1909

The Maine State Sanatorium for Pulmonary Diseases: Greenwood Mountain, Hebron, Maine, Incorporated 1901

Maine State Sanatorium

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THE MAINE STATE SANATORIUM
FOR PULMONARY DISEASES

GREENWOOD MOUNTAIN
ELEVATION 2300 FT.

GREENWOOD • MOUNTAIN • HEBRON • MAINE
INCORPORATED 1901
Officers of the Association

President
GEN. SELDEN CONNOR, Ex-Governor, Augusta.

Vice President
HIRAM W. RICKER, South Poland

Treasurer
TREBY JOHNSON,
Cashier Granite National Bank, Augusta

Secretary
A. G. YOUNG, M. D.,
Secretary State Board of Health, Augusta

Medical Director
ESTES NICHOLS, M. D., Hebron

Trusted
Hon. JOHN F. HILL, Ex-Governor, Augusta
Hon. WALDO PETTENGILL, Rumford Falls
S. H. WEEKS, M. D., Portland
Hon. F. C. WHITEHOUSE, Topsham
RT. REV. ROBERT CODMAN, Portland
Hon. WILLIAM D. PENNELL, Lewiston
F. C. THAYER, M. D., Waterville.

Executive Committee
SELSEN CONNOR
HIRAM W. RICKER
S. H. WEEKS

Estes Nichols, Medical Superintendent

Officers of the Sanatorium

ESTES NICHOLS, Business Manager
CHARLES H. PAYSON

JAMES McFADYEN, M. D., First Assistant
MARGARET KAVANAGH, Superintendent
THE MAINE STATE SANATORIUM ASSOCIATION was incorporated by a special act of the Legislature of 1901, the organization of the Maine State Sanatorium Association was ratified, confirmed and declared to be legal and valid, and was authorized and empowered for the purposes of its organization to receive, take, and hold, by deed, devise, bequest, or otherwise, property, personal or real, in any amount without limit.

This was the first movement in Maine toward the treatment of consumption. The prime object of the Association was to establish a Sanatorium for the treatment and cure of persons afflicted with pulmonary diseases, and through educational and preventive measures, to limit the spread of this disease, which destroys over a thousand of our brightest young men and women annually. It is purely a philanthropic movement, and funds have been contributed by public-spirited persons to do what has already been done, and to extend the work, so as to be able to do a great deal more. The management of the financial and business affairs of the Association is done by the Trustees. To any one who knows the business men of this State, not a word is needed to convince him that any money, or other property, put in the care of these Trustees, for the use of the Association, will be properly secured and judiciously expended.
THE SANATORIUM is situated in the foot hills of the White Mountains, in a very beautiful spot in Oxford County, on Greenwood Mountain. Oxford County has long been known, and has become quite famous, for the dryness of its atmosphere, the absence of fogs, and the large amount of sunshine compared to many other portions of New England. It lies to the southeast of the White Mountains, in such relation that the storms which come down from the Great Lakes and the St. Lawrence basin, pass to the north of the mountain and the storms coming up the Atlantic coast pass to the south, thus giving this region freedom from many of the storms, to which it would, otherwise, be subjected. Of course, any storm which prevails generally over the country, we get here. For a long time people have sought the hills of Oxford County, with the prevailing idea that they would be much benefited by the climate, and this, in many cases, has proven to be true. The snow fall is not as great as it is in other parts of the State. While we usually have a good body of snow, it comes early, usually by the middle of November, and lasts throughout the winter, breaking up about the first of April. The temperature in winter varies from ten degrees above to ten degrees below zero, rarely ever going twenty degrees below. We seldom ever have a rain storm during the interval, and the air is very sharp, dry and clear. The temperature in summer never runs very high, and the humidity is never great enough to make a person feel sticky and uncomfortable. We always have a breeze, which is broken to the west and north west by the White Mountains.
TABLE AND DAIRY. There is a stable for cows where a herd of twenty-five dairy cows, both Jerseys and Holsteins are kept for the production of cream and milk for the patients. A large silo which opens into this stable, has a capacity of fifteen acres of ensilage corn. The stable accommodates ten horses, and the storage barn for hay will take care of one hundred and fifty tons. The barn is thoroughly lighted by electric lights, and supplied with running water. This is one of the best barns in the State, and is a very essential part of the Sanatorium.

