

S*ParkLife 15

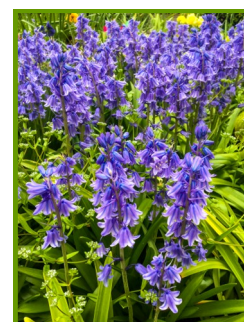
Aka Lockdown News 32

**Stanborough Park Church Newsletter
April 2023**

news@stanboroughchurch.org
s.parklifeneeds@gmail.com

◆ **IN THIS ISSUE:**

- **EASTER CELEBRATIONS AT SPC**
- **ENOCH KANAGARAJ MEETS THE PRIME MINISTER IN RECOGNITION OF HIS WORK WITH 'ONE VISION'**
- **CHURCH BUSINESS MEETING: SUMMARY OF DEPARTMENTAL REPORTS (HIGHLIGHTS)**
- **NEWS IN BRIEF AND ANNOUNCEMENTS**
- **CHURCH HISTORY FROM THE ARCHIVES: THE EARLY DAYS OF STANBOROUGH PARK — FEATURING THE SANITARIUM ('THE SAN')**
- **HEALTH CORNER: Optimal Hydration is Associated with Healthy Ageing**
- **WARMER DAYS AHEAD!: Church heating to be improved at last!**
- **THE LAST WORD**



◆ **EASTER CELEBRATIONS AT SPC**

- **EASTER LILIES RAISE £750 FOR ADRA.** Once again Audrey organised lilies sponsored by members to decorate the church and raised £750 for ADRA-UK.



• **AUDREY BALDERSTONE IS THE 1ST AMBASSADOR FOR ADRA.**

ADRA-UK has recognised Audrey's contribution over the years in promoting its cause, awarding her a badge as its first ambassador.



◆ **ENOCH KANAGARAJ MEETS THE PRIME MINISTER IN RECOGNITION OF HIS WORK WITH ONE VISION**

Church member Enoch Kanagaraj has been awarded the title of Watford's 'Community Champion' in recognition of the contribution made by his charity, One Vision, to the local community in Watford.

On Thursday, 23rd March he travelled to London with local MP Dean Russell, Minister for Housing and the Homeless, to meet the country's Prime Minister, Rishi Sunak who thanked him for his efforts on behalf of the community.

Enoch's community work began as a member of the church's Community Chaplaincy Service. Recognising the enormity of the local needs, he invited local charities and organisations to join together sharing skills and good practice and so One Vision came into being with Enoch as its chief executive. It was formed just before the pandemic and was just the type of incident that OV was intended to deal with. Everyone swung into action, meals were cooked on site and at the local Gurdwara and an Indian restaurant. People rallied packing goods and delivering meals. Since then OV has branched out into other areas and recently signed a contract with the local NHS to provide mental health counselling.

Each of the 650 members of Parliament was able to nominate a community champion to introduce to Rishi Sunak and Watford's MP, Dean Russell - the Minister for Housing and the Homeless - elected to take Enoch.



'On behalf of the people of Watford I would like to thank Enoch for all of the fantastic work that he does through One Vision and its various initiatives. I don't think there is a day when he is not doing something to help those around him,' he said.

Enoch found himself amongst a group of six Community Champions and their MP's attending a reception in Downing Street and meeting the British Prime Minister. He says that Mr. Sunak was aware of the good work One Vision has been doing and thanked him for his efforts to help the local community. He shared with him, as he does with everybody, that he was an Adventist. Enoch says that this always surprises people who assume that anyone born and raised in India is a Hindu.

Of his award Enoch says, 'I am humbled and honoured to be nominated as a Community Champion. I am proud of representing the people of Watford.'

Summing up the events behind it and the fact that his charity is going 'from strength to strength' he finds it all 'beyond my cognitive imagination..... unexpected.' He has never been afraid to share his faith and that he is an Adventist and attributes his success to the leading of the Holy Spirit.

And to think it all started with knocking on doors as part of the church's outreach mission!

Link to view version on church website (more photos): https://stanboroughpark.adventistchurch.org.uk/uploaded_assets/289498-Stanborough_News_Enock_meets_the_prime_misiter.pdf?thumbnail=original&1682335796

A version of this story was sent to BUC and TED News and appears in the April edition of the Messenger.

◆ HIGHLIGHTS FROM THE DEPARTMENTAL REPORTS PRESENTED AT THE CHURCH BUSINESS MEETING

To obtain a PDF of the full reports contact the email address at the top of page 1.

Only a small number of members who were not giving reports attended the meeting on 16th April. An even smaller number watched via Zoom. There was no opportunity to ask questions after each report other than the Church Treasury report.

CHURCH DEPARTMENTS:

Adult Sabbath School: Livestream viewings reduced steadily as members returned to church. Three main classes currently plus two which are available on Zoom and popular with university students. Additional classes are planned including one in the tower.

Adventurers: 43 children and 8 leaders. The Adventurer Bible Experience team achieved 1st place in the Belfast trials meaning they could compete in the next stage in Greece. World Adventurer Day was celebrated at Newbold College and various events have been planned for this year.

Audio Visual: Additionally supported 13 funerals and one wedding. A donation has enabled the construction of a new PA desk in the sanctuary. Sound and lighting is being improved and updated.

Children's' Sabbath School: Primary Sabbath School needs an additional adult to play an active part in its running; the children participated in Creation Sabbath (an international event) in October and a successful Vacation Bible School was held in August.

