

# WHICH ROAD ?

YOU MUST CHOOSE ONE

**CARELESSNESS  
WITH FIRES**

**THIS  
LEADS TO  
YOUR LOSS**

**FOREST  
PROTECTION**

**THIS  
LEADS TO  
YOUR GAIN**

TAKE NO CHANCES  
WITH FIRES  
PUT THEM OUT

## Co-operation between Clergymen and Doctors.

Neither seem to understand the close relation between mental and physical; three quarters of ailments have mental basis.

F. H. DU-VERNET,  
Archbishop of Caledonia

Co-operation is the keynote of today. Instead of estrangement between those who are working for a common cause the present crisis calls for a hearty co-operation between such and a wise co-ordination of their efforts. This is especially true of those who belong to the social service class—clergymen and medical practitioners. Both are working for the welfare of mankind. Clergymen, we say, are working for the spiritual welfare, doctors for the physical welfare of man, but the truth is man is a unit, and it is impossible to work for his highest welfare without in every case taking into consideration his whole being—body mind and spirit.

The separate compartment system so much in vogue in the past is now thoroughly discredited. The clergyman who thinks of the spiritual in man as an absolutely tight compartment from which there is no flow into the physical is manifestly behind the age, and the doctor who thinks of the physical in man as an equally tight compartment without any inlet from the spiritual is also clearly out of date.

### Mind and Body.

The spirit of man affects his mind, and the mind of man affects his body. The converse is also true—the body of man affects his mind and the mind of man affects his spirit.

It follows from this that both the clergyman and the doctor should meet on the common ground of the mind of man, if they are truly to co-operate in working for the higher welfare of mankind. "A sound mind in a sound body."

It is estimated that three quarters of the ailments afflicting men, women and children, have a mental or at least a semi-mental cause. This is an age of great nervous strain. While fully recognizing the value of physical remedies it is downright folly amounting to criminality to neglect at the same time mental remedies. Medicine, massage, electricity, and rest, have their proper place in assisting nature, but "the spirit of life in Christ Jesus" which emanates from God is the source of all true vitality, and the disharmonies of the mind which are at the root of the physical disease can never be cured by anything less than mental treatment. The peace of God in the soul of man is the most powerful of all remedial forces at work in the constitution of man.

The old fashioned idea that the clergyman is attending the sick only to prepare them for death should be exploded. He is attending them to help them physically as well as spiritually through his ministry to the mind. In my experience in sick visiting I have known a patient tossing about with fever fall into a restful sleep after prayer and the repetition of such a text of Scripture as this: "Thou wilt keep him in perfect peace whose mind is stayed on Thee because he trusteth in Thee."

### Mental Treatment.

While we freely admit that most clergymen need better training in clinical psychology, it must be candidly confessed on the other hand that most doctors do not yet sufficiently recognize the great importance of proper mental treatment in cases of ailments which have had a mental cause.

In the name of suffering humanity I appeal for a better understanding between our doctors and our clergymen.

Probably in the future when this whole matter is treated more scientifically than the present haphazard method we shall have among both clergymen and doctors specialists, i.e., men specially trained to deal with cases where the discovery of the mental cause of the ailment will involve a study of the life history of the patient and a sympathetic skill in treating the trouble. Such specialists from both professions will undoubtedly form a connecting link, but meanwhile let there be a closer drawing together in mutual confidence. Co-operation is essential between the physician of the body and the physician of the soul.

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## PREVENT INFLUENZA

In view of the reported ravages of Spanish influenza the Provincial Board of Health has issued instructions how to avoid the disease. The following are from an official circular:

1. Avoid needless crowding; influenza is a crowd disease
2. Smother your coughs and sneezes; others do not want the germs which you would throw away.
3. Your nose, not your mouth, was made to breathe through; get the habit.
4. Remember the three C's: "A clean mouth, clean skin, and clean clothes."
5. Open the windows, always, at home at night; at the office when practicable.
6. Your fate may be in your own hands; wash your hands before eating.
7. Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person and not been washed.

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"The food crisis is grave and urgent beyond the possibility of exaggeration."—Sir Robert Borden

# Help To Feed Yourself

Are you only a "destroyer of rations" when you might be a food producer?

Every pound of food that can be grown in Canada and made available for export, will be desperately needed by those who are bearing the brunt of the fighting and the suffering.

The amount of food produced this year will be absolutely limited by the extent to which people in cities and towns become food producers—there is no other labor reserve.

## WHERE DO YOU BELONG?

### On the Farm?

Thousands of men are urgently needed on farms in this province to make possible increased production of food. Those who could go and yet hold back, should not forget that, unless production is greatly increased, hundreds of thousands of people will die of starvation.

### In the War Garden?

By growing vegetables in home gardens or on vacant lots, and thus helping to feed themselves, city and town people can leave the farmers free to grow more food for export. All that is produced in this way is gain and a net addition to the national food supply.

War Garden service is not sufficient for the man whose rightful place is on the farm. But the War Garden does offer an opportunity for tens of thousands of people, whose circumstances oblige them to remain in the city, to have at least a small part as food producers. Interest the boys and girls in the War Garden, for they too can help to grow food. If there is a garden or vacant lot movement in your community associate yourself with it. If no organization exists, do what you can to interest your neighbours in the War Garden campaign.

Write to your Provincial Department of Agriculture for additional information.

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