

ALBUQUERQUE



***P*utting 4-Wheel Brakes on Tuberculosis**

B *BEING AN* exposition of facts concerning the city of ALBUQUERQUE, NEW MEXICO its climate which has proven beneficial to thousands of sufferers from tuberculosis its facilities for accommodating people attracted by this climate . . . its position as the commercial metropolis of New Mexico . . . and the intensely interesting country 'round about.

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***Albuquerque*
Civic Council**

Albuquerque, New Mexico

The Heart of the Health Country

WHEN THE FIRST train puffed its way into Albuquerque in the early eighties, there were already residing in the city many persons who had made the dangerous, laborious trip across the continent by ox-team or stage coach in quest of the health giving properties of climate known to be here.

The start made then by Albuquerque with its curative climate for tuberculosis has resulted in a reputation—world wide and broadcast—that has placed it in a position along with Davos Platz in Switzerland, resorts of the Riviera, noted spas of the continent, and the health places of northern Africa. With scarcely a line of paid advertising the message of Albuquerque has been carried about the world by the best advertisement a city could have—thousands of people who have come here and found robust health after failing to find it in less favored climates.

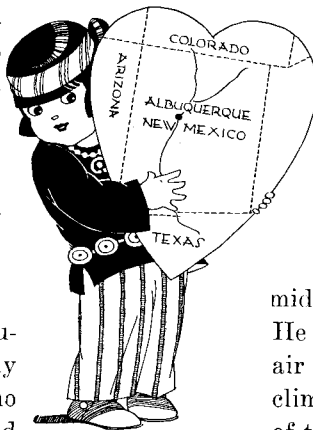
A writer in *World's Work*, who had searched the climates of a large part of the habitable globe for the best environment for the cure of tuberculosis, said:

“Take a map and place one point of a compass on Albuquerque, New Mexico, and with the other describe a circle which will touch the Mexican border, west Texas, southern Colorado and eastern Arizona. Within that circle, you have what may be termed the *health country*, with Albuquerque as its heart. If you are in search of health, the nearer you live to the *heart of the health country* the better chance you have of getting well.”

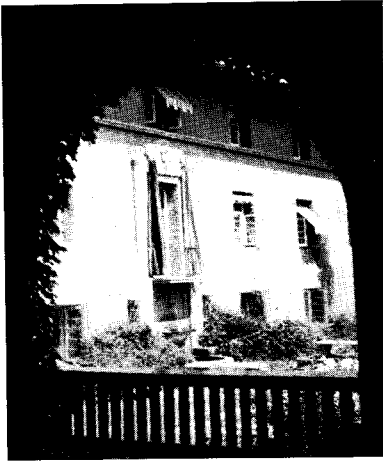
The fact that Albuquerque is practically made up of people who have either regained

their health here or have come with others who have, accounts for the unique tone of the city, its air of cheerfulness and of easy living, and its inspiring example for new arrivals.

A person with incipient or active tuberculosis cannot withstand damp, foggy, penetrating weather. He needs rest, fresh air, and good food, and a *total absence* of the rigorous northern and eastern winters and the humid, sticky, damp summers. He needs clean air and dry air and an invigorating climate with daily changes of temperature of a kind to



The Psychology of Sunshine



make a man feel like putting out his chest and boasting of the goodness of being alive. He needs a climate where the very air will bring a spring to his step and an edge to his appetite; where rainfall is cut to a minimum and fogs are unknown; where the out-of-door life can be lived during the winter without a bundle of wraps; and where the summer can be taken in his stride without the loss of energy because of oppressive heat, and where he can sleep under blankets every summer night.

He needs, in few words, the Albuquerque climate. He needs even more, the Albuquerque attitude, the Albuquerque spirit, the Albuquerque morale — a thing as definite when once you come in contact with it as the Sandia

mountains and the flowing Rio Grande.

It is in the fact that Albuquerque has no fear of tuberculosis that its greatest attraction for a health seeker lies. It is because the healthseeker is welcomed here and made at home and made to feel that he will have all help and encouragement in his progress that so many miraculous cures have been effected in Albuquerque. If the mind is at rest and unworried, the body will mend. Good morale and spirit are more potent weapons in battling tuberculosis than all other forces combined. And those words contain the secret of the international reputation of Albuquerque as one of the important health centers of America.

