

selected types of nervous exhaustion, and, in fact, all conditions in which physical reserves have been depleted. It is specially equipped to treat non-surgically all forms of chronic non-pulmonary or so-called "surgical" tuberculosis, as well as focal infections of non-tuberculous aetiology. It combines, with the benefits of climatic change, the various types of therapy that are indispensable to recovery from such organic nervous diseases as peripheral neuritis and poliomyelitis. It is also equipped to treat certain types of skin disease, and provides, indeed, ideal facilities for a more rapid recovery from fatigue and debility induced by overwork of body and mind, or by acute infectious disease and surgical operations.

The Sanatorium provides accommodations for 120 patients, laid out in suites comprising room, screened porch, and either private or connecting bath. These apartments are arranged in a series of eight buildings or "courts," built of brick and in the Hopi style of architecture, which long experience has demonstrated as satisfying best the utilitarian and aesthetic requirements of the Desert region. The dun colorations and irregular outlines of the low, rambling buildings blend perfectly with the landscape—the broad reaches of the plains backed

by the wavy tops of the mountains—and never jar on the sensibilities of the invalid who seeks the solace of Desert calm. The names of these units for patients—*Pima, Papago, Navajo, Moqui, Maricopa, Yavapai, Hopi, Apache*—direct the patient's interest to the several Indian nations that at various times have roamed and held the land on which the Sanatorium stands.

Beauty, comfort, refinement and completeness of appointments have been the dominant note in planning the quarters for the patients. This policy, which pervades the entire Institution, is basic, and is but the visible symbol of the conviction that the most perfect mental and physical ease is the first requisite in the treatment of any and every debilitating and chronic ailment. In each building the rooms of the units are grouped about a central court, or *patio*, each with its lawn and fish-pool, while each patient's private porch looks out to the omnipresent hills. Thus, solitude and reflection can interchange with the inspiration awakened by the ever-changing play of light and shadow over mountain and plain. By day this garden in the Desert is bathed in an almost unbroken flood of sunshine, while, ushering in and bidding farewell to each day, there are, to quote George Wharton James, "such sunrises and



Yavapai Court

sunsets and morning and evening glows as only angels can understand the glory of." The balmy days give way to brilliant nights, which open again to splendid mornings.

For nine months of the year the climate of this Desert has always been universally acclaimed. As to midsummer, opinions differ, and their two extremes have painted the climate at this season as "unbearable" in the one instance, and "delightful" in the other. Either extreme overstates what can be found to be the truth. Patients who arrive in April or May can extend their stay throughout the heated season, and never be seriously inconvenienced. Indeed, there is a growing body of evidence to show that patients with certain maladies derive a maximum of climatic benefit if they stay through the summer. This has been particularly noticeable in those with some types of chronic arthritis, sinusitis and chronic disease of the respiratory tract; and of recent years the number of the sick who continue residence in Tucson throughout the year has been increasing markedly.

At the Desert Sanatorium all buildings have been insulated against the heat, as well as equipped with cooling and ventilating systems, thus adding greatly to the comfort of the patients. In the cool weather

they are heated by oil-burning furnaces, thermostatically controlled.

