

Medical
Evangelistic Library

NUMBER 3

General Principles
FOR THE
Sanitarium Family



COLLEGE PRESS PRINT

LOMA LINDA, CAL.

GENERAL
Daily Program

Rising hour	5:30 a. m.
Breakfast hour	6:00 a. m.
Worship hour	6:30 a. m.
Second breakfast	7:00 a. m.
Work or school	7:00 to 12:00
Dinner hour	12:00
Second dinner	1.00 p. m.
Work or school	1:00 to 6:00 p. m.
Lunch hour	5:30 to 6:30 p. m.
Work or school	6:00 to 9:00 p. m.
Retiring	9:30 p. m.

GENERAL PRINCIPLES

For the Sanitarium Family



1. The managers wish it to be clearly understood that it is not their purpose to assume an arbitrary attitude toward the other members of the Sanitarium family. The following is a simple statement of principles and general duties applicable to all. Every member of the family should consider that he has an interest in the prosperity and work of the institution fully equal to that of any other person, and in coming into the family assumes this responsibility.

2. All connected with the Sanitarium are God's stewards, and are individually accountable for their stewardship, which includes faithfulness in the performance of duties; conscientiousness in work, in reports and use of time, in breakages, in mistakes and in neglects; economy in the use of material—light, heat, fuel, instruments, etc., and honesty and fidelity in all relations to the work.

“Moreover it is required in stewards, that a man be found faithful.” 1 Cor. 4: 2.

“For the son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch.” Mark 13: 34.

“And he called his ten servants, and delivered them ten pounds, and said unto them, Occupy till I come.” Luke 19: 13.

“He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.” Luke 16: 10.

“Gather up the fragments that remain, that nothing be lost.” John 6: 12.

3. This is a mission field as well as a training school, and hence every worker must consider himself as a missionary, and always subject to duty's call, and responsible to God and his fellow workers for the influence he may exert by work, act, or attitude. *Our work is a public work, and on this account even the remotest appearance of evil must be shunned for the sake of the possible influence which may be exerted.*

“Abstain from all appearances of evil.”
1 Thess. 5: 22.

“And make straight paths for your feet, lest that which is lame be turned out of the way.”
Heb. 12: 13.

4. Singleness and sincerity of purpose should characterize all those connected with the work. To profess to believe the principles which underlie the work of the institution, as relates to dietetic, temperance, dress, and other reforms, while in life disregarding them, is evidence either of insincerity or moral weakness. In either case, there is earnest work to be done seeking God, that the heart may be changed and the life reformed, since the influence of such a life upon the work of the institution must be highly detrimental.

“He that is not with me is against me; and he that gathereth not with me scattereth.”
Luke 11: 23.

“No man can serve two masters: for either he will hate the one, and love the other; or else he

will hold to the one, and despise the other. Ye can not serve God and mammon." Matt. 6: 24.

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance; for ye serve the Lord Christ. But he that doeth wrong shall receive for the wrong which he hath done; for there is no respect of persons." Col. 3: 23-25.

"For the love of money is the root of all evil; which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things." 1 Tim. 6: 10, 11.

5. A continued disregard of the principles herein stated will be taken as an evidence that the individual disregarding them is not able to meet the obligations of his or her position, and therefore does not belong to the family. In such case it is clearly the duty of the managers, both to the individual and the institution, to require immediate reform or complete separation from the work.

6. The management most earnestly bespeak the hearty cooperation of all the family in carrying out the work we have in hand faithfully as unto the Lord. The aid of all is asked in upholding good order, in protecting the property and interests of the Sanitarium and in checking any spirit of unfaithfulness or disloyalty, however it may be manifested.

HOURS OF LABOR

7. The work of the Sanitarium is constantly going forward day and night, every day in the year. It is therefore manifestly impracticable

to fix absolutely the number of hours which shall constitute a day's work which shall be applicable to all departments.

8. The number of hours of labor required is fixed for each department, or each class of helpers; but as emergencies are constantly arising, it is necessary that each one should hold himself in readiness to answer emergency calls whenever it is necessary. In general, sixty hours for the six working days and necessary Sabbath time, is required for a full week's work. Members of the training school work only a certain number of hours daily.

9. It is expected that the employees in all departments will work whatever time is required to do the work which must be done on the Sabbath. This applies to all persons employed in the institution. If not engaged in departments where Sabbath time is necessary, they are expected to do their part in assisting in the work of other departments.

10. Sanitarium work, from its very nature, is exacting, requiring promptness and faithfulness in every respect. Therefore, no helper should absent himself from duty without permission of the person in charge of his department, and of all the departments in which he is employed. In case of sudden illness or accident necessitating absence, prompt notice should be sent to the heads of the departments in which the individual is employed. And if for any reason it is desired to be absent from the institution for any length of time whatever, arrangement should first be made with the one in charge of the department or departments where employed, for release from actual or possible duties, stat-

ing when he will return and where he may be found in case of emergency. Members of the training school and those under age employed in the medical departments, should, after arranging for all duties as above stated, secure permission for absence from the Superintendent of the Training School or the Medical Superintendent, or in his absence, of the Business Manager. Those under age employed in the domestic and other departments, should secure permission of the Business Manager, or in his absence, the Medical Superintendent.

11. Parties or outings which involve a number of the employees, should not be arranged for without first obtaining permission from the management.

