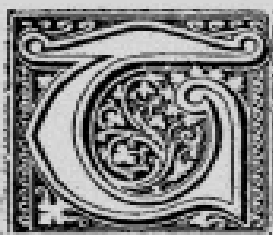


A VEGETARIAN HOSPITAL.

BY JOSIAH OLDFIELD, M.A., B.C.L.



THE world is moving rapidly, and the signs of the times are all in favour of the final triumph of vegetarian principles!

Since the Vegetarian Society made its commencement half a century ago, it has been the witness of many a splendid triumph of the humane and natural mode of living over the cruel and barbarous one which has so long and so widely prevailed.

America and Germany have long had hospitals and homes conducted on vegetarian and hydropathic lines, but in England the cause has progressed more rapidly on ethical lines, and less attention has been devoted to the purely therapeutic values of the dietary, so that when a stranger has landed on our shores, and has asked for a list of our vegetarian hospitals and homes, he has learned to his amazement that this land, so justly world-famed for its leading advocacy of vegetarian principles, has no practical manifestation of them in their relation to the pathological members of the community.

This reproach has at length been removed, and the Oriole Vegetarian Hospital and Convalescent Home at Loughton, Essex, is already a prosperous institution!

In March, 1895, a quaint old house was taken. It is situated on the very borders of Epping Forest, and its own grounds are themselves part of the original forest. It was named Oriole by its previous occupants, and with its large western windows looking out into the sunlit sky, and over the fertile western forest slopes, it is well deserving of its title.

It has two large wards (one for women and one for men), each containing five beds, and ten smaller rooms, suitable for patients who prefer the privacy of a separate room. It has bath rooms, large kitchen, sculleries and cellars, in addition to the rooms required by the staff. One room has been specially fitted up as a chapel. Indoors, therefore, the conveniences are all present for treating patients of every class. Those who want to spend little can be received for the nominal sum of 7s. 6d. per week, including everything.



The treatment is almost wholly dietetic, but is aided by massage and hydropathy. Patients, moreover, who wish for medicines can have them prescribed by the visiting physician, but these are in all cases extras which have to be paid for.

The hospital is under qualified medical supervision. A certain number of cases are admitted free. Full particulars as to the conditions connected with free admission can be obtained on writing to "The Warden." Readers of the MESSENGER will be specially interested to hear that Professor John E. B. Mayor and Mr. William Harrison have both visited the hospital and preached in the chapel. The former wrote in the visitors' book:—"Glad to have seen a hospital where the physician's aim is to make himself unnecessary by teaching the laws of health." And the latter:—"I am glad that Dame Nature is welcome here as an infallible restorer of health."

An endowment for the purpose of treating a particular class of patients free of charge has been provided for three years by the President, Mr. A. F. Hills, but the aim is to make the institution self-supporting in order that it may be a permanent benefit to the cause. For the first few years it will need the help of every vegetarian, but judging from the results of the past year the prospects for its ultimate and complete success are of the brightest character.

Visitors reach Loughton station in half-an-hour from Liverpool Street London, (G. E. R.), and Oriolet is a quarter of an hour's walk from the station. Cabs are always standing at the station, and to say "Oriolet" or "The Vegetarian Hospital" is enough to ensure safe arrival in a few minutes.

Over 120 patients have already been treated at Oriolet, and among them have been men, women and children suffering from fractures, anæmia, gastric ulcer, carcinoma, sarcoma, tumours, periostitis, hernia, phthisis, hip disease, rheumatoid arthritis, gall stones, varicose veins, abscesses, eczema, locomotor ataxy, heart disease, general debility, sleeplessness, indigestion, &c., &c.