

THE DESERT SANATORIUM AND INSTITUTE OF RESEARCH



TUCSON
ARIZONA

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AND
INSTITUTE OF RESEARCH

*The chief glory of the desert
is its broad blaze of omnipresent light*

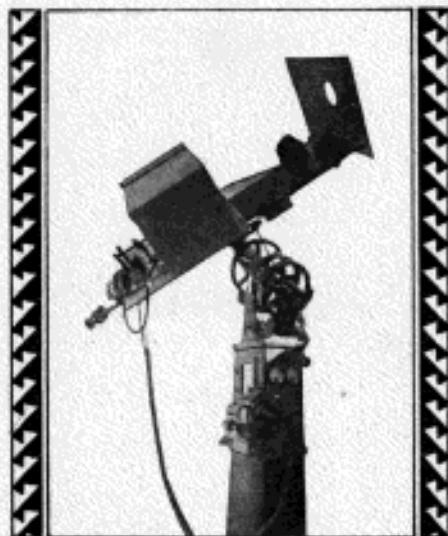
JOHN C. VAN DYKE: "*The Desert*"

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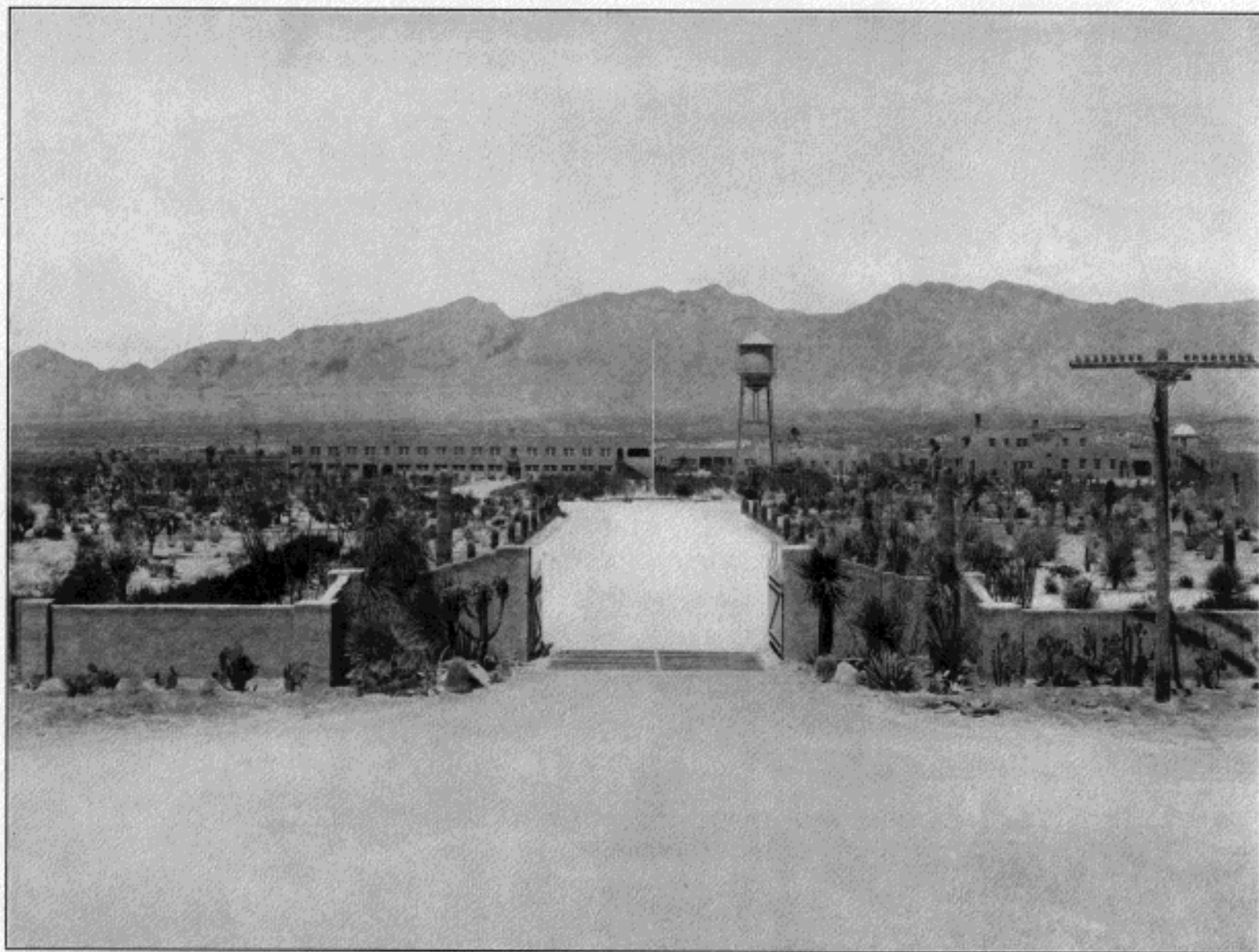