Church Clerk: official membership stands at 722 members of whom 344 are active. 318 are non attending and many have no current contact details. 35 members added through transfer, 12 through baptism, 2 by profession of faith and 11 transferred elsewhere; there were 5 deaths.

Communications: reduced demand for our church news in local publications; we take our turn for Messenger items; online use flourishing; ebulletin 414 subscribers; Facebook 1010 subscribers; Instagram 819 followers; YouTube 2007 subscribers, 55.7k hours watched; 4526 users of the website; livestreamed church services have a regular following and numbers not much affected by return to church suggesting many watchers based elsewhere in UK or abroad. Live viewings just under 100 but the monthly averages show around 300 for each service although some speakers were more popular than others – most popular was Dr. Daniel Duda!

Centre Site Management: a behind the scenes group consisting of department leads and responsible for general maintenance, redecoration and site improvements. A large amount of work was achieved during the year, some of which was listed.

Deaconesses: foot washing was re-established during Communion in July. 35 birthday cards were sent out to older members and help was given packing the Harvest Festival boxes for distribution.

Health Ministry: a popular monthly podcast has been established, weekly supportive posts to members' phones, also submissions to the church website, a Health Day for the youth and also taking Family Service one week emphasising the importance of mental and emotional health.

Master Guides: we have 18 Master Guides - actively involved in church activities – and 5 in training.

Pastoral Team: an outline of the work and responsibilities of the pastoral team was provided by Pastor James.

Pathfinders: 52 members aged 10-15 and 12 counsellors. Competed in Pathfinder Bible Experience attending the Belfast and Greece heats and qualified for the North American Test. Took part in the Pathfinder Camporee, World Pathfinder Day as well as camps, hikes and retreats; one organised a Bikeathon raising funds for ADRA-UK.

Personal Ministries: **1. Seniors** – average 100 attending each fortnightly session, mostly from the community; some attend services. **2. Welfare** – operates from the church on two mornings a week and during lockdowns from a gazebo outside the Welfare Room; receives no income from the church budget– all from sales and donations. **3. Soup Run** – 70 people helped in two London locations; operated by SPC and Hemel Hempstead members with many additional volunteers from the community and 7-8 regular minibus drivers; receives no financial help from the church, funds raised from sales and donations. **4. Toddlers – meets in two locations:** church and primary school; a What's App group established; some parents occasionally attend church services and some have enrolled children at the primary school. **5. Meriden Food Bank** is operated by the Moltenis. **6. SPCM** – approximately 60 pupils taking music lessons, concerts have been held during the year raising funds for good causes. **7. Town Centre Ministries** – 2,900 books, pamphlets, audio books and CD's have been distributed.

Prayer Ministry: hosted, daily and weekly prayer meeting and special events.

Treasury Report and Budget: many graphs and charts were produced and can be viewed at:

<https://1drv.ms/b/s!AqY8V-Yr4cbVhoQv67QTEZpb9mP5Hg?e=sWEyNu>

Women's Ministry: meets once a month, online weekly prayer meeting.

Young Adults: set out aims and objectives; have organised a number of social and spiritual events and raised funds for good causes.

Youth (Teens): catering for ages 12-19; numbers grown from 12 to 33 with an average of 23 attending each week; a number of special events were organised including one in Stanborough Park in the summer; catered for Global Youth Day and raised £600 for good causes.

◆ NEWS IN BRIEF AND ANNOUNCEMENTS

- **Wednesday Night Prayer Meeting** is being held in Armstrong Hall as well as on Zoom at 7pm. Meeting ID: 519 552 6863; Passcode: pray3r
- **Zoom Prayer Meetings** - Daily Morning Prayer Meeting at 6am. Zoom ID: 8316619709 & Passcode: 777 - Women's Ministry Every Friday at 7:30 pm. Meeting ID - 83109855863 & Passcode - Fprayer
- We would **STILL** welcome any offers of assistance with **supporting the supervision of the Children's Sabbath School** classes. **Contact:** Eileen Hussey (eileenussey844@hotmail.com)
- **What's On at Stanborough:** summer edition available for viewing at https://stanboroughpark.adventistchurch.org.uk/uploaded_assets/289447WOAS_Summer_2023_mobile.pdf?thumbnail=original&1681891911
- **The April Teatime Concert** took place on Sunday, 23rd of April at 3 pm. The world-renowned pianist Alexander Adarkiv played in aid of the ADRA Emergency Appeal. The programme included: Nocturnes, Mazurkas, Waltzes and a Ballade by Chopin. A lovely afternoon of beautiful music, followed by tea and cakes and a retiring offering to support ADRA's appeal.
- **"Creation - Does it Matter?"** A presentation by James McMahon was held on 28th April asking, 'Is there a conflict between how creation is expressed in Genesis and science? If so, does this have an impact on faith?'
- **The Young Adults** attended the Milton Keynes Youth Day on Sabbath 22nd April.
- **The Tyrifjord SDA Junior College Choir** from Norway performed at the church on the evening off 21st April as part of their British tour. The concert was recorded by the AV Department and is available for viewing via livestream <https://livestream.com/accounts/640318/events/3160916/videos/235912160>
- **The Pathfinder Department** hosted a Pizza Night on 22nd April to raise funds for those members attending the TED Camporee. Pizza, salad and a drink were on offer – 2nd slice of pizza free!

