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Damsetgaaf
Among the Pines



Rest
Rest
Rest
Exercise

Pamsetgaaf

Among the Pines

ELEVATION 5350 FEET

A cottage sanatorium for the treatment of those cases of pulmonary and laryngeal tuberculosis, which offer a reasonable prospect of recovery.

PRESCOTT, ARIZONA



BUNGALOWS

These two factors combine to make outdoor life a real pleasure, and patients are easily able to stay outside—not in tents, but right out in the open air—twenty-two or even twenty-three hours every day.

And it is not hot in summer. The mean annual temperature of Flagstaff in northern Arizona is 44.7. The mean annual temperature of Phoenix in southern Arizona is 69.4. This means that the climatic difference between the northern and southern portions of the State is greater than between Boston and Tallahassee, Chicago and San Antonio, Vancouver and Los Angeles. Prescott, lying midway between the desert on the south and the plateau region on the north, shares the advantages of both. The absolute maximum is about 98 degrees F., and the mean temperature for the hottest month 72.7. The absolute minimum for the coldest month is about 0, while the mean temperature is 35.1. These figures should be taken in conjunction with the low relative humidity. It should be borne in mind that extremes of weather are always less noticeable where the air is dry and clear. Thus 90 degrees with a humidity of twenty per cent. is much more comfortable than 75 degrees with a humidity of eighty-five. At Pamsetgaaf the summer nights are delightfully cool, and blankets are always necessary.

Although the rainfall averages but 17.40 inches, and comes chiefly in short, sharp showers in the summer season, there is sufficient moisture to support a sturdy growth of pine and oak, and it is the presence of these trees over all the neighboring hills, together with the porous character of the soil, which accounts for our complete freedom from sand and dust storms. This is perhaps Pamsetgaaf's most



PORCH-COTTAGE

conspicuous climatic advantage: there is not a single dusty day in the year. For this reason, the spring weather is unusually pleasant.

More and more stress is being laid nowadays on the benefits of altitude. "It stimulates the whole system, lessens the clinical symptoms, and brings an increase in weight." The appetite is improved. The secretions from the mucous membranes are diminished. Contrary to a general impression, hemorrhages are much less likely to occur, and in many instances patients have conquered such a tendency by coming to Prescott from the lesser altitudes. These results are probably due chiefly to purity of air, abundance of sunshine, diminished air pressure, and large daily variations of temperature. Another marked advantage is the constant motion of the air, aiding evaporation of moisture from the surfaces of the body. At Pamsetgaaf, though high winds are extremely uncommon, there is always a moderate air movement through the outdoor sleeping porches, which are open on three sides.

Pamsetgaaf, then, combines the advantages of sunny weather, low humidity, and slight rainfall with the rarer features of dustless days, a suitable altitude, and a good climate for the year round. Furthermore, since the prevailing wind is from the southwest, the air which reaches Prescott has traveled over miles of sun-baked desert, and has become pure and sterile. For this reason, complicating diseases are almost never contracted.

While Pamsetgaaf is only half a mile from the Prescott post-office, it is separated from town by a slight hill; so that the sanatorium is as free from the dust and smoke of the city as though it were ten miles distant. There are no smelters in Prescott.

GOOD FOOD

But however pure the air and however favorable the weather conditions, reliance upon these alone is fraught with the most serious danger; and at Pamsetgaaf even more importance is attached to the question of food. A herd of registered Jersey cows provides milk of exceptional richness and flavor. The fruits and vegetables grown at this elevation are particularly toothsome and nourishing, and these products, as well as those of the Salt River Valley and southern California, are furnished in great variety by the local stores at all seasons of the year. New peas and strawberries are available in December, as well as in June. Thanks to an excellent train service which brings Prescott within twenty-four hours of the coast, fish of all kinds, fresh from the Pacific Ocean, are always in the market.

Those who have had experience in the Southwest will understand the importance of good water. Pamsetgaaf shares the mountain spring water, which constitutes Prescott's supply. It is pumped twenty-one miles from Del Rio. It is sweet and pure, and there is no better water anywhere.

REST AND EXERCISE

Rest until the temperature is normal. Rest until the pulse-rate is normal. Rest until the weight is nearly normal. And then—rest a little more.

These are the general rules at Pamsetgaaf, for rest is more important than pure air; it is even more important than good food. And rest means rest in bed. When constitutional symptoms have disappeared, patients are on the right track, and recovery begins; until they are it is futile to think about the recuperation of strength.