Typical View near the Desert Sanatorium: here, on the Mesa near Deep-Gorged Mountains, are shown the more Common Types of Desert Vegetation—Giant Saguaro and Cholla Cacti to the Right, Palo Verde Trees at the Extreme Left and Background, and the Ubiquitous Mesquite Trees and Creosote Bush

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Address all correspondence to
The DESERT SANATORIUM
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Franciscan Mission of San Xavier del Bac near Tucson

THE COUNTRY

It is characterized by wonderfully clear air and extraordinarily low humidity

—ENCYCLOPÆDIA BRITANNICA

TUSCONIANS speak of "the Mesa." As the Rockies slope southwest toward the basin of the Colorado River, its ranges flatten and become more broken. The valleys broaden, until at last they are separated by isolated ridges, and stretch out into broad plains. These isolated ridges, cut and scarred by centuries of erosion, divide the plain, while single rocky peaks and spires rise abruptly, hundreds of feet, out of the broad expanse. This plains country is "the Mesa."

Where the Santa Cruz River, often a dry bed, cuts through the mesa sits Tucson, a Spanish military outpost (*presidio*) the year of the signing of the Declaration of Independence, a handsome bustling city typical of the American Southwest today. The level of the mesa is here 2,400 feet above the sea. In every direction stretch for miles the gentle slopes of its sandy desert floor, carpeted interminably with the gray-green of its sage-brush, and dotted with endless growths of mesquite, creosote-bush, greasewood, palo-verde, and cacti of every kind.

In every direction, too, at variable distances across

the mesa, mountains greet the view. Boldest are the Santa Catalinas to the north, whose higher reaches ascend to 7,000 feet above the plain and are heavily pine-clad. The Rincons to the east and the Tucsons to the west provide the background on which each rising and setting sun projects its ever-fresh panorama of changing color. At a greater distance and with outlines correspondingly softened, the jagged tops of the Santa Ritas cross the southern sky, and point toward the monarch of all the mountains roundabout,—Baboquivari, the sacred peak of the Papagos, sixty miles and more in the distance.

This desert mesa was the stage where thrive and died a high prehistoric culture. It still holds the remains of pueblos that were ruins centuries before the white man set foot on the Western continent. The Franciscan friar and the Conquistador trod the Santa Cruz valley when the founders of Jamestown and of Plymouth were still unborn. For archaeologist and historian alike, this desert country is a mine of interest. As *ranchero*, *visita*, *presidio*, and territorial capital, Tucson itself has had a history of two hundred and fifty years.