- **Audrey has opened a JustGiving Page** for 2023/4. If you want to remember a birthday, or loved one or to give thanks go to www.justgiving.com/page/audrey
- **Parallel retreat:** Parallel will enjoy an extended time of fellowship, starting on Sabbath 24th June morning, finishing on Sunday 25th June afternoon for a special "Revive Retreat". Overnight accommodation in Stanborough School and all meals included, starting with Sabbath lunch. Worship, sharing from God's word, fellowship and fun. Cost: £15.00 adults and children aged 12 plus, free for under 12's. All are welcome! Booking details to follow soon.
- **Party In The Park**, held on Sunday 7th May featured stalls, food, children's games, music and more in Stanborough Park celebrating King Charles III's accession to the throne. This will be featured in the next issue of the newsletter; photos can be viewed on church website and social media platforms. If anyone would like to share their photos/videos of the event please send them to the email address on page 1.
- **The Big Help Out on 8th May 2023:** Stanborough Secondary School invited the church community to help with cleaning, clearing and painting the Boarding School in preparation for reopening the department.
- **CONGRATULATIONS TO THE 2023 PBE PATH-FINDER TEAM WHO ACHIEVED FIRST PLACE AT THE NORTH AMERICAN DIVISION STAGE.**

FORTHCOMING MUSIC EVENTS

13th May, 7:30pm: Annual Children's Concert raising funds to support children's educational needs through ADRA-UK. A mixture of solo and ensemble performances.

28th May, 3pm: Teatime Concert with Sangbin Jung and Yui Hanada playing well-loved music for piano and violin by Brahms, Debussy and Kongold. All proceeds to go to the Church Development Fund.

25th June, 3pm: Teatime Concert

- **Stanborough Secondary School** is planning to reopen its 100-bed boarding school and establish a Scholarship fund to support gifted musicians and students who cannot afford Adventist education. If you would like to donate to this worthy cause send your donation to: **Account Name:** Stanborough Secondary School **Sort Code:** 40-45-28 **Account Number:** 91041274 **Reference:** Boarding School or Scholarship Fund
- **Young Adults Women's Adult Ministry** will be hosting its first Career and Finance Network Event at the church on Sunday 14th May at 1pm. There will be four panellists with great insight on Personal and Financial investment, Faith and Career Development without the Compromise of Faith.
- **The Young Adults Department** is seeking committed individuals 18+ to serve as social media lead and social secretary. For more information please contact Jackson Bright or email youngadultsspc@gmail.com.
- **SPC Mapping the Talents survey.** The pastoral team is conducting a survey as they would like to find out hidden talents and who would be prepared to serve the church in a suitable role. Please fill it in, if you have not already done so via this [LINK](#)
- **Spanish SDA family seeks host** for son Samuel Santafe aged 19 years with a family of young people during July or August. He is keen to learn English for his future studies and will attend a local English language summer school the U.K. A keen Pathfinder and active in his local church, a letter of recommendation will be provided by the Youth Pastor. Please contact a member of the pastoral team if you can help.
- **'He Restores My Soul':** reading and talking about Jesus. Alternate Tuesday afternoons at 2pm starting 18th April.
- **Our condolences to Alison Kinman** on the death of her sister Shirley, nee Essery, recently in Canada.
- **FELLOWSHIP LUNCH DATES:** Please note that the next dates will be 20th May and 1st July. (Affected by Bank Holiday dates.) To book for May please email fellowshiplunch7@gmail.com by **Wednesday 17th May.**

◆ RECENT TRANSFERS TO SPC:

- **Gavin and Krisstee Gengan** from Floreal SDA Church
- **Thiago and Aline Santos** from Central London Portuguese Church
- **Francisco Rugame Jnr** from Davao Church, Philippines
- **Fernandos, Ayrin and Lynhart Carlos** from St. Albans
- **Rosita Hungyo** from Chingmeirong, India
- **Gabriella Pedditzi, Giona Pedditzi and Keila Pedditzi** from Central London Church
- **Catherine Phiri** from St. Albans
- **Prosper Chidhakwa** from St. Albans

◆ NOMINATING COMMITTEE REPORT:

Church Clerk (Membership and Transfers):
Michele Thompson (formerly known as Vitry) - approved

Natalie Davison has been persuaded to act as joint Sabbath School Superintendent alongside Paula Carrillo — **subject to vote.**

◆ PRAYER CORNER

PLEASE PRAY FOR:



- those with health issues especially Pastor Cecil and Alma Perry; Jacqueline Deane; Morgan Charles; Sharon Sinclair's daughter, Jessica; Roy and Bronwen Atkinson; Terry Menkens; Diane Johnson and Rosemary Boyle.
- families who are facing challenges from cancer, severe flu, COVID, other health issues and recent bereavement, especially Eustace Anthony and his family as they mourn the loss of a family member.
- resolution to the conflict between Russia and Ukraine and the opposing forces in Sudan.
- the requests in the Prayer Box.

REMEMBER: you can email private prayer requests to STANBOROUGHPRAYS@GMAIL.COM or place them in the Prayer Box in the concourse.

◆ **CHURCH HISTORY FROM THE ARCHIVES:
THE EARLY DAYS OF STANBOROUGH PARK AND 'THE SAN'.**

A Bit of Denominational History:

(Source: *The Missionary Worker*, vol 29, No 15, July 25, 1924 'Important Dates')

The first Seventh-day Adventist to set foot in Britain was Pastor J. N. Andrews, along with his family, who briefly met up with many Seventh Day Baptists before moving on to Switzerland in 1874. Four years later William Ings arrived in Southampton from Basle and the following year with the assistance of Miss Maud Sisley set up a tent in the city for series of meetings. Early the following year the first baptism in this country was performed by J. N. Loughborough and the first SDA church in Britain was organised in Southampton in 1883. However it would be almost another 20 years before the British Union Conference was organised. In the meantime the work progressed and a food factory had been established near Redhill well before 1900. In 1901 personnel were sent over from America to organise the publishing and education arms of the church. The first president, Pastor Andross was also American.