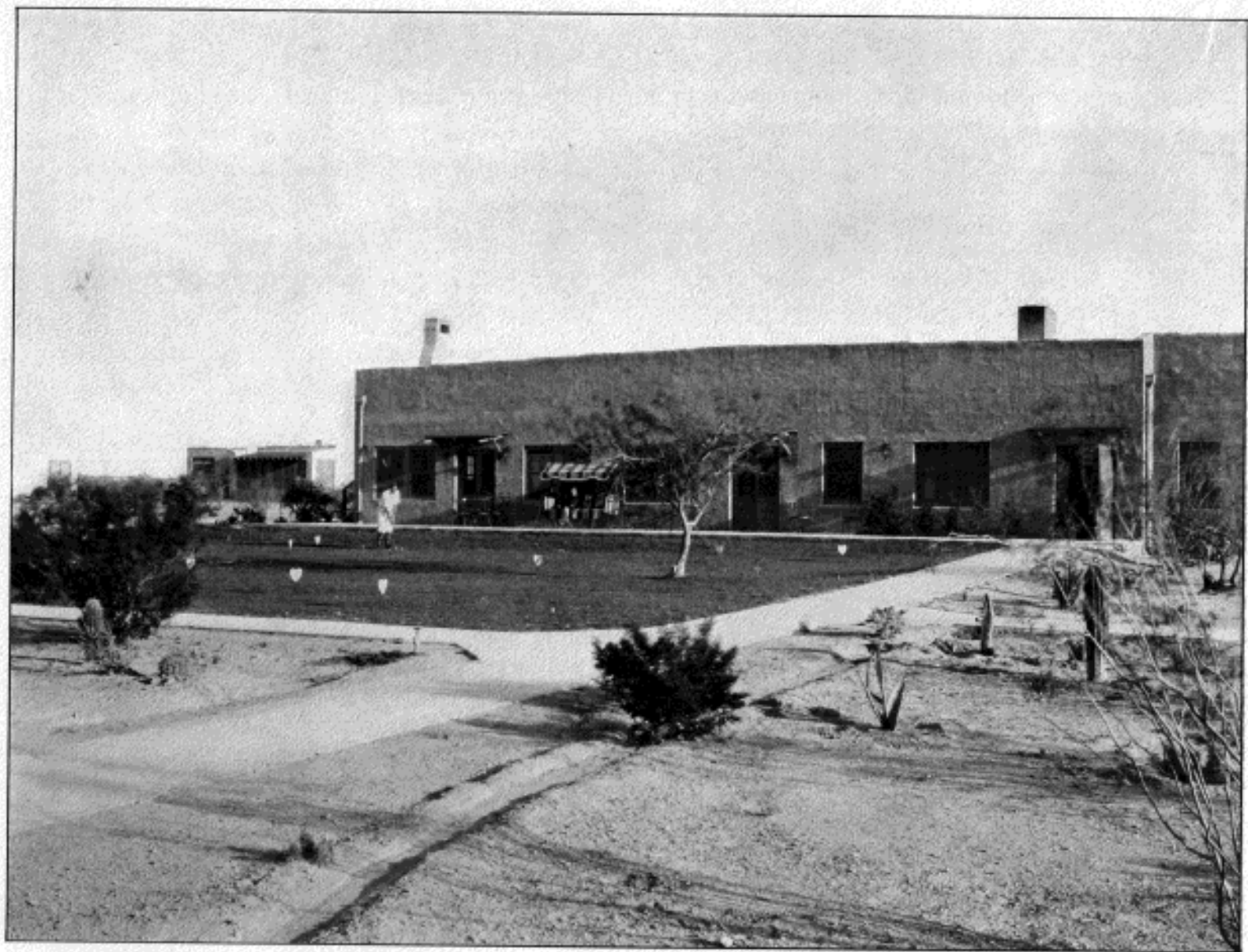
On the grounds is a weather-bureau installation which records automatically all features of temperature, barometric pressure, humidity and movement of air.

The portion of the grounds occupied by the units for patients covers about forty acres that are especially landscaped with Desert vegetation of the utmost diversity and beauty. At well-chosen spots are areas for lounging and indulging in light outdoor games and exercise.

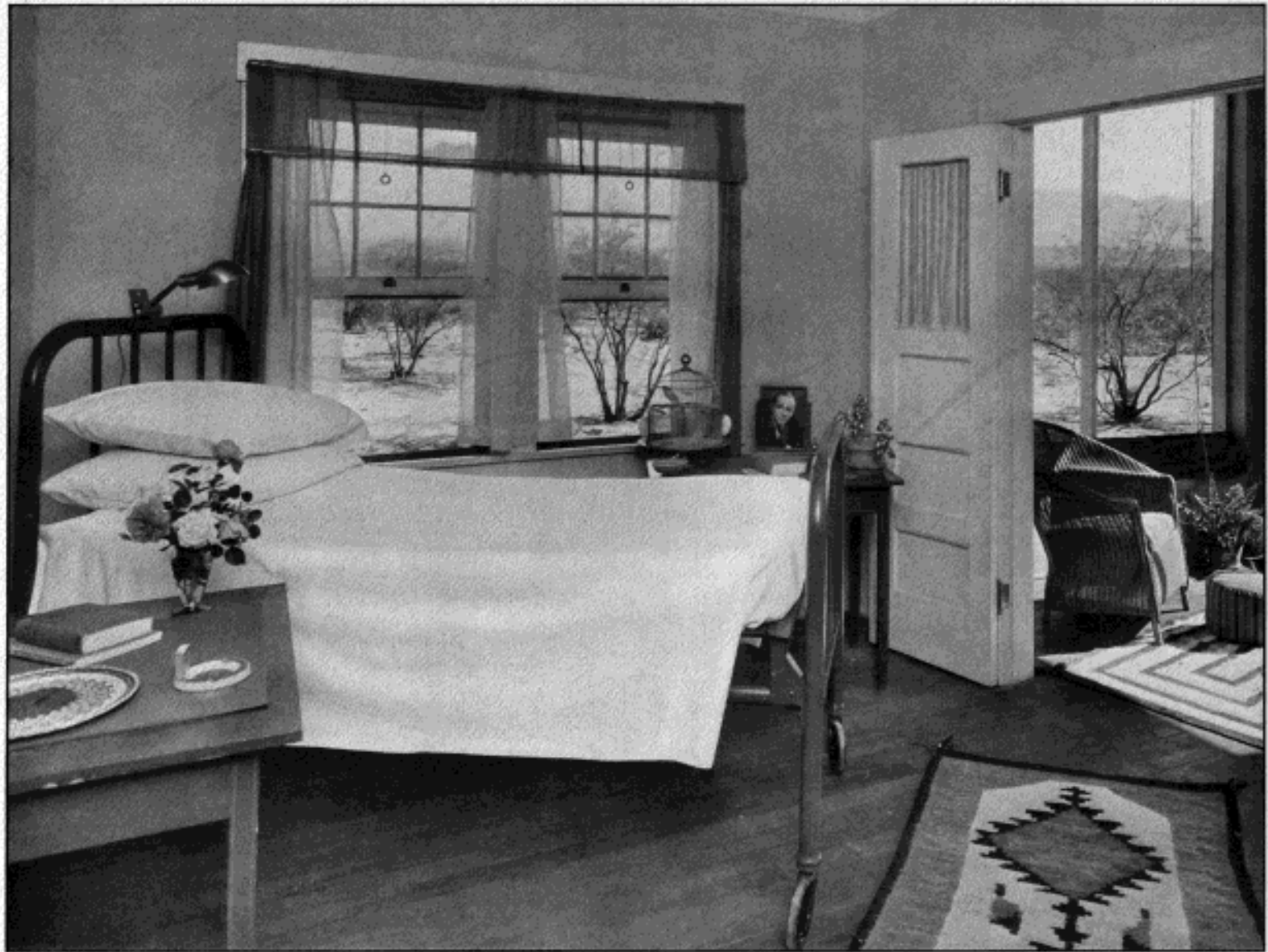
All apartments are furnished with the view of the patient's utmost convenience and comfort, and the standards of service are those of the best hotels.

