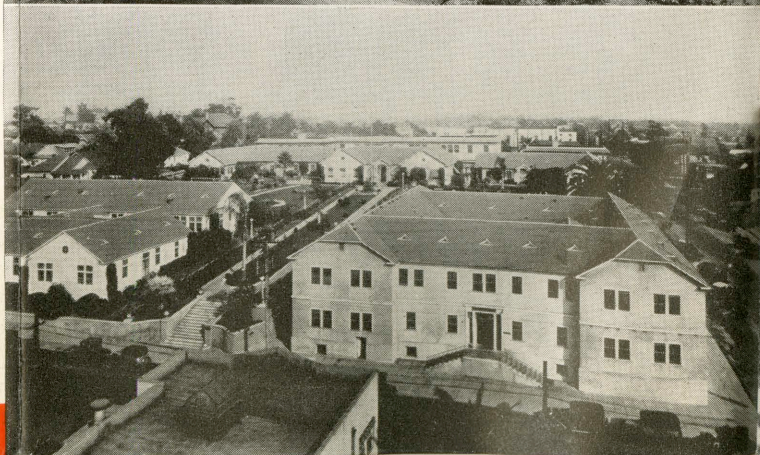
The year 1866 witnessed the establishment of the first sanitarium at Battle Creek, Michigan, at that time the headquarters of this people. The institution was for many years under the direct ownership and control of the denomination, and in carrying out the original purpose of its establishment—to form a part of an organized movement in medical evangelization—it was instrumental in starting several like centers.

With the advance of the denominational work into many lands and in many tongues—now 275 countries and islands, and close to 500 languages—the medical ministry has found its field. Health instruction is a part of the regular denominational teaching, and the establishment of health centers follows apace.

From a beginning of one sanitarium, the institutional phase of this movement has grown until today there are 108 sanitariums, hospitals, dispensaries, and treatment rooms operated by the organization.

An investment of over eight million dollars is represented in these medical enterprises. About four thousand physicians, nurses, and other workers are employed. Nearly three hundred thousand patients are annually cared for.

UPPER: PORTER SANITARIUM, DENVER, COLORADO
LOWER: WHITE MEMORIAL HOSPITAL, COLLEGE OF MEDICAL EVANGELISTS, LOS ANGELES

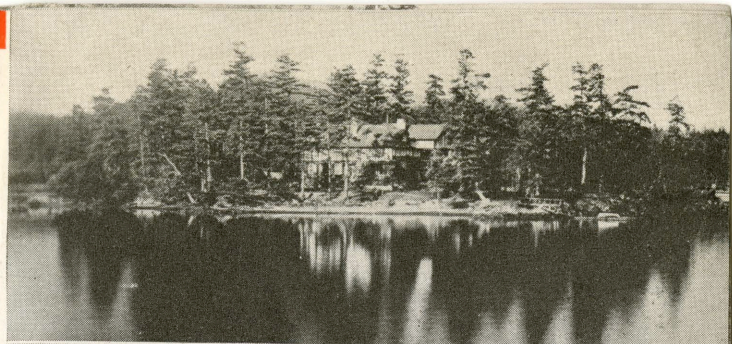
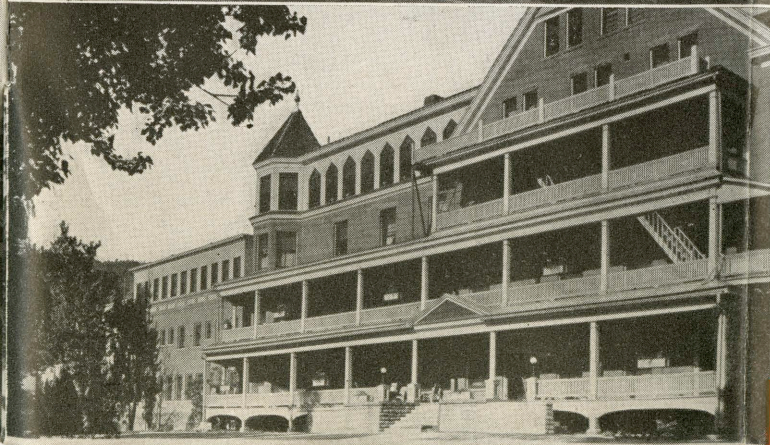
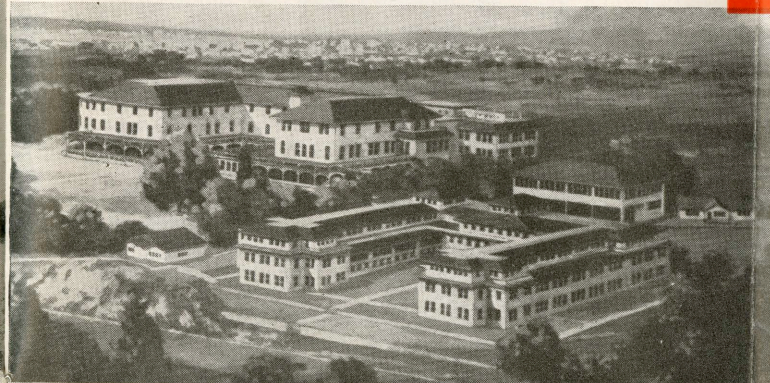