In coming to Albuquerque it is well to dress much as you would dress if you were living in Pennsylvania or Illinois. The winter days are warm and the winter nights are cold. The summer days are moderate and the nights require you to sleep under blankets. It is this same definite daily change in temperature that sends the blood racing through your body, that

brings a spring to your step, that puts a bite into your appetite. It is the daily changes that stimulate the blood vessels and result in the tissue-building needed to



Where Nature Fights for You

overcome tuberculosis. An unchanging warm climate is enervating; a steady cold one breaks down human resistance—especially in a person already under normal in strength and vitality.

The facts set down herein are written by a layman for other laymen, but under the guidance of a physician. In that regard, we must especially urge the need of the assistance and advice of the best tuberculosis specialist—both at home and later when you arrive here.

There is admittedly no medicine nor course of medical treatment that is capable of curing tuberculosis, but a healthseeker needs to be under the eye of his physician for the sake of his own morale. Unless demanded by the healthseeker there is no monthly supervision charge of physician over patient, as is practiced at other health resorts. In Albuquerque you are free to have such physician's visits and examinations as you desire, and there is no obligation to accept a physician's attentions unless you need them.

The healthseeker planning to come west for his cure often hears the statement that should he be cured in the high, dry, sunshiny climate of the health country, he would never be able to leave. This is an exploded theory. Medical

men from all parts of the country are so emphatic in their denials of this belief that no space need here be devoted to its discussion. They maintain that a cure is a cure, regardless of when or where it is obtained.



And if You Like Figures

Here are some conclusions of medical science regarding the climate of Albuquerque relative to the cure of tuberculosis.

In a majority of cases coming to Albuquerque from a low altitude will be noted an increase of haemoglobin and blood count, which simply means an increase in the red cells in the blood.

There will also be noted an increase in lymphocytes, the germ destroying cells of the blood which attack the tubercle bacillus, thus rendering the patient in better condition to fight the disease.

It is noticed that a patient at an altitude assimilates proteid matter (the tissue building substance) in greater amount than at sea level. Thus the damaged tissues of the body are more rapidly repaired. The altitude of Albuquerque is 4,953 feet.

SUMMER CLIMATE CHART

Month	Average temperature	Average rainfall Inches	Average relative humidity In per cent.	Maximum barometer variation
May	63.7	.43"	32	.506
June	73.0	.76"	36	.408
July	76.0	1.31"	48	.393
August	74.2	1.30"	53	.313
September	67.7	.78"	45	.492
October	56.2	.84"	45	.564

From U. S. Weather Bureau reports.

Statistics show that the percentage of beneficial results in the cure of tuberculosis increases with every thousand feet of altitude *up to five thousand feet*. Beyond five thousand feet there is no apparent increase in results. Up to five thousand feet, it has been proved in examination of thousands of cases, there is no deleterious effect on the heart or other vital organs.

Sir

Albuquerque's humidity is as low as any liveable spot on the globe. This accelerates the drainage of moisture from the lungs. Another result of the moderately high altitude and extremely low humidity is the cessation of night sweats and a reduction of body temperature. Both changes exercise an excellent influence on the mental attitude of the patient.

The Climate Without a Handicap

THERE IS considerable discussion in the medical fraternity as to the value of climate in the treatment of tuberculosis. By Eastern physicians it is held that rest, fresh air, good food, clean and helpful surroundings play a 90% part in the arrest and cure of the disease, and that climate can be awarded the extra 10% for its efforts. Western specialists are just as insistent that climate plays a much greater part in the treatment. Those of us who have found health in Albuquerque after struggling unsuccessfully against the dampness and high humidity and biting cold of the Eastern health resorts are of the fixed opinion that the 10% conceded by Eastern physicians was the *MAGIC 10%* that brought success.