The all-important dietary requirements of the institution are administered by a staff of trained graduate dietitians, who plan and supervise both general and special diets. Here, in addition to meeting the needs of the individual patient, every effort is made to satisfy the most exacting and fastidious standards in the preparation and service of meals.

The dining rooms represent the last word in attractiveness of outlook and interior furnishings and decorations. Broad windows open up vistas of miles of desert and mountain terrain, while a fas-



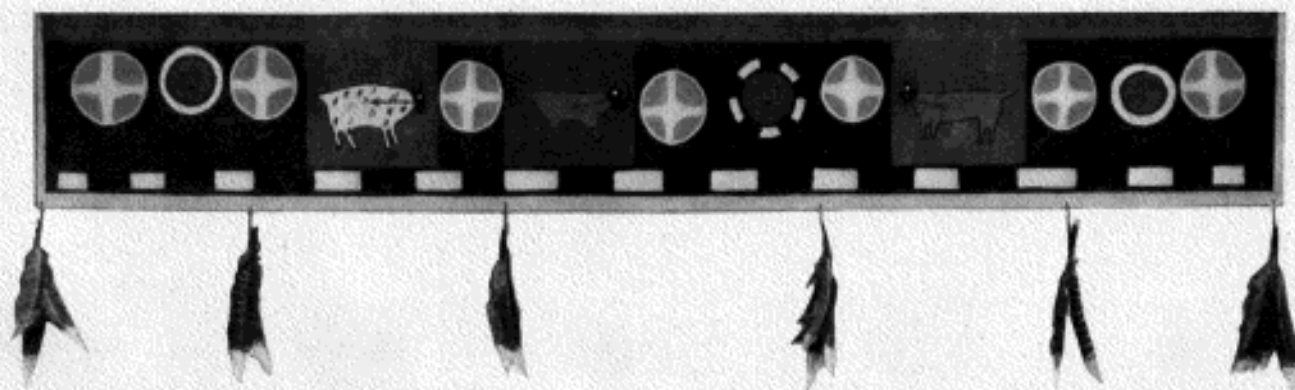
Putting Green and Lounging Terrace outside the Recreation Hall



Patient's Suite



*One of the Zuni Dining Rooms with Picture Window
Opening out on the Desert View*



Panel of Zuni Ceremonial Symbols in One of the Dining Rooms

cinating scheme of Indian decorations, ornaments, ceilings and walls, and fountains play within the rooms. The mural designs are authentic reproductions of altar and ceremonial paintings of the Zuni Indians. Service is in charge of an experienced *maitre d'hotel*.

While the basis of all treatment at the Desert Sanatorium is a regimen, with the advantages of climatic change, to fit the individual case, the Sanatorium is equipped to administer every approved form of treatment, as the occasion requires. There is a separate building devoted to physiotherapy, with special rooms and appliances for the employment of such individual measures as hydrotherapy, muscular therapy, electrotherapy, colonotherapy, etc.

Inasmuch as the location makes possible the application of heliotherapy and its modifications in an incomparable manner, the Sanatorium aims to use this unrivalled opportunity to the utmost. It not only employs the various forms of light therapy in the most scientific manner, but also plans to devote to this as yet imperfectly understood subject all the study and investigation that liberal resources will allow. It does not countenance any hit-or-miss application of the powerful sun's rays or of artificial lights, but uses methods that ensure the most accurate dosage possible of natural sunlight, which can be measured by the radiometer that is part of its scientific equipment. Patients may be exposed to sun-