Thus so far it was ensured that Britain would model its organisation on the same lines as in the USA but the various institutions were scattered. The college moved between various locations in Holloway, North London where the printing press was also based, there were medical institutions in Caterham and Leicester, a school for 27 pupils in Kettering and the food factory had relocated to Birmingham in 1900 after the Redhill mill burnt down the previous year. (A photo of this new factory appeared in an issue of 'The Missionary Worker' and will be tracked down.)



The recent BUC President's remark that the denomination was 'a business' would have left those early brethren bemused – their aim was to establish the church and its work in Britain regardless of the cost and trust in God and the members to supply the funds. Not too concerned about running up debts for the sake of 'the cause' they looked around for a suitable location to bring the scattered institutions together. After much deliberation it was considered that the Cottrell Estate situated in open countryside near Watford (which wasn't a borough at the time and was slowly extending outwards to reach its final limit at Bushey Mill Lane) would be an ideal location and was purchased in 1906.

The only building on the site was the mansion, a small, square Victorian neo-Georgian building (above left — found in the Andrews archives!) which was much smaller than the neighbouring Kingswood House. It was decided to use this for the college and in the space of 9 months from purchase the students had moved in and a printing press and food factory had been built in a far-flung corner of the estate and were in operation. The Dedication Ceremony took place on Monday, 28th October, 1907. (The photo, right, which came from the Press archive is thought to show a post Dedication Ceremony gathering in front of the mansion.)

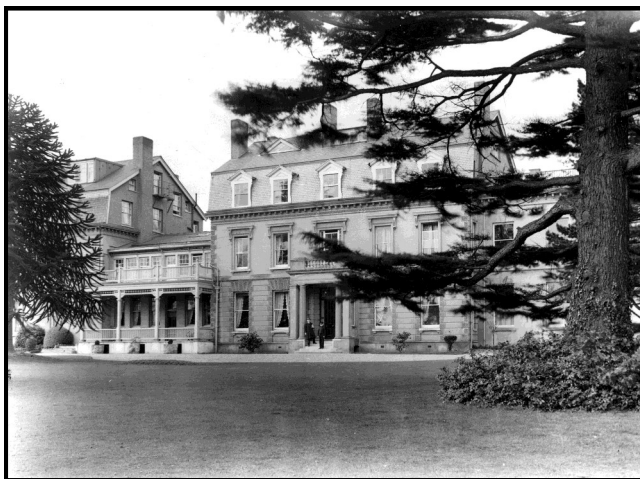
From the start the mansion proved to be too small and only the females could be accommodated there whilst the men were billeted in the roof area of the press admin building. The denominational administration was also housed in the Press building. A purpose-built college was needed to cater for the demand. Plans were drawn up and in 1910 the students moved into larger premises constructed on the site now occupied by the secondary school.



Definition: A sanatorium, also sanitarium, are antiquated names for specialised hospitals, for the treatment of specific diseases, related ailments and convalescence. Sanatoriums are often in a healthy climate, usually in the countryside.
[Wikipedia](#)

The Sanitarium is established in the mansion

Mrs. White was a great believer in the concept of the sanitarium which would establish a point of contact for introducing people to the church. Following her advice a sanitarium was established at Caterham in 1903 with branches in Leicester and Rostrevor in Ireland. With an empty building on the Park after the college moved out it was decided to turn the building into a sanitarium although it required some additional building works and an extension. By 1912 two additional floors had been added, plus a drawing room (which later became the main entrance lounge) and a sun lounge, with other rooms above. An operating theatre was installed. (The sanitarium at Caterham continued operating until 1922.)



The sanitarium proved successful and more extensions were constructed over the following decades. By the time it was considered to be too expensive to maintain and was demolished it was a very impressive building which bore little resemblance to its original structure. Now there is no sign left of the building, just a flat grassy area although the avenue of trees which lined the road up to the building remains.



The photo, top right, shows how the original building was extended after the college moved with its additional storey and lounge. (The other photos demonstrate further extensions made over the years.) It is of uncertain date and event but an educated guess suggests it marks the opening of the sanitarium in July 1912 as it fits the description of the event as given on page 8. The colour photo shows the building as it was before its demolition. *(From BUC archive, black and

white photos from Press archive.)

The sanitarium operated under a variety of names over the decades: the Stanborough Hydro, the Stanborough Nursing and Maternity Home, The Stanboroughs and was referred to by members as 'The Hydro' and, latterly, affectionately as 'The San'.

◆ Further history can be found online on the 'Lost Hospitals of London' website: <https://ezitis.myzen.co.uk/stanboroughs.html>
 This website's account appears to contain nothing that contradicts the writer's research in the Messenger archives/first hand knowledge.

• **THE HISTORY OF
'THE SAN' by Dr. W.
A. Ruble, Medical Su-
perintendent**

July 31, 1912 at Stanborough Park, is a day long to be remembered. The old country house, standing amid seventy-five acres of woodland and open fields opened its doors to receive patients. The surroundings presented a perfect picture of a peaceful summer's day. To the north of this stately building is a row of little country cottages, with their wallflowers and trellised roses (in Sheepcot Lane). Tucked away in the bend of a meadow are fresh mounds of new-mown hay, and behind, stranding like sentinels, tall trees tower up to meet the blue sky. In the foreground cattle and sheep graze in a meadow which runs down to meet the old Roman road, now a main road from Watford to St. Albans. Here, at the entrance to the Park, stands the well-kept and attractive lodge. For many months Mr. W. C. Sisley, assisted by a company of carpenters and decorators, had been busy making necessary alterations to the old house, remodelling it into a building suited to the needs of future guests who would come to seek health and rest.