DRESS

12. It is expected that every member of the Sanitarium family will dress in a neat and modest manner.

13. The rules of health and propriety should be carefully observed.

14. The wearing of jewelry and useless ornamentation is seriously discountenanced.

15. We should in all things seek to be consistent examples of the principles for which the institution stands.

DEPORTMENT

16. Sanitarium helpers should deport themselves in a manner becoming Christian ladies and gentlemen, at all times, whether on duty or not.

17. All helpers are expected to observe such habits in relation to health as are necessary to maintain themselves in good physical condition, as otherwise they will not be prepared to perform their duties in a satisfactory manner. It

is especially important that regularity should be observed in relation to meals, proper sleep, outdoor exercise, daily cold bathing, and suitable and sufficient dietary. It is expected that all will uphold both in theory and in practice the principles of diet reform, temperance reform, dress reform, and other reformatory principles for which the institution stands.

18. Those connected with the training school should not allow themselves to be the subjects of entangling relations, which serve as an hindrance to them in their class work and professional duties. All such are liable to expulsion. Each one will have sufficient to occupy his attention during the three years' training without having his attention divided. Promiscuous association of the sexes upon the part of any of the family is not permissible. In short, it is expected that all members of the family will treat each other as Christian ladies and gentlemen, remembering that each individual and the family collectively, have personal rights.

RELIGIOUS DUTIES

19. In view of the responsibility that rests upon each worker to be a missionary, advantage should be taken of the religious exercises. Morning worship should be attended regularly. Helpers' meeting should also be attended as often as held. Those absent should report the reason for such to the department leader. All workers are especially invited to attend the weekly prayer meeting and other public services, remembering the Sabbath school. The privilege of daily reading and studying the Bible and private devotion is urged upon all.

20. All helpers are required to show respect for the Sabbath. If in any case, work is by oversight so arranged as to prevent attendance upon religious duties, it should be reported to the management.

ECONOMY

21. Helpers are requested to observe carefully every means by which a saving can be effected. The following suggestions are deemed to be especially important:

22. Do not allow lights to burn when not required for use, or when absent from room.

23. Do not waste water.

24. Avoid the waste of fuel or steam. Close valves upon leaving room.

25. Take care to prevent the loss of heat in winter and damage from rain, through leaving the windows open in unoccupied rooms, or leaving articles of furniture or bedding outside.

26. Do not neglect to care for articles or property likely to be damaged or lost.

27. Regular meals are served to the helpers in the helpers' dining room. Food taken from the kitchen, pantry, or store room, without payment is stolen.

28. By a conscientious use of time during business hours and the careful and economical employment of material used in the work of the institution, a great saving will be effected.

29. Employees who are entrusted with implements, furnishings, supplies, or other property, of the Sanitarium will be held responsible for the safe and prompt return of the same to its

appointed place. This requirement applies to dishes sent out on trays, towels, appliances, and all other articles. Helpers will be held accountable for all breakage of dishes, furniture, apparatus, windows, etc., for which they are responsible. Heads of departments are expected to see that this rule is observed, and to report all delinquencies which come under their observation.

ORDER

30. Habits of order and quietness are enjoined upon all members of the family, especially so in view of the many sick and nervous people with whom we are constantly in contact. The slamming of doors and noise of every sort is out of order at all times, and especially during the rest hours.

31. Nurses and all workers whose duties take them into the main building or cottages, should wear light, soft-soled shoes with *rubber heels*, in order to go about as quietly as possible.

32. Helpers should not loiter in the office or halls of the main building.

33. All are expected to cooperate with the management in maintaining a neat tidy appearance of the premises. Rubbish, fragments of food, paper, etc., should never be thrown out of windows or on the lawn, walks or grounds.

34. The receiving of tips or extra fees is considered to be beneath the dignity of Christian men and women employed as helpers in this institution, and is not permitted. If pressed to receive such, ask permission to donate to some missionary enterprise for the giver.

35. Social intercourse between helpers and

patients is not considered proper except so far as required in rendering professional or other services.

36. Association between helpers and patients is permissible only as duty requires. Association of helpers with patients of the opposite sex is not permitted.

37. Helpers are not permitted to accompany patients on rides or excursions without permission.

38. Helpers are requested not to visit departments in which they are not regularly employed without permission from the persons in charge.

39. Helpers, with the exception of those employed in the treatment-rooms, should obtain their baths at the helpers' bathrooms.

40. Members of the family are not to ride in the stage to the inconvenience of guests.

41. Professional services of the physicians in ordinary sickness is free to Sanitarium workers. For some of the treatments, a small charge sufficient to cover the actual expense of time and material is made. Arrangement should be made for these beforehand at the business office.

42. If desiring to leave the employ of the institution, as much time as possible should be given the management. Excepting in cases of emergency, at least three weeks' notice is required.

Loma Linda Food Co.

Loma Linda Food Company is a part of the Loma Linda Sanitarium idea,—or system of healthful living and rational cure of disease carried on at Loma Linda. Pure food carefully prepared and well digested is the first requisite for continuous good health.

A special claim for these foods is the purity and carefulness with which they are prepared according to the most approved scientific formulas.

Some of Our Special Foods

	Package
Nosoda Crackers.....	\$.15
Graham Crackers.....	.15
Oatmeal Crackers.....	.15
Fruit Crackers.....	.20
Cereal Meal.....	.15
Granola.....	.15
Fruit Nut.....	.15
Zwieback.....	
Nut Butter.....	.25
Caramel Cereal.....	.15

Loma Linda Sanitarium

Loma Linda, Cal.