Climate is not a specific cure for tuberculosis; that much can be granted. But when fresh air, good food, rest and good morale are to

WINTER CLIMATE CHART

Month	Average temperature	Average rainfall inches	Average relative humidity In per cent.	Maximum barometer variation
November	44.0	.44"	53	.629
December	35.2	.43"	53	.694
January	35.2	.41"	54	.658
February	40.3	.30"	53	.599
March	48.0	.29"	46	.741
April	55.4	.55"	40	.697

From U. S. Weather Bureau reports.

be had, the extra impetus from good climate is the push needed to start many a person to health; it is the definite urge that tips the balance in favor of health in many cases that are "standing still"; in those cases that are slowly but steadily slipping back in the fight for robustness.

So many hours a day resting in the fresh air is the basis of the tuberculosis cure. The easier and

more pleasant those hours are made for the healthseeker the quicker an arrested case is possible. Doesn't it stand to reason, therefore, that it would be simpler to take the cure sitting out in the mild, sunshiny, peppy days of an Albuquerque winter than in the biting, damp, below-zero weather elsewhere? The Albuquerque summers with low humidity and cool breezes off the Sandia mountains and from

Concerning That Magic 10%

the valley of the Rio Grande cannot be compared from a health standpoint with the sticky, sultry, rainy season of the east and middle west and south. This is only common sense.

It is a struggle to stay out-of-doors in an eastern winter, no matter how bundled up you are. It is a pleasure to be out-of-doors in Albuquerque. That, in itself, would be enough to make the climate argument of importance.

This concedes everything to those who profess to find no value in climate, but it does not include the benefit to people who are absolutely unable to make progress in a damp climate. There are thousands in that position, and they are especially helped by the dry air of Albuquerque, where fogs are unknown and precipitation is at a minimum.

Over a period of forty-five years the average annual precipitation at Albuquerque was 7.73 inches. The total precipitation for 1922 was 4.08 inches. The total precipitation for 1924 was 6.37 inches.