SEEING AMERICA FIRST

Let us "see America first" as we visit some of these medical enterprises scattered over the world. Starting at the present headquarters of the denomination, at Washington, D. C., we find in one of the prettiest suburbs, Takoma Park, the location of the Washington Sanitarium. Its group of buildings are of modern design, nestled among thickly wooded surroundings, on the banks of the beautiful Sligo. The facilities and equipment of the institution are very complete. This model resort for health seekers is receiving a liberal patronage from the people of the capital, many men and women of prominence being numbered among its guests.

Middlesex Fells, a State park of thirty-five hundred acres, preserved in its original natural beauty, is the location of the New England Sanitarium and Hospital, of Stoneham, Melrose P. O., Massachusetts. Although but seven miles from Boston, the grounds of this health retreat are surrounded by a wilderness of woodland, rocks, and rugged fells, with placid lakes, rippling brooks, and cooling springs. The sanitarium estate of forty-one acres is situated in the midst of this natural beauty, giving an environment that is in itself an inspiration to those who are tired or ill. The institution is thoroughly equipped and well furnished to serve every need of the health seeker.

UPPER: PARADISE VALLEY SANITARIUM, NATIONAL CITY, CALIFORNIA
LOWER: BOULDER-COLORADO SANITARIUM

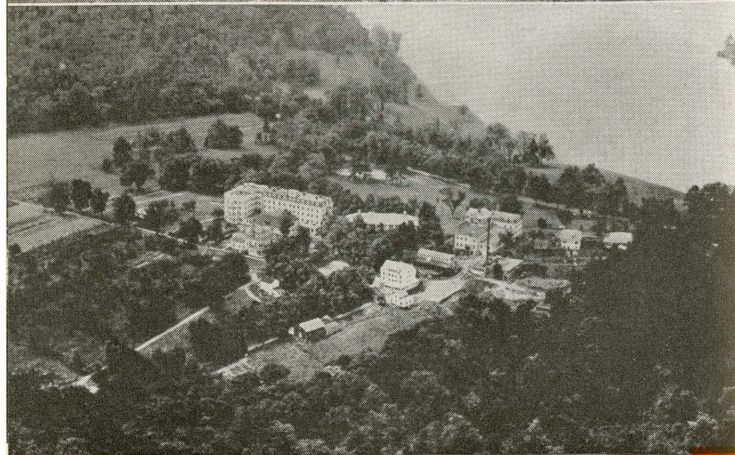


UPPER: RESTHAVEN SANITARIUM, SIDNEY, BRITISH COLUMBIA
LOWER: WALLA WALLA (WASHINGTON) SANITARIUM

BEAUTY SPOTS

In nearly every instance the situation of these sanitariums presents a veritable beauty spot. Take, for instance, the Orlando (Florida) Sanitarium. It stands in the midst of a grove of stately pines, on the shores of two beautiful lakes. The main building overlooks Lake Estelle, one of the prettiest in the region. The Florida climate gives this sanitarium a prestige that counts much toward its increasing popularity as a health resort. Other large buildings and numerous cottages afford accommodations for the growing number of persons learning to appreciate this place for its health advantages.