Cactus Garden outside Dining Room

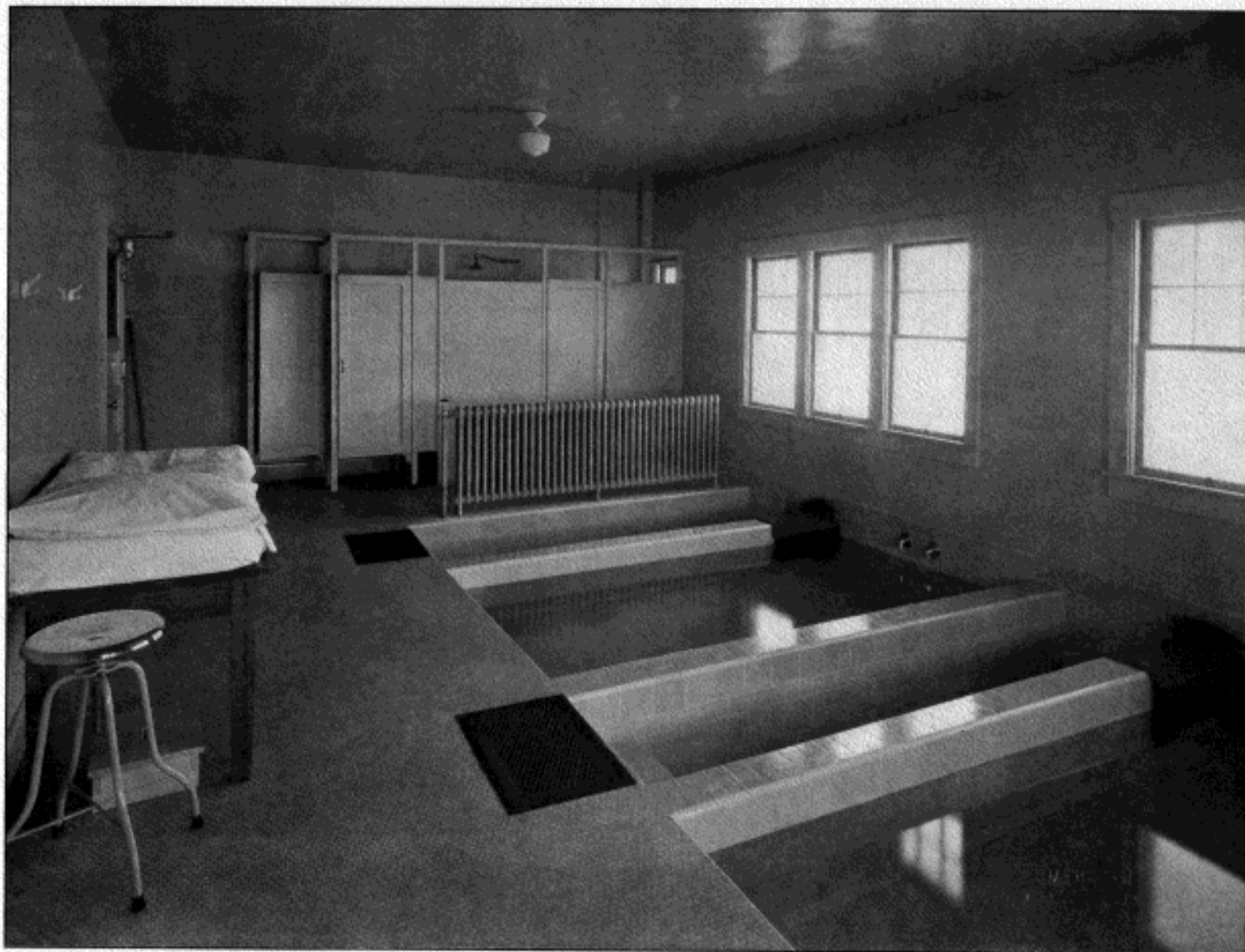
light out on the Desert or in private solaria connected with the courts in which they live, but always upon medical prescription, and under strict professional supervision. There are, besides, numerous Thezac lenses, for the application of concentrated sunlight (heat rays) to joints and other localized parts of the body. Meticulously precise and detailed records are kept of all features of every patient's prescribed course of heliotherapy.

Though climate is among the oldest of man's methods for the treatment of disease, it is nevertheless agreed that it is still one of the least understood of therapeutic agents and that much remains to be learnt as to the nature and *modus operandi* of its effects. Accordingly, the Desert Sanatorium regards, as one of its most important functions, the assembling of all data possible on the action of the type of climate which it uses in the treatment of disease. It selects each patient as an individual, for the most careful observation of peculiarities of personal physical and psychic reactions to the various elements that enter into the complex entity called "climate," to the end that these elements may be employed to the patient's best advantage. It is convinced that a spirit and practice of inquiry and study cannot fail to redound to the therapeutic advantage of the patient.