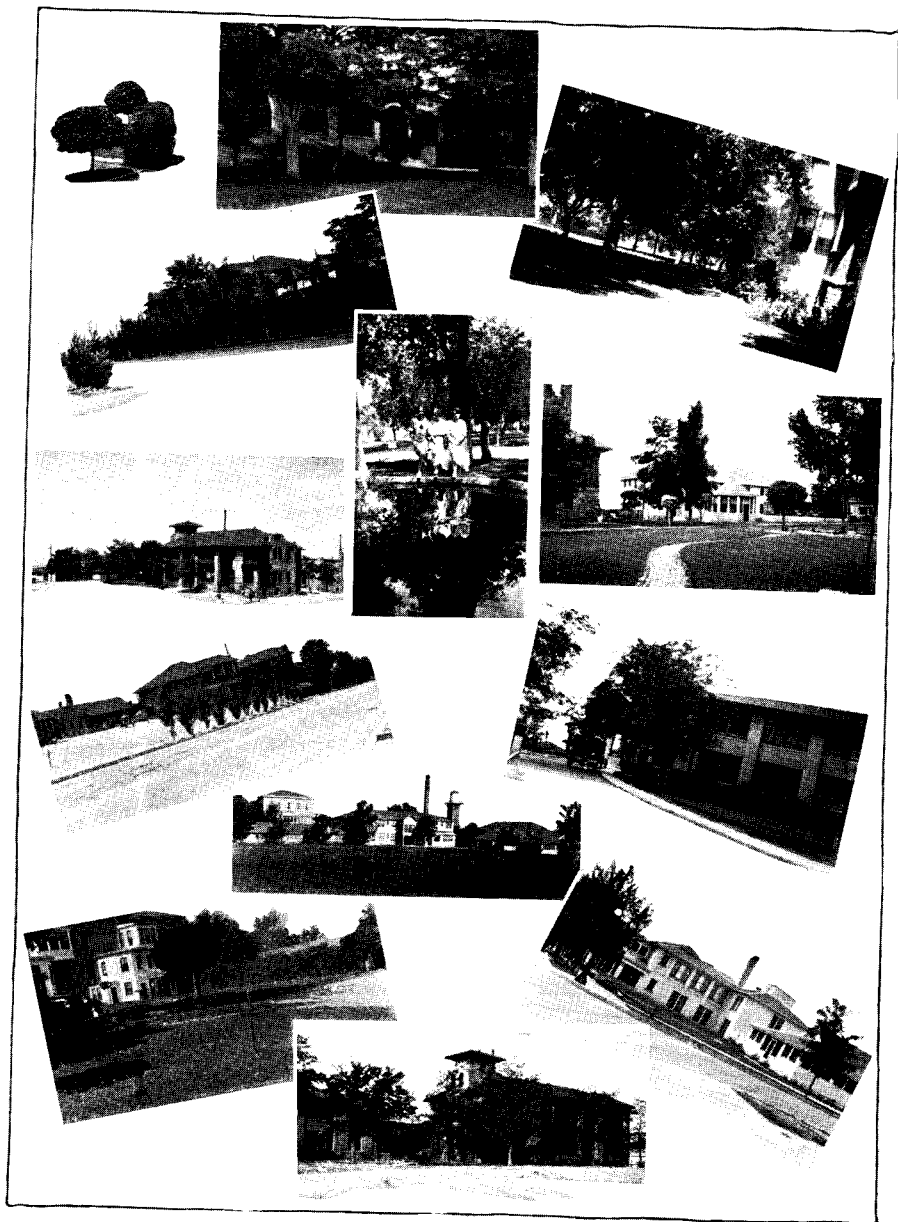


Above: Battling the cold and snow of an Eastern health resort. To the right: Taking the cure in Albuquerque where winters are mild and full of sunshine.

Compare Albuquerque's rainfall with that of the following cities: Asheville, N. C., 41.9 inches; San Antonio, Texas, 23.8 inches; Los Angeles, 16.9 inches; Denver, 12.5 inches; Colorado Springs, 12.4 inches; Tucson, 10.2 inches.



Glimpses of Albuquerque's Sanatoriums



A few interesting corners of Albuquerque's five large Sanatoriums. There are ten lesser institutions of this sort. Rates range from \$50 per month up.

Accommodations for the Newcomer

ALONG WITH its health qualities Albuquerque has kept step with accommodations. As the quiet word-of-mouth advertising has gone on year by year, Albuquerque has arranged to care for the thousands who have made the city a mecca of health. There are now five large sanatoriums, ten lesser ones, and dozens of boarding houses which correspond to the better class European *pensions* and are rigidly supervised by an efficient health department.

St. Joseph's Sanatorium (non-sectarian in treatment) accommodates 125 patients at rates from \$100 to \$165 a month. Medical attention, tray service, special nursing, personal laundry and special drugs are extra. There is a Class A. fully accredited hospital in connection, with full



equipment for X-ray, heliotherapy and artificial and surgical pneumothorax.

Albuquerque Sanatorium (privately operated) accommodates 55 patients at rates from \$29 to \$44 weekly. This includes full medical attention and tray service. There is full equipment for X-ray, heliotherapy, surgical and artificial pneumothorax, and for research.

Presbyterian Sanatorium (non-sectarian in treatment) accommodates 150

patients at rates from \$55 to \$85 a month. Medical attention, tray service and personal laundry are extra. There is a fully accredited hospital in connection, with full equipment for X-ray, heliotherapy and artificial and surgical pneumothorax.

Methodist Sanatorium (non-sectarian in treatment) accommodates 65 patients at rates from \$50 to \$85 a month. Medical attention, tray service and personal laundry are extra.