But obviously there comes a point beyond which to rest is to waste time. Nice judgment and considerable experience are required to determine just when, in each individual case, this point is reached. And then—when the patient begins to move about—comes the critical period in the treatment. Then it is that mistakes are most easily made. It is then that the sanatorium life and the constant supervision of a specialist are most nearly essential. Nothing is more disheartening than to find that the accumulated benefits of weeks of rest have been swept away by a single indiscretion.

On the other hand, patients are naturally anxious to get back to work as soon as they can safely do so. The most important function of a sanatorium is to equip patients with the strength and resistance necessary for a return to work in the home climate; for this is the final test of recovery. With this end in view, Pamsetgaaf has designed a graduated system of rest and exercise. Little by little, as patients regain strength, they are permitted to move about, to walk for longer and longer distances, and finally to engage in such work as will fit them for the resumption of their former occupation. This hardening process requires time; but because definite instructions are given and patients are supervised to see that the instructions are understood and faithfully carried out, no time is wasted.

Pamsetgaaf has been especially successful in the treatment of cases, which, while not severe, have tended to become chronic, and have obstinately resisted treatment elsewhere.

STATION	Prescott, Ariz.	Phoenix, Ariz.	Redlands, Cal.	Los Angeles, Cal.
Elevation	5320	1108	1352	293
Average number of clear days per year .	247	233	228	157
Average annual precipitation	17.40	7.27	14.94	15.86
Mean temperature hottest month	72.7	90.4	78.3	68.6
Mean temperature coldest month	35.1	50.0	50.8	53.1

To determine which is the best all-the-year climate, eliminate first the resorts where there are less than 225 clear days. Then eliminate those where the mean temperature for the hottest month is more than 75° F.

Los Angeles, Cal.	Silver City, N. M.	Albuquerque, N. M.	San Antonio, Texas	Colo. Spgs., Colo.	Asheville, N. C.	Saranac Lake, N. Y.
293	6040	5200	701	6098	2255	1620
157	266	180	150	199	127	101
15.86	15.20	7.51	27.95	14.28	40.00	35.11
68.6	81.2	77.1	83.3	67.9	72.2	65.9
53.1	38.2	33.8	52.7	27.8	37.0	15.5

MISCELLANEOUS

SPECIAL TREATMENTS:

While main reliance is placed upon pure air, good food, and rest, the auxiliary treatments are by no means neglected. Daily sponge baths with water at graduated temperatures, according to Baruch's method, are a routine feature. They have a wonderfully tonic effect on the muscular and nervous systems, and stimulate reflexly the circulation and digestion.

Hypodermics of iron and arsenic are used to combat anaemia. In cases of throat infection, the patients use cleansing sprays several times a day and are given local applications by the medical attendant as often as twice a week. Tuberculin is used only in carefully selected cases.

ACCOMMODATIONS:

The majority of those who come to Pamsetgaaf are in need, not of luxury, but of the simple life, and the accommodations are designed to meet this need. Consisting of porch cottages and bungalows, raised some three feet from the ground and provided with broad verandas, where the patient spends all his time, they suggest a summer camp rather than a sanatorium. Living in a tent or a cottage however well ventilated, is not the same as being out in the open air. "A man out of doors is said to be exposed to one hundred times more fresh air than he could



INTERIOR OF BUNGALOW VERANDA

get in the best ventilated room." At Pamsetgaaf it is easy to average twenty-two hours a day outdoors, right through the year. In case of inclement weather, the bed is moved inside through double doors. The rooms are comfortably but by no means luxuriously furnished. They are heated by stoves and lighted by electricity, and the bungalows have in addition hot and cold water, toilet, and bath. The sanatorium accommodates twenty, the bungalows being for two or three, and the porch cottages for one or two patients.

There is no "common room." Patients are not encouraged to be indoors at all, and everything that tends to excite them is sternly eliminated. Pamsetgaaf affords rest to the mind as well as the body.

SANITATION:

Needless to say, the management takes every possible sanitary precaution as to boiling of dishes, disinfection of rooms, destruction of sputum, etc. Prescott has an excellent sewer system with which Pamsetgaaf is connected.

THE CITY OF PRESCOTT:

Prescott is a quiet, substantial city of five thousand people with handsome residences and office buildings, excellent schools, stores and banks, churches of several denominations, and a well-equipped hospital. There are beautiful drives



VIEW NEAR SANATORIUM

and automobile roads in every direction. Pamsetgaaf, in particular, commands a notable view of the neighboring mountains, and especially of Thumb Butte, whose towering mass of rock forms a fitting foreground for our glorious summer sunsets.