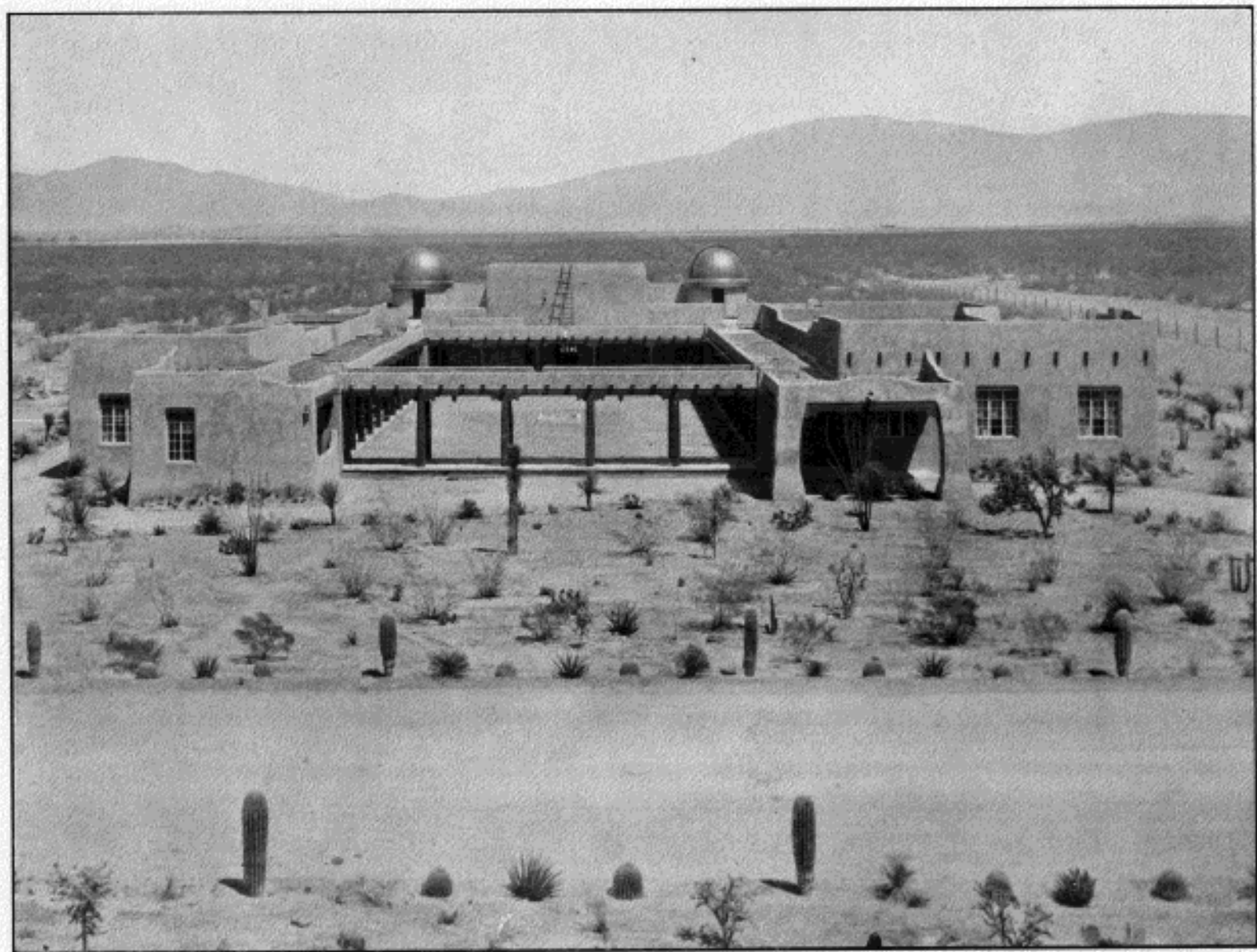
After all, the strength of any medical institution lies in its medical staff. While the Desert Sanatorium is justly proud of the high quality of the living accommodations that it offers its patients, its chief endeavor is the attainment of the utmost perfection of medical practice, whether in diagnosis or treatment. To this end there has been assembled a clinical staff of twenty or more physicians, who, with hardly an exception, have had training in first-class hospitals or in years of private practice. Over half of these physicians are on full-time general duty in the Sanatorium, while the more special medical needs of patients are looked after by specialists of recognized ability, who reside in Tucson or more distant cities, such as Los Angeles or Phoenix and who make regular visits to the institution. At regular staff-meetings, held as frequently as daily, the patients' problems are presented and discussed. Clinical laboratory work is developed to an unusually high plane and is under full-time expert medical supervision, as is the Department of X-rays. During the course of the patient's stay in the Sanatorium or under its care, such minutiae as relate to laboratory and X-ray developments are followed with exceptional thoroughness and completeness, and all at no extra charge to the patient.