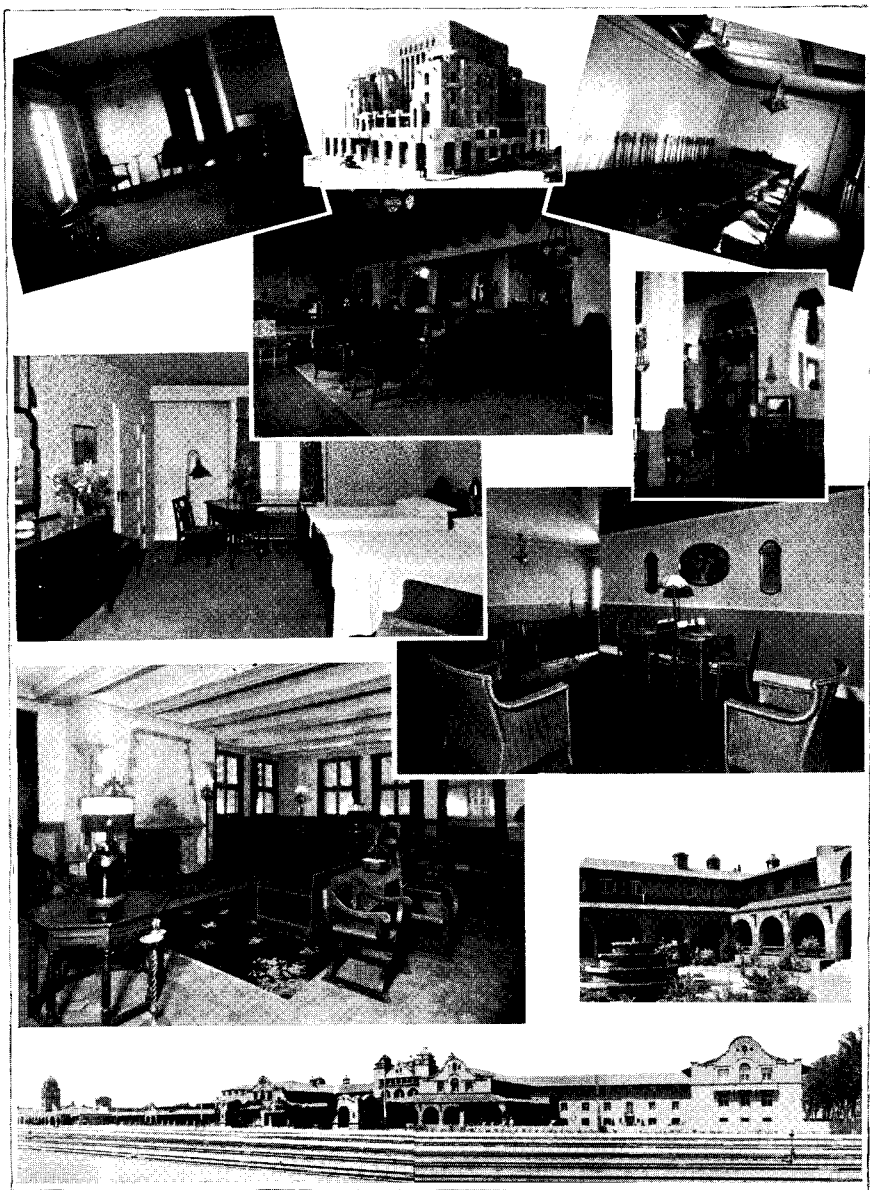
The Monkbridge Sanatorium is privately operated with accommodations for approximately 30 patients at rates from \$25 a week up.

The Santa Fe railroad has recently opened a \$500,000 hospital and sanatorium which is the largest and best equipped railroad hospital in the west—the principal hospital unit of the entire Santa Fe system.

In addition to the regular sanatoriums mentioned there is the Women's and Children's Hospital with one of its buildings devoted to the exclusive accommodation of tuberculosis pa-



Hotels Any City Would Be Proud of



The Franciscan, Albuquerque's community built hotel, at the top. The Alvarado at the bottom, and interiors of both. In addition, there are about a score of smaller hotels, all clean and inviting.