At Hinsdale, Illinois, a beautiful suburban town of Chicago, is the Hinsdale Sanitarium. Though under private ownership, it operates on similar lines to the other institutions here mentioned. One is struck at once with the beauty of its location. The attractive building, in a grove of virgin forest trees, offers a quiet retreat. The "back-to-nature" movement finds perhaps its best exponents in this sisterhood of sanitariums. Not only natural environment, but the observance of nature's rules of right living is utilized. Removal from the disturbing social surroundings that often have been a factor in the breakdown of health, is essential to its rebuilding.



UPPER: WASHINGTON (D. C.) SANITARIUM
LOWER: NEW ENGLAND SANITARIUM, STONEHAM, MELROSE
P. O., MASSACHUSETTS

MODERN FACILITIES

Near the town of Nevada, Iowa, is the Iowa Sanitarium, sitting atop a hill and overlooking some of the beautiful farming section of the Corn State. Its building is conveniently arranged for the comfortable care of patients, and its facilities are adequate. The institution, like the others of the system, emphasizes the importance of physiologic methods in its treatments, which include all that is rational in the range of therapeutics, as recognized by the best authorities in the medical profession. All treatment is under the direction of properly qualified and licensed physicians, in full harmony with medical ethics.

About thirty miles from Denver, in this rugged Rocky Mountain region, is the long-established Boulder-Colorado Sanitarium. It is an ideal spot for a health home. Nature has been lavish in her bestowal of health advantages, and has given extra measure and running over of that which is beautiful. Here, at an altitude of 5,300 feet above sea level, the very atmosphere seems charged with life and energy. The air, free from dust, smoke, and soot, is full of invigorative health tonic. Towering snow-capped peaks form a magnificent background, while the foreview is one of beautiful valleys, plateaus, little mirror lakes, and winding irrigation canals, all stretching away as far as the eye can see.

On the outskirts of Denver is the Porter Sanitarium, one of the newest of the system. The building is mod-

ern in all its arrangements. As with all these sanitariums, the equipment is as complete as possible for the best comfort of the patient. Everything is done to create an atmosphere of home life, warm in its welcome and congenial in its expression. Effort is made to dispel the institutional hospital air.

Scenic beauty and pleasing surroundings are not all that is offered at any of these institutions. In keeping with the high scientific character of the work done, the facilities are of the best. Use is made of the most modern means for diagnosis, including well-appointed laboratories for making chemical, microscopical, and bacteriological examinations of the blood, the digestive juices, the sputum, and other fluids of the body. Careful X-ray examination is made of the various parts of the body as needed.

MECCAS FOR HEALTH SEEKERS

One would naturally expect to find strong health centers in the wonderful State of California. There are four Seventh-day Adventist sanitariums here. The first, in order of establishment, and now the oldest of the system, is the St. Helena Sanitarium. The founders could hardly have selected on the Pacific Coast a location more suitable than the quiet retreat among the picturesque, wooded foothills of Howell Mountain, one of the landmarks of the Upper Napa Valley. The institution dates back to 1878, and its excellent career has given it a wide reputation as one of the best and most complete scientific, medical, and surgical institutions of its class. A large outlay of means has provided a group of buildings thoroughly equipped with up-to-date appliances, which make this mountain retreat a real Mecca for health seekers. Little wonder it enjoys a growing patronage.