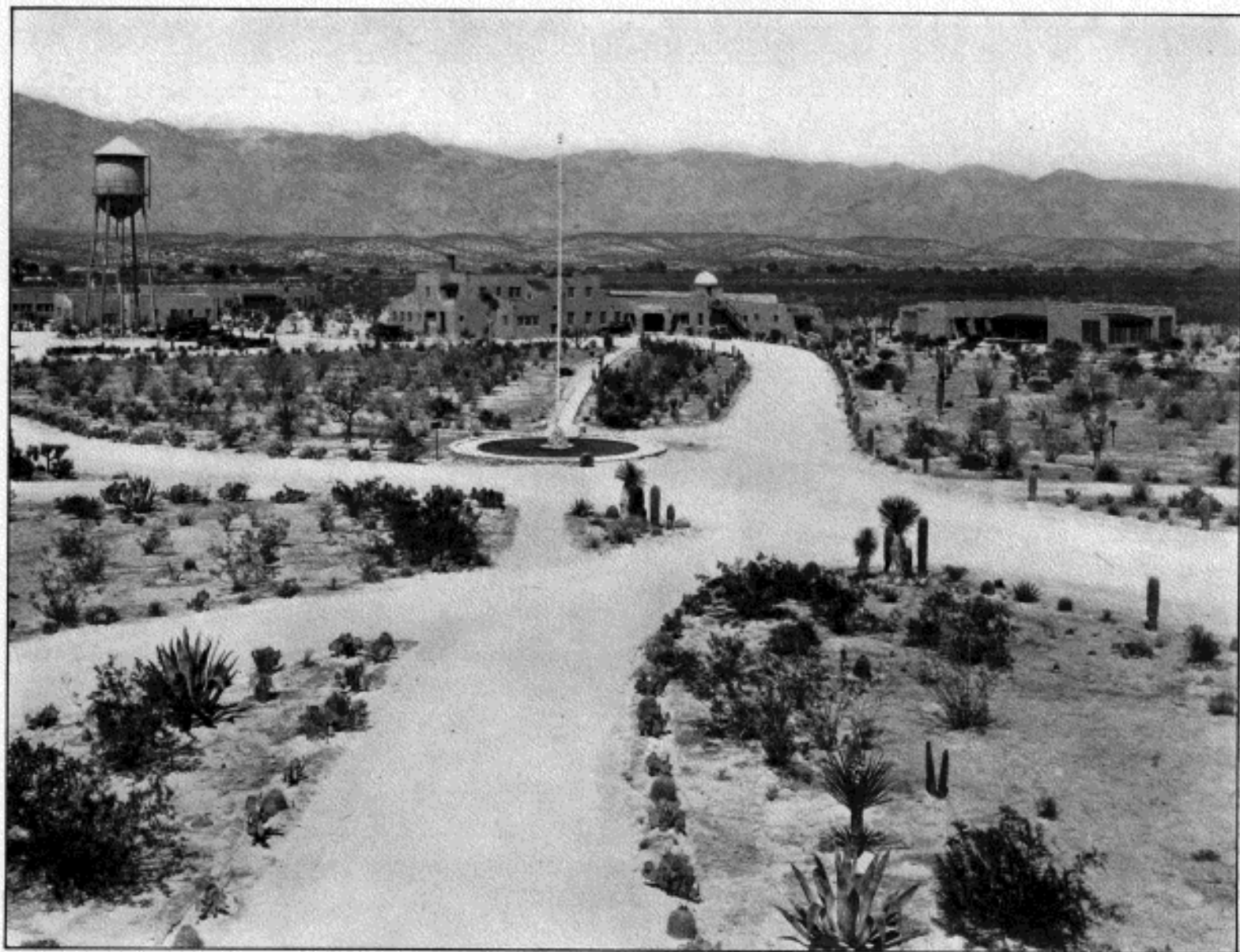
Crumbling Adobe Ruins of Fort Lowell, immediately north of Desert Sanatorium Grounds

Not far south of the city still stands the fine Indian mission church of San Xavier del Bac, erected in the seventeen-nineties and now among the best preserved of the famous memorials of Spanish endeavor among the Indians of the Southwest. In an opposite direction and close to the city are the crumbling piles of Fort Lowell, American barrier against the raids of the Apaches, most savage and relentless of aborigine warriors.