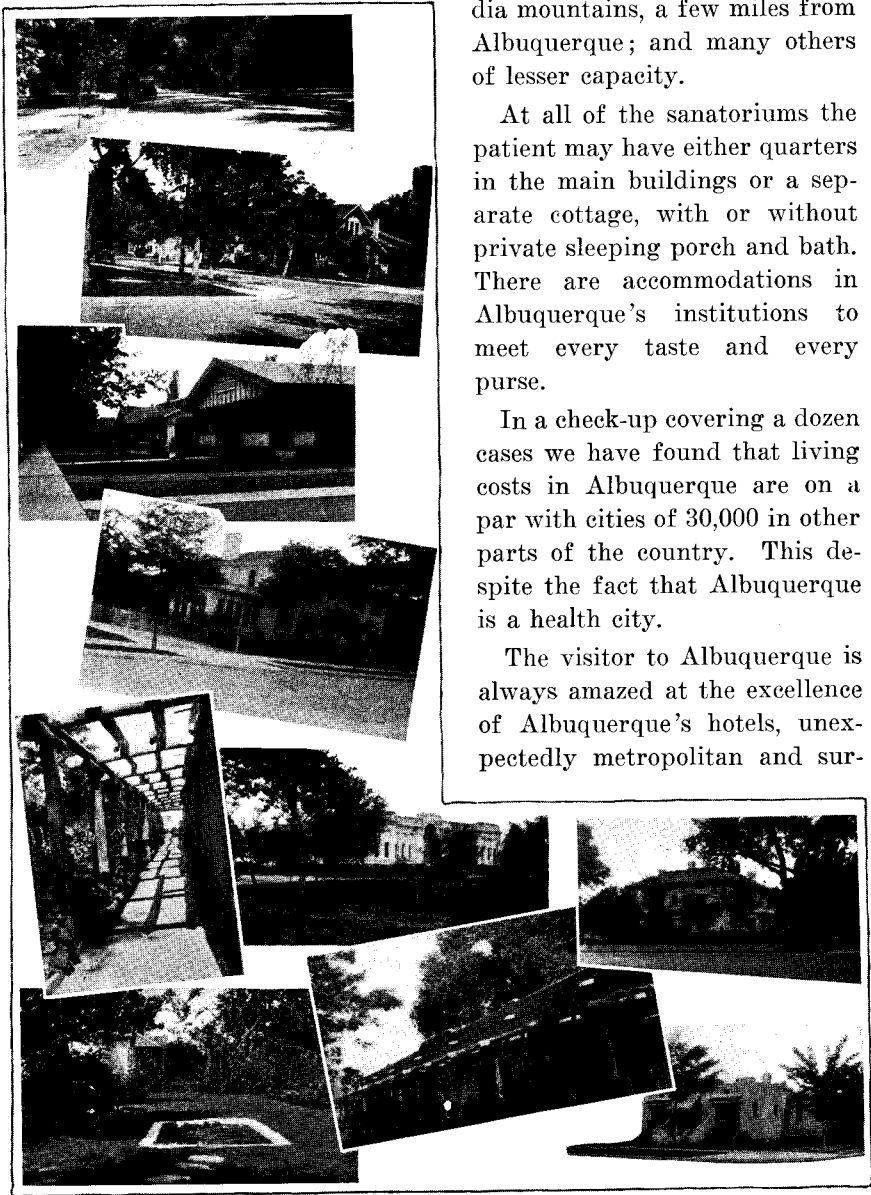
Homes—and the Moderate Living Cost

tients; Sunset Lodge which provides beds and nursing care for forty patients; The Acacia; Jameson's Ranch; Marshall's Sanatorium; the Well Country Camp in the Sandia mountains, a few miles from Albuquerque; and many others of lesser capacity.

At all of the sanatoriums the patient may have either quarters in the main buildings or a separate cottage, with or without private sleeping porch and bath. There are accommodations in Albuquerque's institutions to meet every taste and every purse.

In a check-up covering a dozen cases we have found that living costs in Albuquerque are on a par with cities of 30,000 in other parts of the country. This despite the fact that Albuquerque is a health city.

The visitor to Albuquerque is always amazed at the excellence of Albuquerque's hotels, unexpectedly metropolitan and sur-



Apartments—Clean, Moderate, Livable

passing those of cities five and six times the size of Albuquerque. They are also unique among hotels from an architectural viewpoint.

The Franciscan, cited by authorities as an outstanding example of regional architecture, was built by community effort at a cost of \$450,000.00 so that Albuquerque might keep abreast of the growing demand for accommodations.

The Fred Harvey system has made of its Albuquerque hotel, the Alvarado, the largest and best equipped unit of its huge organization. It occupies two entire city blocks.

Operated on the European plan, with rates from \$2 a day up, these hotels, in cuisine, service and luxurious environment, compare with the premier establishments of the country.

There was a time in 1918 when a room could not be had in Albuquerque for any money. Since then steady building has