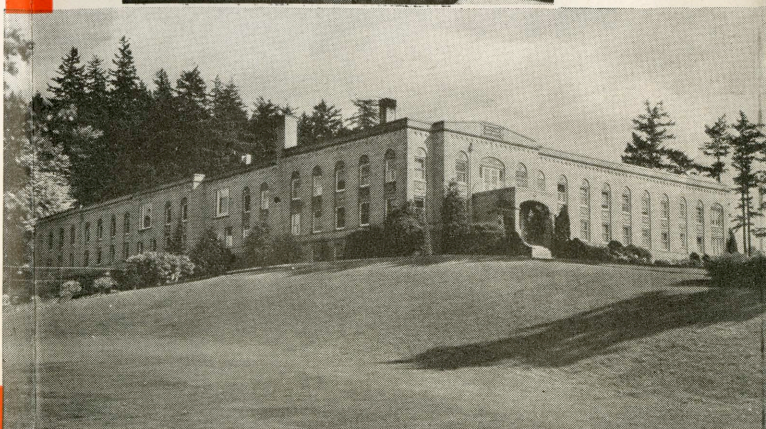


LEFT: A SANITARIUM
PART

LOWER LEFT: PORTER
TAR

RIGHT: A PATIENT'S

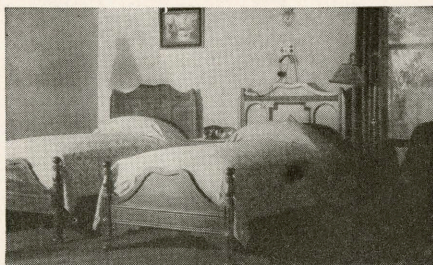
LOWER RIGHT: ORLA
TA



The seasonal advantages of Southern California have become recognized by invalids, tourists, and others who desire to escape the rigors of the North and the East. At Glendale, eight miles from Los Angeles, is one of the largest of our sanitariums. A new building, the last word in comfortable and convenient appointments, offers everything the guest can ask. Every desired means of treatment is provided, including hydrotherapy, electricity in various forms, physiotherapy, massage, medical gymnastics, and a supervised dietary. All treatments are given by physicians, or by trained nurses under the personal supervision of the physicians. The institution is well patronized by many who have come to Southern California in search of health.

IDEAL HEALTH HOMES

When we reach Loma Linda, words fail us in description of its beauties. We at once concede that its name, "Hill Beautiful," is correct. Stepping off a Southern Pacific Railway train sixty-two miles eastward from Los Angeles, and within four miles of Redlands, we find ourselves at the entrance of a broad driveway, arched over by grand old pepper trees, almost sweeping the ground with their fernlike sprays. Looking up, we see the beautiful hill, surmounted by the main buildings of the sanitarium. Reaching the crest of the hill, we are entranced by the luxurious scenic beauty surrounding us. We stand so deep in it that we see nothing else; and look as far as we can, it stretches out beyond our view. The immediate grounds are covered with ornamental trees, shrubs, and flowers. Shaded walks and driveways wind in and out through the well-kept grounds. With the endowment of nature, and with the expenditure of effort and means by man, everything combines to make here an ideal health home.

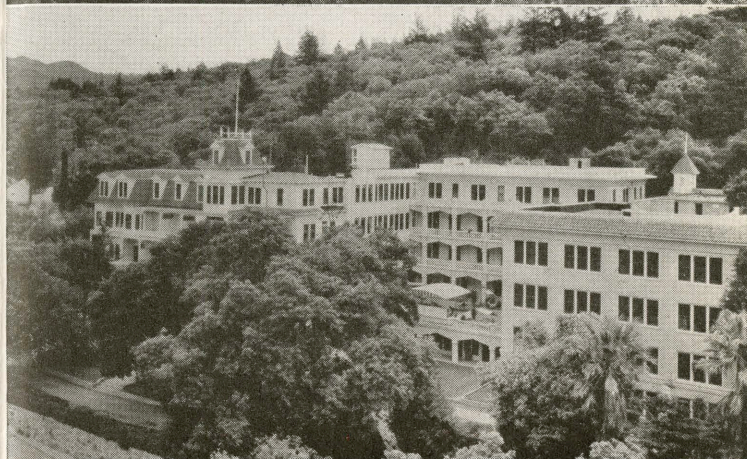
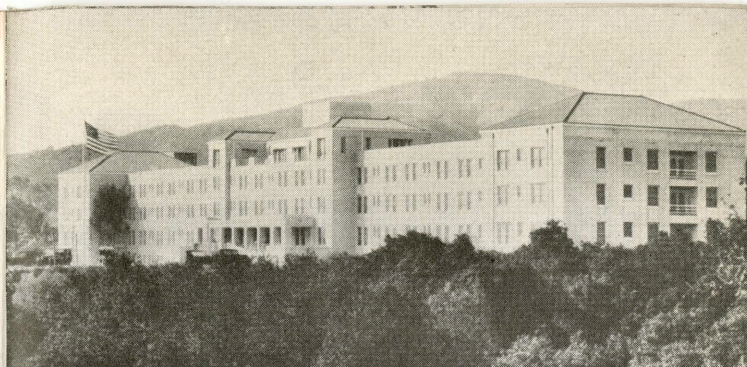
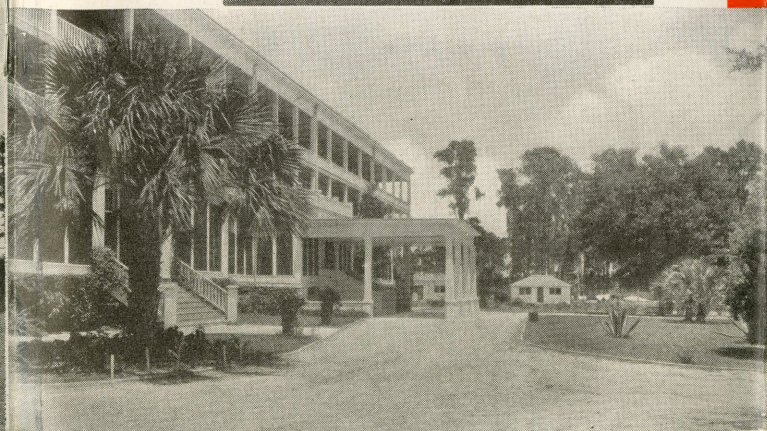