*Patients Receiving General Heliotherapy and Thezac-Lens Treatment
on Private Solarium Attached to Court where They live*



Tiled Heated Pools for Hydrotherapy




The Institute of Research and the Diagnostic and Out-Patient Clinic

THE INSTITUTE OF RESEARCH

The Desert is God's great health-giving laboratory

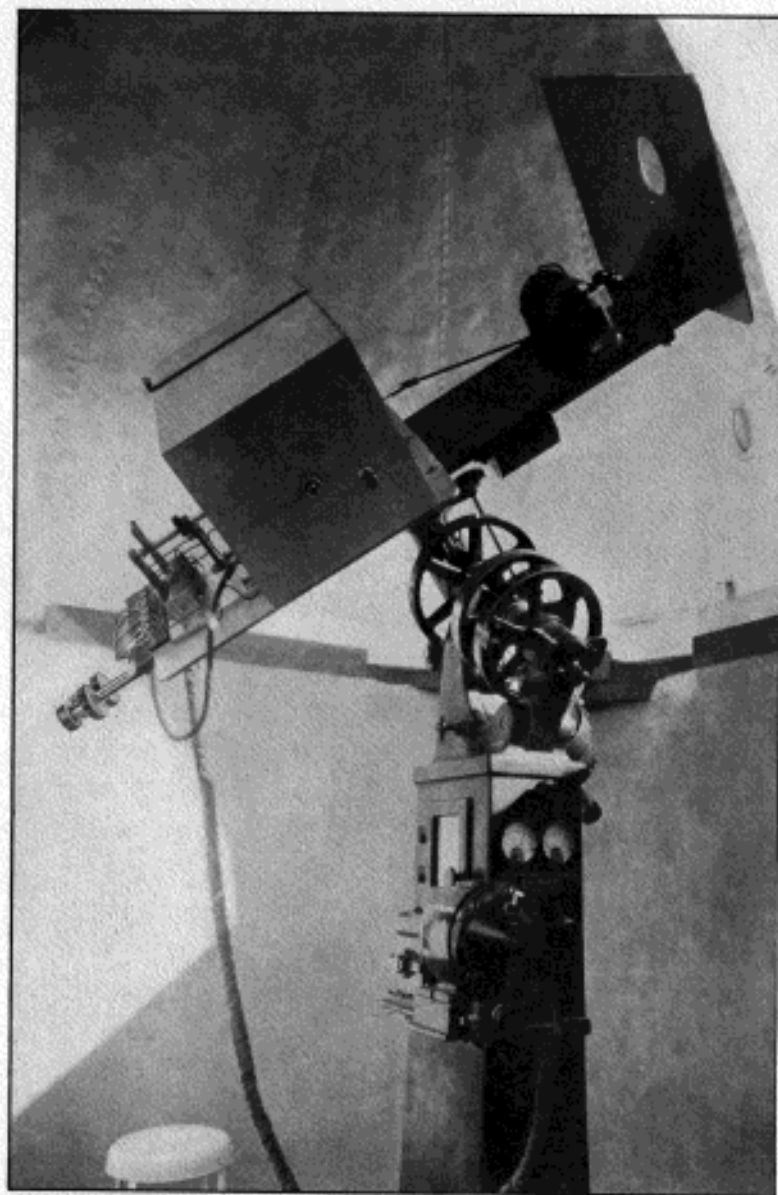
—GEORGE WHARTON JAMES: "The Wonders of the Colorado Desert."

HE DESERT SANATORIUM AND INSTITUTE OF RESEARCH is a non-profit-making institution. Second only to the best possible provision for the treatment of the sick amid climatic advantages, among its chief objects is the scientific study of the causes and cure of disease. Any excess of income over expenditures in the operation of the Sanatorium will be devoted to research, and in the absence of net income liberal provision for research is made by supplementary funds.