The lawn was well seated for the opening. Pastor W. Fitzgerald was chairman, and Pastor S. G. Haughey offered the dedicatory prayer. Dr. Olsen, Superintendent of the Caterham Sanitarium, was present and welcomed the opening of this sister institution.

The Superintendent, Dr. C. H. Hayton, gave a short address. All in attendance were delighted and some even expressed a willingness to be ill could they but be cared for in so attractive a place! A class of ten nurses was enrolled, but only five completed their work..... We wish that the peacefulness of the opening day might have always been enjoyed by the institution.

Those who were present little realized the stormy, anxious days that were to follow. The years from 1912 to 1914 passed quietly and uneventfully. The night of August 4, 1914, found that the excitement which filled London soon reached the Park. There were about forty aliens on the Park at this time and one of the nurses was a German. These persons were all asked by the Government to leave. Blue-coated and brass-

buttoned men were seen frequently on all parts of the Park. From the windows of Sheepcote Villa a little family were seen enjoying their evening meal. Two officers came and lay on the grass while the man of the family packed his bag, kissed his wife and little girls goodbye, and was driven away in a taxi-cab and not allowed to see his family for many long years.

All these circumstances caused the sanitarium to be closely watched. Great precautions were taken to darken the place. Extra hangings were put on all the windows and every crack and crevice covered but, through someone's carelessness one night, the institution was fined. Raiding aeroplanes frequently crossed over the place and great excitement was caused during a lecture one night when a Zeppelin tried to drop bombs on a munitions factory close by.

It was a common occurrence for the whole institution to be plunged into black darkness at a moment's notice. The College, Sanitarium and Sheepcote Villa were all inspected as to their suitability for hospital purposes. The inspectors were well pleased but for various reasons did not take them. The patients at the Sanitarium and all on the estate were most generous in their contributions of money and work to the Red Cross Society for Hertfordshire under the direction of the Hon. Mrs. Holland Hibbert (from the Munden Estate), and Mr. Walkden of The Stanborough Press did good service in collecting these sums. During those trying years the struggling institution suffered in loss of patients and workers with consequent serious loss of income, so that the strictest economy had to be exercised to make ends meet. At one time the whole staff, although accepting greatly reduced wages, generously voted to labour without wages to keep the institution going.

Nurse Pannkokzr was sent back to Germany. Mr. Sallée was called up for service in the French Consulate and sent off to France. Mr. Nolan, Mr. Throssell and Mr. Marter were pressed into service by the tribunal boards. Some of the nurses went into hospital service for the wounded. This left the institution seriously under-staffed. Those were the days that "tried men's souls". During the last draft for medical men Dr. Hayton himself was listed for

service but, as those who passed through the experiences of the last year of the war know, the end came swiftly and dramatically, and put an end to the struggle of the institution.

After the war reconstruction both in management and superintendency took place and brighter years for the Sanitarium were in store. From the opening of the Watford Sanitarium in 1911 until the end of 1922 the Good Health Association, Limited, under whose name the Sanitarium's work is conducted, was operating the two institutions, Caterham Sanitarium, the pioneer institution and the Watford Sanitarium. Conditions about the former had so changed by heavy traffic passing the door and by noisy surroundings, that it was impossible to hold sufficient patronage to make the institution self-supporting. Inasmuch as the Association had no funds for conducting its work aside from its earnings, it was necessary to close the Caterham Sanitarium and strengthen the work at Watford.

In order to provide for increased patronage at Watford an addition was made to the main building which provided for as many more patients as had been in attendance. The increased patronage and prosperity of the institution from that time has demonstrated the wisdom of these moves. Forty patients up to that time caused a crowded home. Eighty patients have been accommodated at a time on different occasions since. Increased facilities in other respects have helped to add to the popularity of the institution. Two most essential features have been installed during the past year; an automatic electric lift and a water softener. The latter now furnishes the institution with an inexhaustible supply of soft water.

Since the beginning of 1920 Dr. W. A. Ruble has been Medical Superintendent. With the able and willing medical assistance of Dr. John Keith, Mr. Carey as Business Manager and Miss Crooks as Matron, together with a very willing staff of nurses and domestic workers, the work of the institution is going very smoothly. This is very gratifying to all. The patronage has shown an increase of 25% for the first six months of the year over the same period of last year. This is extremely gratifying.

(continued on next page)

AN AERIAL VIEW OF STANBOROUGH PARK IN THE 1960'S WITH 'THE SAN' CIRCLED

(continued from previous page)

Patients who return after one or two years all express high appreciation of increased facilities and improved service of the institution.

FROM THE MISSIONARY WORKER, July 25, 1924

- **DR. RUBLE RETURNS TO AMERICA**

Dr. Wells Allen

Ruble, who wrote about the history of 'The San', was its medical superintendent between 1920 and 1929. An American who appears to have been a New Englander by birth, he was clearly much loved and appreciated judging by the number of presentations/socials which occurred during his final two weeks in this country, as recorded in a rather gushing tribute in the July 26, 1929 issue of The Missionary Worker.