The Creamery is thoroughly equipped with apparatus necessary for the proper handling of milk and cream. The milk is Pasteurized, run through a separator, and placed in the refrigerator opening out of the cream room. Frequent tests are made with a Babcock Tester, to determine the value of milk from each cow. The dairy building is heated by steam, and power and light is furnished from the central station.

THE LARGE FARM connected with the Sanatorium constituting a tract of three hundred and twenty acres, through the centre of which a public highway runs. There are about one hundred and twenty-five acres of this tract which is good arable land, naturally fertile and excellently adapted to dairying and stock-raising, as well as orcharding and vegetable growing. There is produced on this farm all the cream, milk, fruit and vegetables that we need for our use in the Sanatorium. We also have one hundred and thirty-five acres of woodland, which is forested with beech, maples, oaks, and a large number of pines, hemlocks, spruce and balsams.
BUILDINGS—The Association has already completed a fine new Administration building, which is a model for the work it is planned for. This building was the gift of Mr. Eleazer D. Chamberlin, as a memorial to his son, Leigh W. Chamberlin. Two cottages with sleeping pavilions, a farm cottage for the farm superintendent and help, a large stable, a dairy, two water stations, and the power and light station.

The Administration Building is large enough to accommodate one hundred patients for administrative purposes; with a most modern kitchen, serving, and dish sterilizing room, a large dining room, central telephone and post office, library, parlor, assembly room, with two toilet rooms on the first floor. On the basement floor there is the examining office, laboratory, throat room, pharmacy, electrical room, waiting room for patients, sterilizing room, and the incinerator for the disposal of sputum. On the second floor of the main building are rooms for the Staff, and guest rooms. On the third floor are the nurses’ quarters, with rooms to accommodate sixteen nurses. The help are quartered in the wing of this building.

The building is as nearly fire-proof as it could be made, with brick and concrete, adamant plaster, and expanding metal lathing.
MEDICAL EQUIPMENT.—The medical director has secured a staff of persons experienced in the open air treatment of Tuberculosis, and this combined with a well equipped laboratory for the examination of blood, sputum and urine, under the charge of a bacteriologist; a throat room furnished with all the modern appliances for treatment of the upper respiratory tract; a static and X-Ray electrical room for diagnosis and treatment, and a pharmacy where the necessary solutions and medicines may be had, ought to give very satisfactory results in this special line of work.

Buildings are all well lighted by electricity, and heated by direct and indirect radiation. They are all well ventilated by French casement windows, and top lights. The sewerage is carried a distance of several hundred feet to a system of cess pools where bacterial action destroys all waste materials.

There is a Sterilizing Room with a large steam sterilizer for sterilizing mattresses and bedding under steam pressure. All the bedding is passed through this disinfecting chamber before a new patient is allowed to use it. There are also two enamel trays for the disinfection of the aluminum sputum boxes, and they are all brought here twice daily sterilized, and paper linings with the sputum are changed and taken to the incinerator room, night and morning.
CONDITIONS OF ADMISSION. The Sanatorium is intended for incipient cases, and all applicants before being admitted must be examined and passed by the medical director. Patients are required to make application in writing so that an appointment may be made for physical examination. It must be borne in mind however, that only those whose condition gives promise of arrest, or great benefit within a reasonable time, will be admitted, and persons who have associated intestinal, renal or laryngeal tuberculosis, or diabetes, would not be considered early cases, although they may have slight pulmonary involvement.

The medical director reserves the right to accept, reject, or at any time to discharge patients, either for breaking rules, or if he considers that patient is not being benefited by treatment. The Sanatorium is established under hospital regulations and is intended as a place in which to treat and cure Tuberculosis, and is not in any sense a consumptives' boarding house, or a home for incurables. It is a closed institution, where all patients must conform to the rules, as they would in any other hospital.
THERE IS A LONG DISTANCE TELEPHONE connection with all points, also connection with the Western Union Telegraph Company. There is a private telephone connection between all buildings, and many of the rooms, so that every unit is connected by telephone.