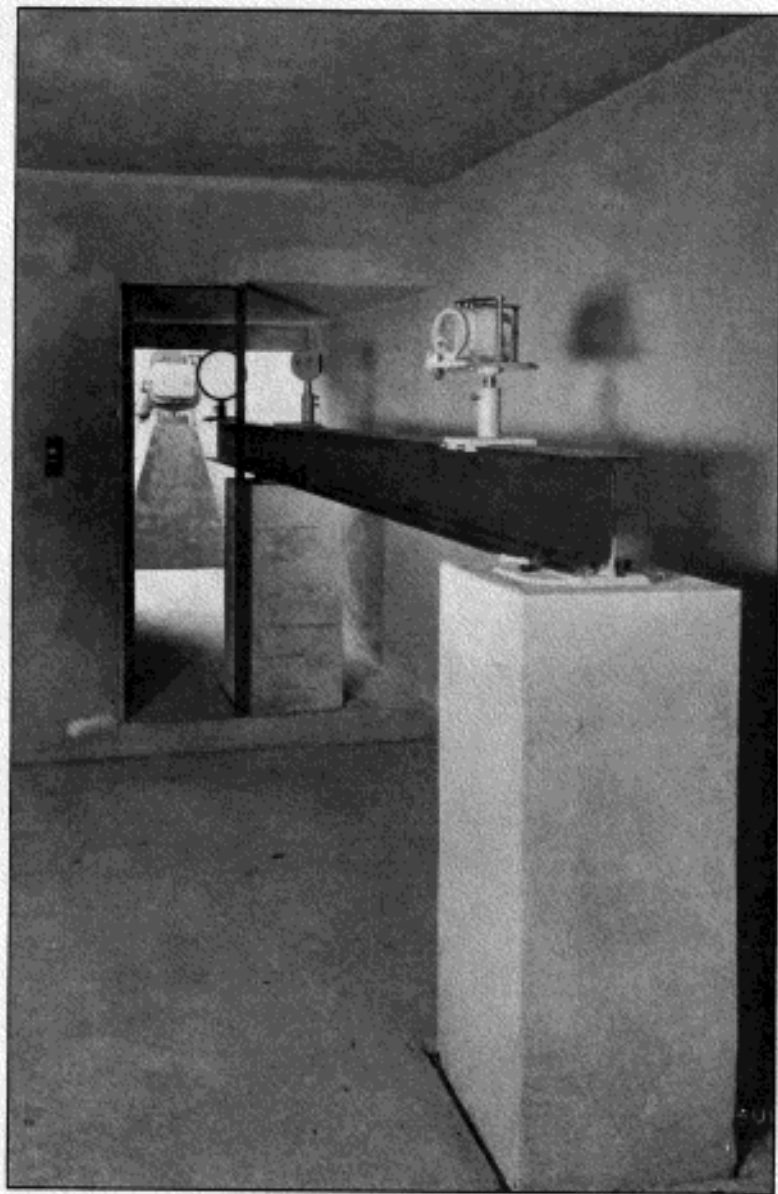
Among the newer structures is a superb building designed wholly for the purposes of research and a diagnostic clinic. It is U-shaped, with base and one arm given over to laboratories, and the other arm housing a number of rooms, each of which is outfitted for special diagnostic purposes. Each of the two angles is dominated by a low tower surmounted by a dome, while the central *patio* is surrounded on all sides by covered, arcaded walks. The architecture of the building is in keeping with the dignified Hopi style that prevails throughout the institution, and at present the new Institute of Research, with its gilded

domes, forms a most striking edifice in this pueblo-like group in the Desert.

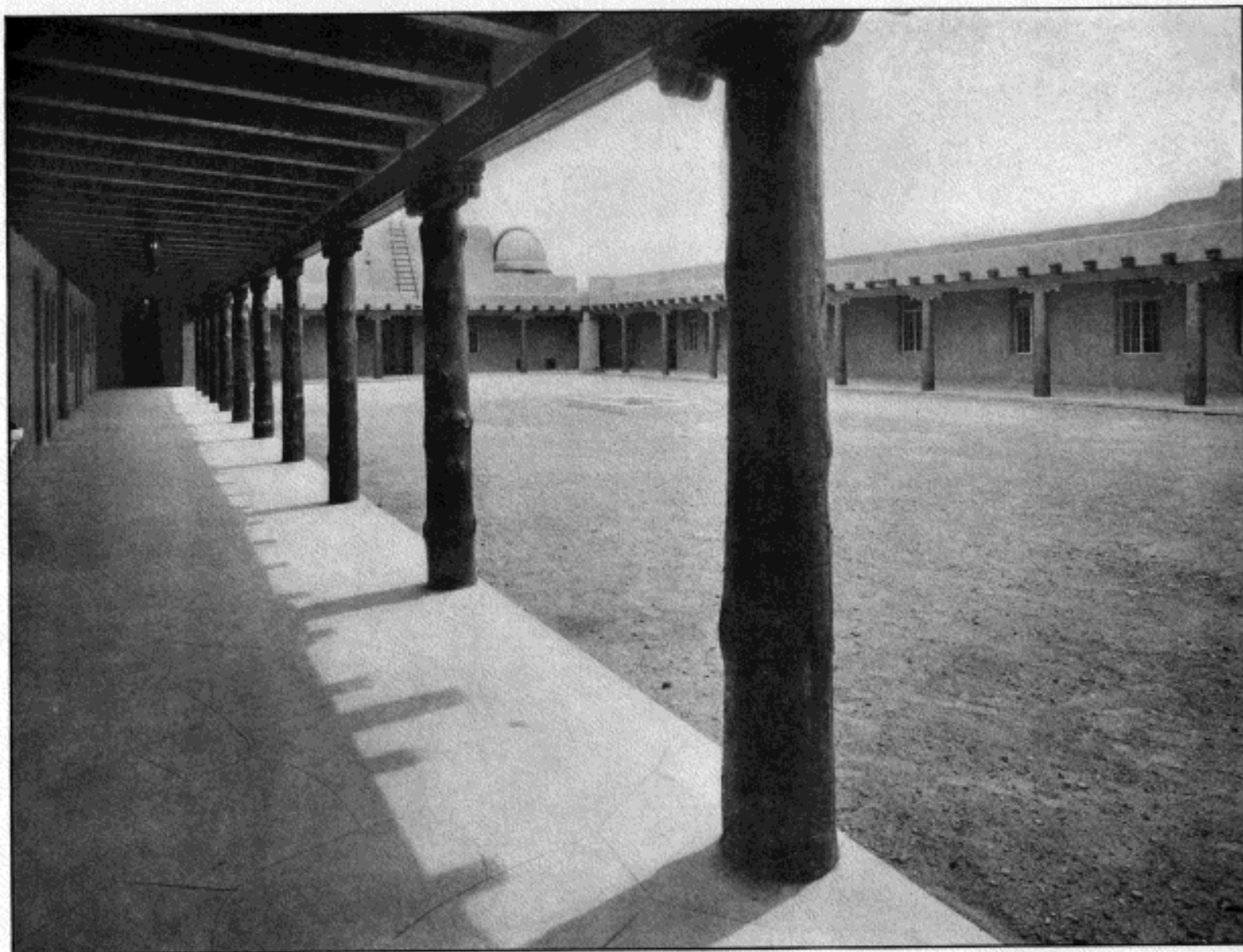
One of the domes houses a solar radiometer, which was installed by its inventor, Professor Edison Pettit of the staff of the Carnegie Institution at Mt. Wilson Observatory. This ingenious instrument measures the intensity of the ultra-violet radiations in sunlight. Throughout the day it automatically records on a photographic plate a comparison between the ultra-violet light at one end of the solar spectrum and the green light at the maximum of solar energy. The radiometer embodies two quartz lenses set within air-tight cells. One of the lenses is silvered and admits only ultra-violet rays, while the other lens, which is gilded, admits only the green rays of sunlight. A motor, by means of a clock mechanism, rotates a disc on which the cells are mounted, and two filaments of varying temperature set up a galvanometer current that is photographically recorded on a moving plate, as for one minute the ultra-violet rays pass through the silvered lens and the next minute the green rays come through the gilded lens. Thus the radiometer not only makes