'Thoughts of goodwill and feelings of sadness mingled in the hearts of those gathered in the drawing-room of the Stanboroughs on Thursday afternoon, July 4th. Patients old and new were there to express to Dr. and Mrs. Ruble how much they had appreciated their kindly ministry as medical superintendent and social director.

'Dr. Ruble spoke a few words of thanks and in his turn expressed his appreciation of the happy associations made during his nine years' stay in England. He said that although he had heard that English people were very difficult to get acquainted with, he had found Old Englanders as cordial as New Englanders. He is happy to return to his native land but it is with very sad feelings that he leaves this country. He has made four big changes in his life, he told us, and each has seemed harder than the previous one; this last one is indeed a great wrench.'

Dr. Ruble's thanks were very sincerely expressed. He told us how much he had enjoyed his sojourn and his work in this, country. Although he regretted leaving, he felt that "the time is ripe, for a change," and as someone has said, "It is good to go while the going is good, before we have worn out our welcome." (According to the account 'he felt the parting from the young people of The Stanboroughs greatly.) 'The years spent among them were perhaps the happiest years of his life.'

Stanborough Park Church owed Dr. Ruble a debt of gratitude. For years there had been talk of constructing a



church on the Park and Dr. Ruble had a hand in bringing it about and also organised the working party to clear the site prior to building. After construction he became the church's first elder.

The account continues, 'The following Wednesday, after the quarterly business meeting held in the Stanborough Park Church, a presentation was made by the church-members. Pastor Meredith told of the self-sacrificing labours of Dr. Ruble as elder of the church for many years. As in his work for The Stanboroughs, Dr. Ruble has striven to make the church at Stanborough Park an ideal one. We shall not "forget him as we worship in the new church building, for he had a strong hand in bringing our dream to reality." The gifts presented were a copy of Desire of Ages in a new and beautiful binding, a copy of the leather edition of Steps to Christ, and a pair of field glasses.'

Two views from 'The San'. The upper one down towards St. Albans Road and the lower across to the college/school.



(BUC archive—Ursula Hubbard collection)

- **Reproduced below is the third and final page of David Marshall's account of the history of 'The San' and Dr. A. H. Williams which was featured in the March newsletter.** (Extracted from the Messenger Vol. 113/13 dated 20th June, 2008 <https://documents.adventistarchives.org/Periodicals/BAM/BAM20080620-V113-13.pdf>)
- This section began on the previous page under the title of 'WINDS OF CHANGE' with the following words: 'At the British Union Conference session in the De Montfort Hall, Leicester, at Easter 1967, Dr. Bernard Seton was elected President and Chartered Accountant Colin Wilson re-elected Secretary-Treasurer.... Among the negative consequences was the increased currency in BUC circles of the term 'de-institutionalisation' and, finally, the closure of The Stanboroughs.' *The article continues below.*

While Seton and Wilson behaved like professionals throughout and reserved their comments and arguments for the committee room, others carried the argument out into the community. A respected and senior BUC Committee member called these persons 'The Tobiahs and Sanballats'.

The Stanboroughs bore the brunt of T and S discussion. The maternity unit and the operating theatre were, in particular, singled out for attack. Both sides of the argument, at various times, appealed to the Health 'blueprint'.

For some months it was unclear to what extent the fears being voiced in the community represented reality, though some unfortunate pulpit pronouncements gave credence to them. To Dr Hugh Williams the issue was backbiting by the non-medically trained in matters medical. As a consequence he resigned.

In *MESSENGER* 19 January 1968, BUC president Dr Seton wrote of 'several disturbing conditions which must be radically changed before true prosperity can come to our beloved Church. The fact is that, for a small self-contained Union like ours [the membership was about 10,000], we have undertaken more than we can humanly manage...'. The ensuing document made depressing reading. The future of the new Stanborough Press was compromised by the decline in the number of literature evangelists. 'The coming of socialised medicine [the NHS]' and 'ever mounting costs' were blamed for the struggles of the

San. Granose was operating in 'out-of-date premises' and in 'a grimly competitive world'. The secondary school was already expensive and 'needs several additional tens of thousands of pounds spending on it right now'.

The Park for sale?

Between 18-22 April 1968 'a representative commission', including division and union personnel, met to consider the state of the British Union. It had only advisory powers but, after a day of vigorous, informed discussion, its report was accepted by the Union Executive on 30 April after a few amendments had been voted.

Union president Seton, one of the most scholarly men ever to hold that post, communicated the upshot of the discussions in *MESSENGER* 7 June 1968:

'It has been recognised that for so small a field, we are over-institutionalised: that is, we are endeavouring, in our several institutions, to do more than our present resources will permit, and have therefore been stretching those resources beyond their reasonable limits. Persistence in this present course will only increase our difficulties: it was therefore voted, reluctantly and with deep regret, to acknowledge the impracticability of our operating a hospital-type of sanitarium in a land of socialised medicine, and to avoid continued heavy losses by closing the Stanboroughs Hydro at the earliest date compatible with the fulfilment of our current

NOT THE WHOLE STORY

No attempt has been made to tell the whole story. Names of important personages will doubtless have been omitted. The story has not been told of the health institutions at Caterham and in Leicester, founded before the one on Stanborough Park and which, for some years, ran parallel with it. In addition, no mention has been made of the Crieff health institutions and the work of Dr Gertrude Brown. These stories have been told before in these pages. In the case of Dr Brown, it has been the subject of a book.

Our intention here has been to cover, albeit briefly, the story of 'The San' in the post-war period and to provide some account of the circumstances that led to its closure. More importantly, we have tried to tell the story of the man who spent a lifetime as a missionary in Burma and India, and as superintendent of 'The San': Dr A. H. Williams.