HOW TO REACH THE SANATORIUM. Trains leave Portland twice a day on the Maine Central over the Portland & Rumford Falls Railway to West Minot, the Sanatorium Station. On the summer service there are three trains each way daily. The time of leaving varies, and a time card should be consulted.

A charge of fifty cents will be made from West Minot to the Sanatorium, a distance of two miles. Every patient should telephone or telegraph ahead, so that arrangements may be made for conveyance.

The Sanatorium is admirably situated toward a sheltered valley, open to the south, and protected on the other side by mountains and woodland. There are a great many advantages of location: First, it is near to, and easily accessible to the center of population of the State. The soil is a good loam, with a sub-soil of pin gravel, sloping so that it affords excellent drainage. One has really to visit the place before they can realize the many beauties surrounding it. There are trails through this woodland which afford beautiful walks for the patients. There are also some log camps in the woods, open on one side, where patients can go in winter and spend a large part of their time and yet be out of doors.
mountain one and one-half miles away.
IN TREATMENT OF TUBERCULOSIS there are three considerations, Hygienic, Climatic, Dietetic, and a fourth, which is a combination of them all, Sanatorium treatment. This treatment means placing a patient under such health conditions as to strengthen his forces of life, and his resisting powers to the disease. It teaches him how to care for himself, the food and drink he is to take, and the time of taking. It regulates the hours to be spent out of doors, the amount of sleep, or time spent in bed, the things to do and the things not to do. It teaches him when and how to exercise, it means instruction in ventilation, clothing, the care of excretions and sputum, and it is just as important that these rules be carried out as it is for him to take his medicine. The carrying out of these rules, however, in the average home is almost impossible, for the patient is very apt to forget or become careless, and do things that may put him back for weeks or cause his death.
DIET IN TUBERCULOSIS, is perhaps the most important factor, and the forced feeding with milk and eggs, and a good mixed diet is practically more essential than the climatic open air life, but if it was not for the stimulating effect of the out-of-door life, patients could never take the extra amount of food required in their early residence. Their digestive apparatus would rebel, if it were not for the effect of the cold fresh air, which stimulates all the functions of the body, even though they take no exercise at all.

The only drugs used, are those we use in every day disturbances, such as—stomachics, laxatives, anti-spasmodics for coughs, bland mixtures used in inhalers and nebulizers, to keep the upper respiratory passages clear and clean. By far the best results can be obtained from the open air, hygienic dietetic, and climatic treatment, where the patients are always under the observation of a nurse or physician.
THE COTTAGES AND SLEEPING SHELTERS with their walls shingled on the outside, stained a soft green, with shutters and white trimmings, make very attractive buildings. The interior of these cottages are finished in hard pine, with walls enamelled, and weathered oak mission furniture, which makes a very pleasing contrast. In front there is a large veranda, 140 feet long, which is constantly flooded with sunshine from morning until night. This affords a beautiful view of the valley of the Androscoggin, and here the patients spend most of their day, in the open air.

The sleeping pavilions consist mainly of a overhanging roof to keep out storms, and with the high front side arranged to be open to the weather. It was necessary to provide sliding doors, so that they could be closed, if necessary, to keep out driving storms. There is no difficulty in keeping patients warm in bed, although the temperature varies but slightly from the temperature in the open. With but few exceptions the patients have expressed a desire to sleep in these pavilions, and will almost always state that they like it much better than sleeping in a room.

The sleeping shelters are attached to the main building on an angle, so that one side shuts off the east and northeast winds, and the other side shuts off the west and northwest winds, and as they face about south, the north wind does not bother them.
The patients go directly from the pavilions into warm dressing rooms in the main part of the cottage, where there are shower, tub and spray baths, toilets, lavatories, and lockers for their clothing.

There are also several rooms in each cottage where patients with acute disturbances can be placed. The large sleeping shelters have a decided advantage over the individual shacks, as patients are spared that feeling of isolation, and there is a sense of protection and safety in numbers.