For a hundred years and more, ranching and mining have poured their wealth through the capital city, Tucson. Yet its chief asset has ever been its climate. This was discovered and acclaimed even before the Gadsden Purchase brought the region under the aegis of the United States. The sun shines with a brilliance and a constancy matched in few other places on the globe. The moderate altitude and desert aridity combine to bathe this country in a "wonderfully clear air and extraordinarily low humidity,"—to use the characterization of the *Encyclopaedia Britannica*. For two-thirds of the year and more, cool nights awake to bracing mornings, and these usher in "mild though splendid" days. With midsummer comes intense heat, yet because of the extreme dryness of the air, sunstroke and heat prostration are unknown, and the "high tempera-

tures here are decidedly less oppressive than much lower temperatures in a humid atmosphere." Indeed, it is the heated season at Tucson that is being recognized more and more as signally beneficial for such stubborn ailments as various forms of chronic arthritis, sinusitis and pulmonary disease. The winter climate has never had anything but extravagant praise. The summer climate is one that can be peculiarly alleviating for special complaints.


These features of air and soil have brought to the region the Desert Botanical Laboratory of the Carnegie Institution of Washington, that nestles on the side of Tucson Mountain, and the great new hospital of the United States Veterans' Bureau that embellishes the southern environs of Tucson. In the heart of the city, set in its park of noble trees, is the University of Arizona, flourishing and charming, and rich in its display of archaeological memorials of mesa and mountains roundabout. At varying distances from the city are several of the most famous outdoor (ranch) schools in the United States. Modern steel-construction hotels keep pace with the city's rapid growth. Among the newer ventures to respond to the lure of this mesa is The Desert Sanatorium and Institute of Research.



*Central Driveways, Administration Building, Patients' Courts;
Cactus-Clad Plains and Pine-Crested Santa Catalina Mountains*

THE DESERT SANATORIUM

I go to the desert with specific objects in view. I go for health, for inspiration, for work. GEORGE WHARTON JAMES: "The Wonders of the Colorado Desert."

HE DESERT SANATORIUM occupies an enclosure of 160 acres on the mesa, four miles east of the city of Tucson. Set in one of the most beautiful and complete cactus gardens in the world, it comprises a collection of eighteen buildings designed and equipped for the treatment, diagnosis and study of disease. There are eight units or "courts" for the care of patients in residence; a separate building, the Institute of Research, and the Diagnostic and Out-Patient Clinic, for the scientific investigation of medical problems, and with a suite of communicating rooms equipped with all facilities for modern diagnosis and the medical care of out-patients. The altitude of the site is 2,600 feet above sea level. In general the institution faces the massive barrier of the Santa Catalina mountains to the north, as it looks out upon eight or ten miles of rising desert upland between.

The Sanatorium proper accepts for treatment

patients with a great diversity of complaints. Inasmuch as the vast majority of the sick, who resort to the region, suffer from chronic ailments, or seek the advantages of balmy desert climate to recuperate from the inroads of acute maladies, treatment at the institution has to do mainly with these classes of patients. It is devoted to chronic pulmonary disease of many types,—bronchitis, pulmonary abscess and bronchiectasis, asthma and emphysema, and particularly sinusitis and focal infections of the upper respiratory tract. Few conditions have proved to be more amenable to the ameliorating effects of desert light and warmth than the various forms of chronic arthritis, which accordingly make up a material proportion of the Sanatorium's patient "load" and to which it pays particular attention. It offers the most approved treatment, under hospital regimen and climatic advantages, to patients with hypertension and cardio-renal-vascular disease that are not too far advanced. It provides the facilities for recuperation from various debilitated states,—from the anaemias,



Medical Building, housing Offices, Clinical Laboratories and Operating Room