To the best of our knowledge, his story has not previously appeared in print.

With regard to a matter as contentious as the San closure, even forty years on there are people who are hurting and surviving relations of those who went to their graves hurting. If their story has not been told here, then write it and post it to the Editor, or email EditorDNM@mac.com. If your perspective on the issue has not been reflected, then let us hear from you. This need not be the last you hear of the San story.

If you have more to tell, let's hear it!

EDITOR

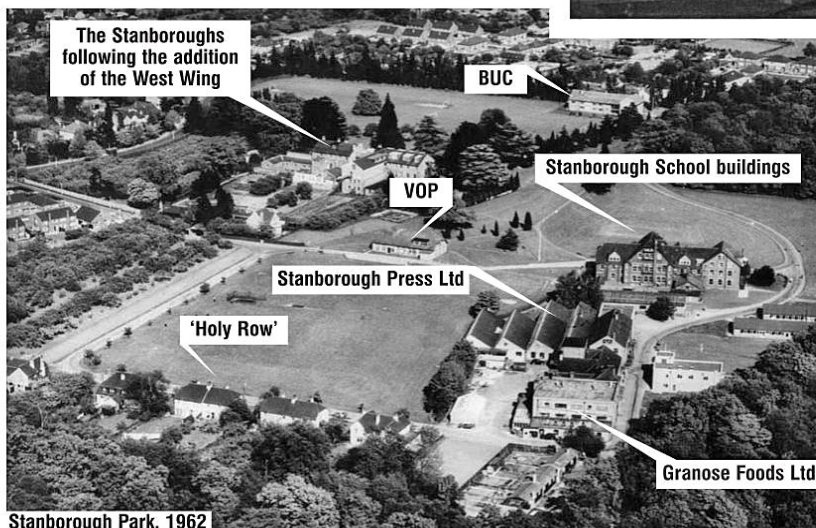
commitments. This, so far as we can now see, means that our sanitarium will close by the end of this year.'

Dr Seton also announced that an investigation had been authorised into the possibility of selling 'the major remaining portion of

Stanborough Park', while retaining the church, the BUC offices, the new primary school, 'with the Voice of Prophecy office as a possible extension of the BUC' and a new secondary school 'either on or very near the Park'. Later that year 'green belt'



On 9 May 1912, the mansion on Stanborough Park, after considerable extensions, including two additional floors (which had once housed the college), was opened as the Stanborough Park Hydro. This was how the front of the building looked in 1938 after further significant development had taken place



Stanborough Park, 1962

12 Messenger

land was bought near the North Orbital in the belief that, should the Park be sold, the authorities might permit the rebuilding of the school there.

A Day of Prayer and Fasting for the future of the Church in the British Union took place on Sabbath 13 July.

The bulldozers

What was understood at church level was that 'The San had been closed'. Those who saw a bright future for the private sector and the potential for a health institution so near to Greater London mourned.

● **THE SANITARIUM CONCEPT**

This has been extracted from *The Missionary Worker*, May 2, 1930 and was written by Dr. S. McClements this article reminds us of Mrs. White's support for establishing a sanitarium as a means of introducing the denomination to non-believers.

He writes, 'We have direct evidence from the spirit of prophecy that our sanitariums were to be homes where the sick would be restored to health by natural remedies, as distinct from the system of medical treatment carried out in hospitals and other worldly institutions. Permeating the atmosphere of the sanitarium was to be a spirit of Christian helpfulness and service. In this way many patients would be led to inquire more fully about our faith and so a knowledge of the third angel's message was to come to those who would otherwise be inaccessible.

'The aim of The Stanboroughs Management is to make the institution a powerful factor for healing the sick in our country; a place where the mentally and physically diseased can find rest, renewed hope, and ultimate cure. To this end many improvements, repairs, and administrative changes have taken place in recent months. The new treatment rooms are admitted by lay and medical opinion to be the best of their kind in Great Britain. We now have ample facilities for the administration, in all their branches, of hydrotherapy, electrotherapy, phototherapy, massage etc. The roof of the new gymnasium is being prepared for natural sunlight bathing: This is a feature of natural treatment which is coming prominently to the fore again, and one which, up to the present, has not been catered for at the Sanitarium.'

MORE HISTORY:

After the college moved to Newbold Revel near Rugby the building was taken over by The San and used as an annexe. The maternity department was sited there. During the Second World War 'The Annexe', as it was known, was taken over by the government and for most of the war years was an outpost for London's University College Hospital.

Over the years many additional building projects were undertaken, first the south wing was built between the wars and then around 1952 the west wing. A new maternity department was established and The Annexe was no longer needed and was reborn as a school.

The establishment of the National Health Service proved to be a blow and The San never fully recovered its halcyon days between the two World

Wars although its maternity facilities were still much in demand. Despite bold plans for the future featuring on the front page of the Messenger in 1967 the decision was taken to close it the following year and it was closed down and bulldozed. All that remains is the avenue of trees lining the drive and can be seen just beyond the gate by the entrance to the BUC car park. A sad end to a once imposing building.



This photo shows the south wing under construction. It was found amongst Agnes Poulton's collection but it is uncertain whether or not she took it herself as all her photos are black and white rather than sepia. The quality of the original was poor and was kindly enhanced by the late Frank Blewitt.

Below are the photos of the trees still lining what was once the impressive driveway up to the nursing home (taken last year) and an advert which appeared in the February 3, 1937 issue of 'The Tatler'.