It is necessary to have a nurse always on duty at each cottage to secure the close supervision required to carry out the treatment with sufficient thoroughness. There is a night and day nurse on duty at each cottage, so that patients are not allowed to resort to their own devices in any matter concerning their treatment, thus avoiding many indiscretions.

The pavilions are well lighted with electric lights and have bells so that a nurse may be called any time, night or day. Each pavilion for eight beds is sixty feet long and fourteen feet deep to the doors. In front is an open veranda twelve feet wide, surrounded by a rail. The over-hanging roof in front partly covers the veranda, so that patients are protected from inclement weather.
EXPENSE. At the present we are obliged to charge the actual cost of maintenance, which is from ten to twelve dollars per week. All bills are payable weekly; friends coming with, or visiting patients can be accommodated at the rate of two dollars ($2.00) per day, or twelve dollars ($12.00) per week.

Each patient is required to have his own thermometer, sputum cups, fur coat, heavy blanket; these may all be obtained at the Sanatorium. All laundry sent to steam laundry will be charged for at regular rates. Each patient is required to have a sufficient amount to insure perfect cleanliness, this amount to be determined by the Head Nurse. A nominal charge will be made for medicine.

Extra Expense. In any case where the service of a nurse is required, such as cannot be given by the regular nursing staff, a special nurse will be procured at the patient’s expense; the Sanatorium making a charge of seven dollars ($7.00) per week for the nurse’s board.
THE POWER AND LIGHT STATION is a model plant, with two 150 horse power Portland boilers, an electric light plant with a capacity for six hundred lights, and a modern electric laundry. The buildings are all heated from this central heating plant, both by direct and indirect radiation.

WATER SUPPLY. The buildings are well supplied with spring water from two pumping stations, where the water is collected from excellent springs, and is carried into reservoirs, with a capacity of forty thousand gallons, where fresh water is running constantly. The water is pumped with electric pumps into tanks with a capacity of thirty thousand gallons. This system will supply water for our immediate needs.

The Sanatorium is situated about twelve miles from the famous Poland Spring Hotel, and has an abundant supply of spring water, which analyzes about the same as the well known Poland Spring water.
COMPLETE
PLAN OF LOCATION
MAINE STATE SANATORIUM
GREENWOOD MOUNTAIN
HEBRON
THE NEEDS OF THE ASSOCIATION. We need funds to carry out the plans of the Association, to build one or two new cottages, to endow free beds, and to pay up the old indebtedness. The hope of the Association is to get in such financial condition that sometime they may be able to take patients at a nominal price of $5.00 per week. At the present time, however, we are obliged to charge the actual cost of maintenance to make the Sanatorium self-supporting.

A chapel is very much needed, as the Sanatorium is too far away from other places of worship for the patients to attend.

Occasional entertainments would be greatly appreciated, and are of undoubted benefit in promoting cheerfulness and contentment among the patients. Any funds donated for this purpose will be very welcome.

The Sanatorium has already started a LIBRARY, which needs many additions, and it is hoped that contributions will be constantly made by Maine friends. Subscriptions for current magazines, and newspapers, would be gratefully received.

The Association needs an endowment fund, to carry on its great work.

To any person who is interested in the matter, further information will be gladly sent upon inquiry addressed to the Secretary, any of the trustees, or to THE MEDICAL DIRECTOR, Hebron.
Form of Bequest of Money or Other Personal Property

I give and bequeath to the Maine State Sanatorium Association, a corporation organized under the laws of this State, and located in the city of Augusta, the sum of dollars, or, the following personal property, to wit (describing it) to be applied to the uses of said Association.

Form of Devise of Real Estate

I give and devise to the Maine State Sanatorium Association, a corporation organized under the laws of this State and located in the City of Augusta, all that certain piece or parcel of land (with the buildings thereupon erected), situated, lying, and being, etc., (here describe the property): To have and to hold the same unto the said Maine State Sanatorium Association, its successor and assigns, to its own use and behoof forever.