PHYSIOTHERAPY DE-
MENT

AND (OREGON) SANI-
TIUM

ROOM

AND (FLORIDA) SANI-
TIUM



UPPER: GLENDALE (CALIFORNIA) SANITARIUM
LOWER: ST. HELENA (CALIFORNIA) SANITARIUM

HEALTH BUILDING PROGRAM

The Paradise Valley Sanitarium offers another attractive health home. It is situated about six miles from San Diego, California, and one and a half miles from National City. We find here, too, a panorama of beautiful valleys, with groves of lemon, orange, and olive trees. Semitropical flowers and trees that are perennially green are all about. The background is one of hazy mountains and Mexican hills, and within view lies the Pacific Ocean. In the institution we find the usual sanitarium life, the whole day and every day planned to keep the guests employed for health benefit. The daily program is built with the one idea of helping the patient to live for health after he returns home. This may be even more to him than the immediate benefits of his sanitarium experience.

At Portland, Oregon, on the western slope of Mt. Tabor, is another of our sanitariums, the location of which was selected for its choice surroundings of healthfulness and beauty. Snugly nestled among stately evergreen trees, protected from the eastern winds of winter, enjoying day-long sunshine, with snow water from the top of Mt. Hood, water known the world over for its purity, and securing the purest of air from surrounding forests and the not distant ocean, with a perfect drainage system, is the sanitarium building, a beautiful brick structure, thoroughly equipped as a modern medical and surgical health home.



LEFT: HULTAFORS (SWEDEN) SANI-
TARIUM. RIGHT: STANBOROUGH PARK SANI-
TARIUM, WATFORD, ENGLAND
LOWER LEFT: SYDNEY (AUSTRALIA) SANI-
TARIUM. LOWER RIGHT: IN AFRICA

NOT FOR PERSONAL PROFIT

At Walla Walla, Washington, is another sanitarium picturesquely located in the famous Walla Walla Valley. A salubrious climate, a neat new building with a "homey" atmosphere, good equipment, and the rest of the things that go to make a successful sanitarium, are found here. The physicians of this and all these sanitariums, are regular graduates of medicine, and follow their profession exclusively. They work in accord with ethical principles. Many patients are brought to the institution by their home physicians who are assured that the sanitarium desires to cooperate in every way possible with them in the care of such patients as need to go away from home for rest, or change, or surgery, or institutional treatment.

A short boat trip from Seattle, Washington, or Vancouver, British Columbia, brings us to Victoria, on Vancouver Island. A few miles out, near Sidney, is Resthaven, a sanitarium most appropriately named. Situated on a little island, the institution looks out upon a water view of exceptional beauty, dotted here and there with other small islands, and in the distance giving a glimpse of ocean-going ships. The whole spirit of the place gives a sense of quiet, rest, and repose.

