

INSPIRATION (Version 2)

Lord, lift my spirit up to meet
The beauty of this day;
On purple mountains, rimmed in snow.
Lord, let my fancy play,
Lest common things, like greed and strife,
Should rob from me the joy of life.

Lord, lift my spirits up to meet
The glories of the night,
On gold-rimmed cloud ships let me drift
In dreams of pure delight.
For I have learned, with spirit free,
Life's sordid things are hid to me.

By: A. W. Norton

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culature so that the contents are not pushed forward as they should be. This form is known as atonic constipation. Both spastic and atonic constipation require special treatment, and before attempting to handle a case, one should be sure of the type.

Constipation is really an individual problem and the wise person will find the cause, and then remove it. There are many symptoms that develop from constipation such as lassitude, nervousness, headaches, backache, neuritis, and arthritis. Probably one of the most common conditions due to poisons in the colon is the lack of pep.

Our food should pass through the digestive tract in twenty-four hours. To determine the length of time required charcoal or carmine may be taken. People are often surprised to find the time much longer than was supposed. Anyone who has but one bowel movement a day is constipated.

As soon as it is found their food is passing too slowly through the digestive tract, the next step is to learn whether the condition is spastic or atonic and then apply the treatment indicated. In spastic constipation it is sometimes necessary to eliminate from the diet foods that are bulky or rough. Bland foods rich in minerals and vitamins are recommended. The patient must overcome his nervousness and relax, not only mentally but the intestinal tract should be relaxed. Bulky food, more water drinking and a general toning up of the system is called for in atonic cases.

It is important that people suffering from any type of constipation should form proper colon habits. This means regularity and at least a morning and evening evacuation. The normal animal has an evacuation after each meal. Meals should be regular and the diet well chosen. Most people do not drink enough water. It is not difficult to form habits of colon hygiene.

An offensive stool, coated tongue and foul breath indicate the need of change in the intestinal flora. The bacteria causing putrid, offensive stools is known as the unfriendly germs, causing colitis etc. To plant the friendly germs, a large amount of a lactose-dextrin preparation should be taken, along with fruits and vegetables

such as tomatoes, raw cabbage, spinach, and other greens. When the friendly germs are once established they should be maintained by the continued use of a proper diet and careful colon hygiene. Meats of all sorts promote growth of unfriendly germs and should be avoided.

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Another Student Writes

AFTER completing a year of college work at Madison, Miss Julia Klasen is spending the summer at her home in Madison, Ohio. It is her plan to return this fall for nurse training. The SURVEY published several letters from students regarding their experience in the school and promised more. Miss Klasen gives her opinion:

After being at Madison a year I have learned to know and love the spirit of the school. Each student is working toward a definite goal and with this in mind the industrial work as well as the class work is done in a much more satisfactory manner than where students have no aim.

The study and work plan at Madison is a preparatory course for life. Likewise, it enables students who otherwise could not attend school a wonderful opportunity to get an education.

Then, too, we have a cooperative plan by which teachers and students work together in various departments of the school. The art of working harmoniously with fellow students and teachers is developed.

Any student who desires to gain a good all-round education will find it here. Three hundred young men and young women are on this program at the present time.

It is my judgment that the student who finishes his work here should be able to help the world in a very effective way.