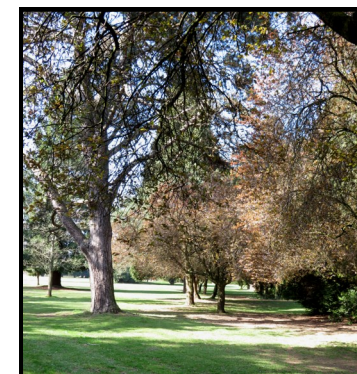
**Tired?
. . . . Worried?**

. . . . these are warning signals that your health is tried beyond its capacity. You could rest at Stanboroughs with the confidence of recovery—be looked after with the competence of a fully qualified medical staff.

The Stanboroughs is beautifully situated in its own wooded park, and easily accessible to town (30 mins.) Treatments include the latest methods in Hydrotherapy, Electrotherapy, etc. Surgical and Maternity cases, Rheumatic Affections, and Neurosis.

Resident Physicians. Superintendent: Dr. J. E. Cairncross, L.R.C.P. & S.

Prospectus and information from the Manager :
The STANBOROUGHS Hydro
Stanborough Park (12)
WATFORD, Herts. Phone: 8200-2
Garden, Watford, Herts.



N.B. A well-informed history of the building with additional information can be found online on the 'Lost Hospitals of London' website: <https://ezitis.myzen.co.uk/stanboroughs.html>

◆ HEALTH CORNER:

Optimal Hydration is Associated with Healthy Ageing

One could not have failed to notice the unprecedented hype and media coverage surrounding the recent launch of the new Prime hydration drink. Prime hydration is a sports drink containing filtered water, coconut water, electrolytes, vitamins, and several questionable additives. Clever marketing as an aid to help refresh, replenish, and refuel plus the endorsement from its co-creators, Logan Paul and KSI means demand remains high.

Could it be that the popularity of this sports drink is linked to the heavy influence of these YouTube stars, or does it really help address a basic health goal to stay well hydrated? I suppose this is rather irrelevant as we are all fully aware that water remains the best thirst-quenching drink option, vital for our health and rehydration needs.

A recent publication of a National Institutes of Health study highlighted the possible health risks of advanced biological ageing and premature death, resulting from insufficient fluid intake. Using health data gathered from 11,255 adults over a 30-year period, researchers analysed links between sodium levels – which go up when fluid intake goes down – and various biomarkers

of health. Adults with serum sodium levels above 142 mEq/L had up to a 64% increased associated risk for developing chronic diseases like heart failure, stroke, atrial fibrillation, and peripheral artery disease, as well as chronic lung disease, diabetes, and dementia. Conversely, adults with serum sodium levels between 138-140 mEq/L had the lowest risk of developing chronic disease. A higher biological age was associated with an increased risk of chronic diseases and premature mortality.

Since reduced fluid intake is one of the main factors for elevation of serum levels of sodium, the results are consistent with the hypothesis that decreased hydration may accelerate the ageing process. However, to prove causality further randomised clinical trials are needed. Global audits have shown that more than 50% of people do not drink the recommended amounts of fluids. Subsequently, the findings of this NIH study provide valid reasons to reinforce the existing recommendations for optimal daily fluid intake to assist in slowing down biological ageing and reduce the risk of disease and early death.

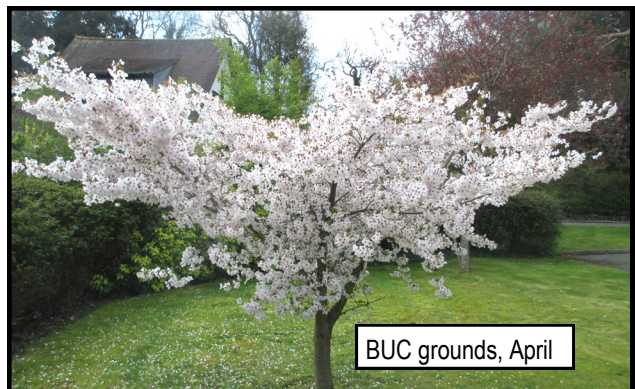
Reference: *Middle-age high normal serum sodium as a risk factor for accelerated biological ageing, chronic diseases, and premature mortality – Dmitrieva et al, eBioMedicine, 2023.*

Submitted by Stanborough Park Church – Health Ministries: *Caroline Perry MSc, PhD & Adewale Ademuyiwa BSc, PG Cert, DipHe. BSc, PG Cert, DipHe.*

◆ WARMER DAYS AHEAD! CHURCH HEATING TO BE IMPROVED

GOOD NEWS FOR THOSE WHO FIND THE CHURCH TOO COLD ON WINTER MORNINGS.

The Church Site Management Committee stated: 'The position is we cannot put more demands than we currently do on the heating system because we are currently nursing the system along to keep it going. Dumnis heating engineers met on 14th March 2023 with four members of the CSMC to review and walk through the options associated with recent quotations. The committee strongly recommended replacing the existing three boilers with one high performance boiler unit, com-



bining church and centre heating system alongside reorganisation of pipe work, water treatment, extensive flush of the system and installation of a simplified electronic control system. This action could extend the life of the current system by at least 10 years. Cost: £45k. **After deliberations the Church Board voted to accept this recommendation.**

◆ THE LAST WORD: 'Many Christians expect the world to respect a book they neglect'.

At one of the presentations Mrs Ruble 'wished the young people much joy, but not joy unalloyed, for we need sorrows to soften us to the point where we can be moulded into better vessels.' *The Missionary Worker, July 26, 1929.*