These sanitariums operate without endowment funds or outside help. No personal profits or dividends are paid to any one. All profits are devoted to forwarding medical missionary interests in all parts of the world. Already numerous hospitals, dispensaries, and relief stations have been established in various countries, particularly in places where medical facilities are few.

GOING ABROAD

The world-wide scope of this movement has placed institutions in many countries, all operated on the same principles as those we have considered. Space will not permit detailed information of the many foreign health centers belonging to the system. We must refer to the list on another page for locating the principal ones.

It will be noted that the group includes a number of hospitals and dispensaries in what are known as mission lands. It is here that medical effort finds its largest field, and where, perhaps, it sees its truest expression. This refers not to the number or size of institutions, nor to the extent of equipment or facilities, nor to the investment of means or the return in fees. It is in the vast needs of millions of people, and in the immense good that can be done for them.

We here in America can scarcely comprehend the lack of medical care that exists in the countries of largest population, with their many sick. In the United States there are more than one hundred fifty thousand physicians, one to every one hundred twenty families. Some cities have their "Doctors' Row." We have many hospitals, dispensaries, clinics, nurses' registries, drug stores, and other means of help.

We cannot compare the conditions here with those of heathen lands, for there is no comparison—it is almost an absolute contrast. The countries having the largest population have the fewest hospitals; the peoples needing doctors the most have the fewest.

MEDICAL MISSIONS RANK HIGHEST

It is well recognized that medical missions rank among the most potent means now employed for reforming, or rather revolutionizing, the moral, intellectual, and social conditions of the people. This service possesses advantages that are powerful in touching the



MANILA (P. I.) SANI-
TARIUM

LOWER LEFT: IN
TIBET

MANCHUKUO SANI-
TARIUM



heart and turning gratitude into a means of reaching the darkened mind.

The uplift of the people of primitive lands must include their physical habits. Teaching the natives to give up their wrong practices is as definite a part of practical gospel instruction as any other phase of it. A heathen cannot be truly Christianized and yet retain his old habits of living. He must give up betel nut, opium, intoxicating drinks, and immoral practices. This medical missionary work becomes real gospel service.

A DUAL MINISTRY

So it is that Seventh-day Adventists, in carrying forward their evangelistic work, are interested in promoting health and healing. Let it not be thought strange that healing the sick and giving the gospel are thus united. Such ministry is as old as the Bible, and had its origin with Him who gave man body and soul. It is a ministry that comprehends all the needs of suffering humanity and aims to supply them in the fullest manner possible.

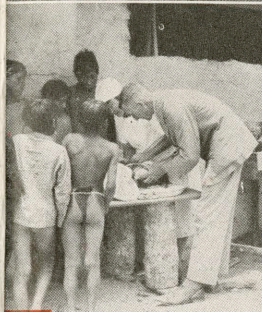
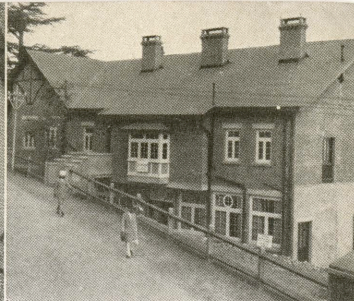
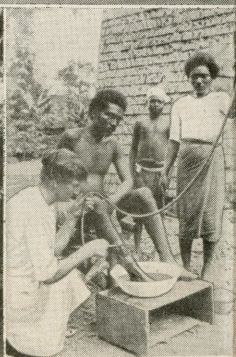
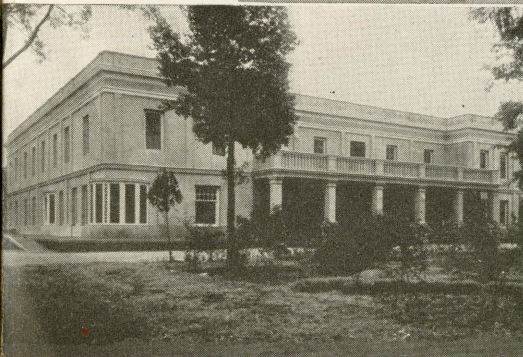
Man's ills affect his body, mind, and soul, and a cure must comprehend his entire being and deal with him as a whole. It is in natural order that dispensaries, hospitals, sanitariums, and the humane care of the sick should go where the gospel goes. The highest ideals of what constitutes true religion include a sympathetic and practical relief of physical suffering.

