

Preventive Medicine.

Preventive medicine has a great deal to teach moralists and religionists and others. I think that people pretty well understand that it is better to keep well than to have ever so many cures for us when we are sick. It is better for example to put up road signs along the highway warning of curves, intersections, narrow bridges, one way traffic, slippery roads. Than to have good ambulance service from the scenes of wrecks that might be avoided. To prevent wrecks is better, much better, than to have any manner of mending service after the accident. What we do for prevention is every way happier and cheaper too.

Preventive medicine is now known to be much more efficient than old methods used to be. We do our best to prevent the spread of contagious diseases. like small pox, typhoid, scarlet fever, diphtheria, tuberculosis, yellow fever, hook worm, anthrax, and other diseases. By quarantine, toxins, serums, sanitation, ^{nutrition} and such methods we have already done a great deal to improve the health of the people and ^{actually} increased the average span of life by many years. Our efforts along this line have been richly rewarded. We are slowly discovering that it is altogether happier ^{& cheaper} to keep people well than to cure them after they get sick. We learn such lessons of life but slowly. It is really quite difficult to extend this kind of service over wider areas, even when it is as plain as the nose on a man's face that it ought to be done.

There is one disease that is a scourge in our world hardly cancer, if we know what would prevent it I guess we would be interested for it stands as a personal threat to most everybody. If some inoculation or some medicine were known to prevent it we'd all take it I guess. There is as yet no known cure, nothing to certainly arrest its slow fatal progress. I am glad for the indefatigable self sacrificing work that is being done - for the partial successes that have been made, for the philanthropy that has made its constant study possible. But we shall not wholly succeed until we learn how to prevent it.

We are making vast strides in nutrition.

A properly nourished body is a great preventer of disease. Particularly does this run true of children. We begin to see this light - The body must have certain vitamins, and bodies that are able to resist disease germs. Children must have certain elements such as are found in milk, sunshine, and linseed oil wheat and vegetables or they have no resistance in them become an easy prey to any germ - subject to colds, sinus diseases, rickets, debility - mental development arrested - twisted minds easily led into every kind of excess & unbalanced practices - often into absolute degeneracy - and presently become criminal & wards of the state, a menace to healthy people.

So it is found by experience cheaper to feed them at public expense than to let them starve by malnutrition. It pays even the taxpayer to support public baths, provide sanitation, protect water & milk supply, build sewers, and do such things.

We are at least beginning to understand that our jails, prisons, insane asylums, workhouses & hospitals are full of people who ^{should never have} been there had preventive medicine been used in time. There are innumerable people in this too early graves for lack of preventive medicine. It is of true of health as of government that a stitch in time saves nine.

(Now I maintain that there is no safe guard of health & life and happiness, peace, security, longevity, greater than morality & the renunciation of religious ideals. Even in the realm of medicine there are a preventers of the diseases of sin and there are many and terrible. I sometimes think of the enormous amount of human suffering caused by what we euphemistically call immorality. The wreckage of love and homes, the suffering of children - husbands - wives - Just sexual morality is the greatest safe guard of every thing that society holds dear. Some people know that children for example have to be protected against many dangers - they are forbidden to do something. Men likewise need restraints. Temperance is preventive medicine - With drunken driving cars and causing accidents, damage to property, injuries & deaths - it is brought vividly to our attention that we ought to prevent it.

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Peace movements are preventive medicines
War is a scourge on man kind worse than any other disease
it leaves more crippled & dead & impoverished by 3 times
than all other causes put together. It makes every nation that
engages in it poor. Though some few will get rich.

It seems to me that the greatest prevention of all manner
of diseases social and private is Christians work. - a religious
idealism - is to see that we are all one - that our real interests
are identical. Society is as truly an organism as the
human body - if the members suffer so does the whole body.
If we lose a hand or a foot the whole body is impaired
that is plain - Do we realize that if we have people in society
that are for any reason incompetent - that stand as a menace to
our safety, & our peace the social structure is impaired that we
all suffer. The trouble with a great many people is that
they do not see unity of life. - That unity that arises out of the
universal brotherhood of God. Evidently the racial oppressors do not.
The Germans have practically expelled the Jews from Germany -
They have exiled many of their best lawyers, musicians, scientists
professors in colleges - physicians & surgeons - Will not all Germany
suffer from that? They have because of this action impaired Germany's
standing in the world.

The mind of man sometimes becomes diseased & sick
It becomes warped & twisted - full of ideas that are a
menace to everybody with whom they come in contact. often
dangerous to the peace, safety, comfort & happiness of others.
If the case is very bad we put these people in asylums. to prevent
the free expression of their ideas. They become obsessed with
fear - with some conviction that their friends are their enemies.
That right is wrong & wrong is right. Perhaps they develop a
strange love as of money - become true misers - In 1000's of such
cases of unsanity - or insanity the great prevention is religion
There is nothing like a sound philosophy of life to
give people peace, balance, to steady them in time of trouble
to enhearten them in adversity, to strengthen them in weakness.