*Ultra-Violet Solar Radiometer under One of the
Domes of the Institute of Research*



*The Siderostat, with its Train of Quartz Lenses and Prisms,
in the Rainbow Room of the Institute of Research*



*Patio of Institute of Research
The Wing on the Right houses the Rooms of the Diagnostic Clinic*



Approach to Diagnostic and Out-Patient Clinic

possible the utmost precision of dosage of solar radiations for all patients who are being exposed to sunlight, but also ensures accuracy and scientific control in all experimental researches on the physiological action of the ultra-violet of sunlight.

In the other dome of the Institute of Research is a siderostat. In this instrument a stellite mirror, the best reflector of ultra-violet, reflects a foot-square beam of sunlight upon a train of quartz prisms and lenses. In this way the spectrum can be dispersed into any single-length ray or combination-length rays desired, and held there for days or weeks. Under

such conditions the effects of any individual component or combined components on living matter may be studied. It will be easy to appreciate the opportunities opened up by the siderostat for accurate controlled investigations of the action of the various fractions of sunlight on, for instance, simple forms of animal and vegetable life, and thus pave the way for researches on the effects of light on more highly organized living matter.

With such objects in view research is represented by full-time staff workers who conduct their studies in closest harmony with the physicians of the clinical staff.

THE DIAGNOSTIC AND OUT-PATIENT CLINIC

The Diagnostic and Out-Patient Clinic is a rapidly developing unit of the Desert Sanatorium. Housed in a series of rooms in the same building as the Research Institute, it is outfitted with exceptionally complete equipment and facilities for the diagnosis of disease by the most modern methods and for the medical care of patients who reside outside the Sanatorium, in quarters nearby or chiefly in the city of Tucson. It has its own staff of both full-time and part-time physicians and nurses.

A large proportion of its patients come under its care after they have completed a variable period of residence inside the Sanatorium and then remove to quarters outside,—a plan that is most desirable in many instances. On the other hand there is a growing number of patients, resorting to Tucson from a distance, who are referred to the Sanatorium as out-patients immediately upon their arrival and who then continue under the institution's care while residing in the neighborhood.



Reception Room for Patients in the Diagnostic Clinic



Road near Tucson

GENERAL INFORMATION

- ☞ Tucson is on the main transcontinental line of the Southern Pacific Railroad. It receives through train service, without change of cars, from Chicago, St. Louis and Minneapolis-St. Paul, all via Kansas City; from Memphis, via Oklahoma City; from New Orleans, via San Antonio; and from San Francisco, Los Angeles and San Diego. It is forty-six hours from Chicago, forty-two hours from New Orleans, thirty hours from San Francisco, fifteen hours from Los Angeles, and seventeen hours from San Diego.
- ☞ Patients for the Desert Sanatorium will be met at the Southern Pacific depot at Tucson by motor conveyance upon special arrangement with the Sanatorium.
- ☞ Mail, telegrams and express should be addressed *Care of The Desert Sanatorium, Tucson, Arizona.*
- ☞ The water in use at the Sanatorium is the purest well water, which is pumped to all faucets.
- ☞ Scrupulous cleanliness is the keynote throughout, whether in the preparation and serving of food, or in the care of the rooms. All dishes and utensils are mechanically washed, rinsed and sterilized. Courtesy and efficiency feature maid and orderly service.

All inquiries and communications, regarding rates, etc., should be addressed to "The Desert Sanatorium, Tucson, Arizona."

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