Sanitariums and schools, hospitals and printing plants, dispensaries and churches, doctors and preachers, nurses and teachers, all working to do all the good possible to as many as possible,—that is the picture of a movement that stands unique in the religious world of today.

DISPENSARY PATIENTS
AT WHITE MEMORIAL
HOSPITAL, LOS
ANGELES

ARGENTINA (SOUTH
AMERICA) SANITA-
RIUM

LOWER RIGHT: IN
SOUTH SEA ISLANDS



UPPER LEFT: LEPER COLONY, MALAMULO, AFRICA
UPPER RIGHT: SIMLA SANITARIUM, INDIA
LOWER LEFT: IN BRITISH GUIANA
LOWER RIGHT: SANITARIUM, PENANG, STRAITS SETTLEMENTS

OTHER HEALTH INTERESTS

An important part of this movement is the health educational work. Emphasis is laid on the fact that prevention is far better than cure; hence much effort is given to health teaching. The educational program of the denomination as carried out in its many schools includes instruction in health and temperance, practical physical culture, dietetics, methods of first aid and simple cure of the sick, and health protection in general.

All the health teaching, whether in schools, churches, homes, or in literature, is in keeping with the best of medical science.

The denomination has its own medical school, the College of Medical Evangelists, an A Grade school, with an enrollment of over five hundred students, whose nearly one thousand graduates are now found in many parts of the United States and the world. About thirty schools of nursing are graduating hundreds of nurses, fully qualified for registration. A school of dietetics prepares dietitians for special service in sanitariums and schools. A number of food factories are manufacturing wholesome food products. Many of the popular health foods of today originated here. Fifteen health journals are published, together with a large amount of other health literature. Home nursing classes prepare women for home hygiene and simple care of the sick. Considerable health educational work is carried on through public lectures. In various ways this modern medical movement is doing its part toward helping people to health.

A WORLD-WIDE MEDICAL SERVICE

SANITARIUMS AND DISPENSARIES IN FOREIGN LANDS

- | | |
|---|--|
| Canton Sanitarium and Hospital,
Tung Shan, Canton, China. | Sanatorium and Klinik "Wald-
friede," Fischerhütten Stra-
99-109, Berlin-Zehlendorf-
Germany. |
| Giffard Mission Hospital, Nuzvid,
Kistna District, South India. | Shanghai Sanitarium and Hos-
pital, Shanghai, China. |
| Hultafors Sanitarium, Hultafors,
Sweden. | Shen Yang Sanitarium and Hos-
pital, Pei Ling, Mukden, Ma-
chukuo. |
| Juliaca American Hospital, Juli-
aca, Peru, South America. | Simla Sanitarium Hydrcelect-
Institute, Simla, India. |
| Lake Geneva Sanitarium, Gland,
Switzerland. | Skodsborg Sanitarium, Skodsborg,
Denmark. |
| Manila Sanitarium and Hospital,
Manila, Philippine Islands. | Stanborough Park Sanitari-
Stanborough Park, Watfor-
Herts, England. |
| Oslo Health Home, Akersgaten 74,
Oslo, Norway. | Sydney Sanitarium, Wahroon-
N. S. W., Australia. |
| River Plate Sanitarium, Puiggari,
Entre Rios, Argentina, South
America. | Warburton Sanitarium, Warbu-
ton, Victoria, Australia. |

And numerous other smaller dispensaries and hospitals

Further information regarding any institu-
tion herein listed, or on any other phase of this
medical work, may be had from the

MEDICAL DEPARTMENT, GENERAL CONFERENCE,
TAKOMA PARK, WASHINGTON, D. C.

A GRADUATING CLASS OF EIGHTY DOCTORS, COL-
LEGE OF MEDICAL EVANGELISTS, LOMA LINDA
AND LOS ANGELES