RATES, ETC.:

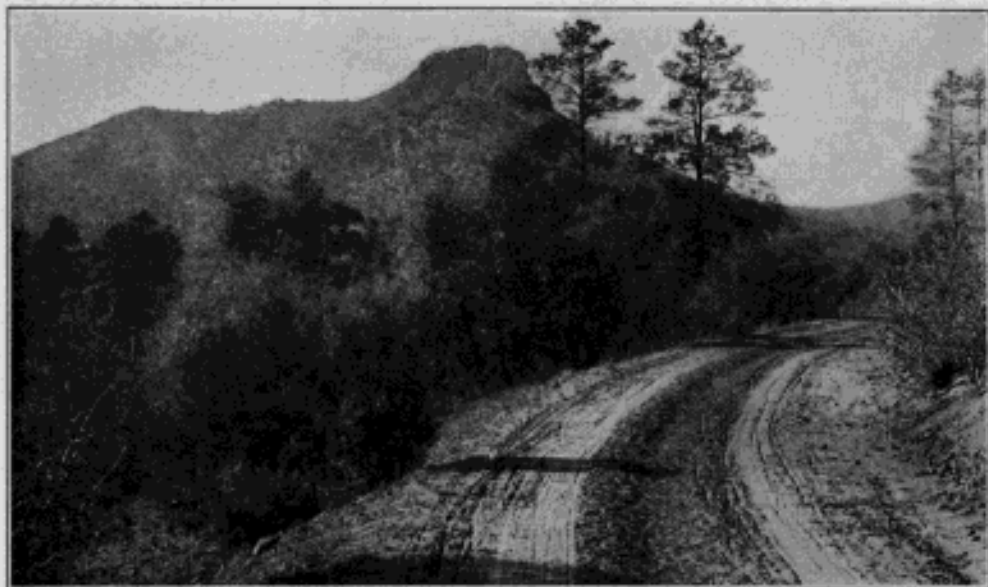
To avoid disappointment, those who expect to come to Pamsetgaaf should engage quarters in advance. Fine clothing is not needed, but a good warm bathrobe, a sweater, a pair of warm slippers, and a dark woolen blanket or steamer rug will be sure to prove useful.

The rates are from \$25 to \$40 a week. They include medical and nurse's attention, medicines, and indeed everything except personal laundry. As rest in bed is an integral part of the treatment, no extra charge is made for tray service. A special rate is open to visiting friends and relatives.

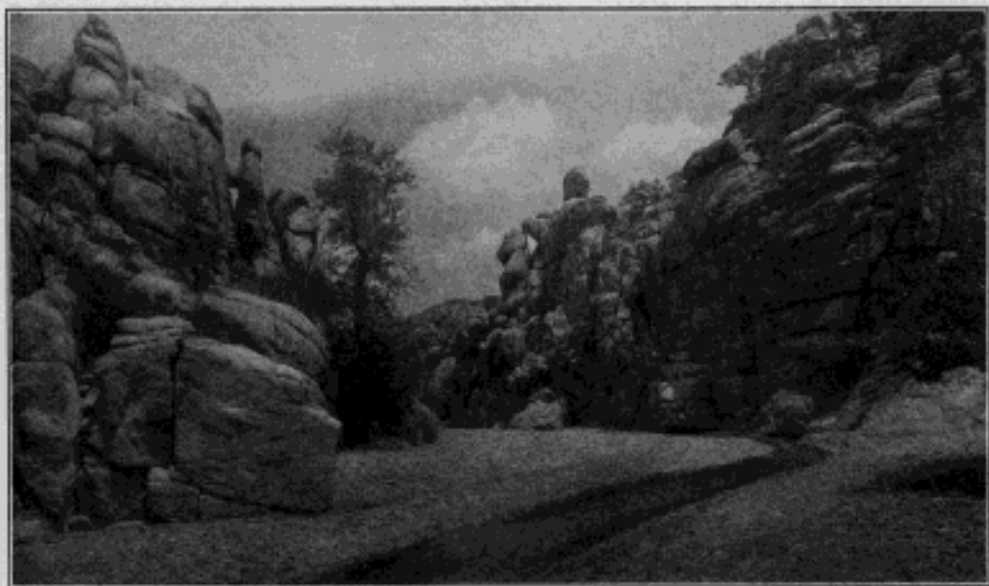
Prescott is on a branch of the Santa Fe, and is midway between Ash Fork on the north and Phoenix on the south. Good connections may be made from the east by way of Ash Fork and from the west by way of Wickenburg.

Prescott is connected with the coast by long distance telephone, and with all points by Western Union Telegraph. Pamsetgaaf has two daily mail deliveries.

For further information, address the Medical Director, John W. Flinn, M.D.



THUMB BUTTE



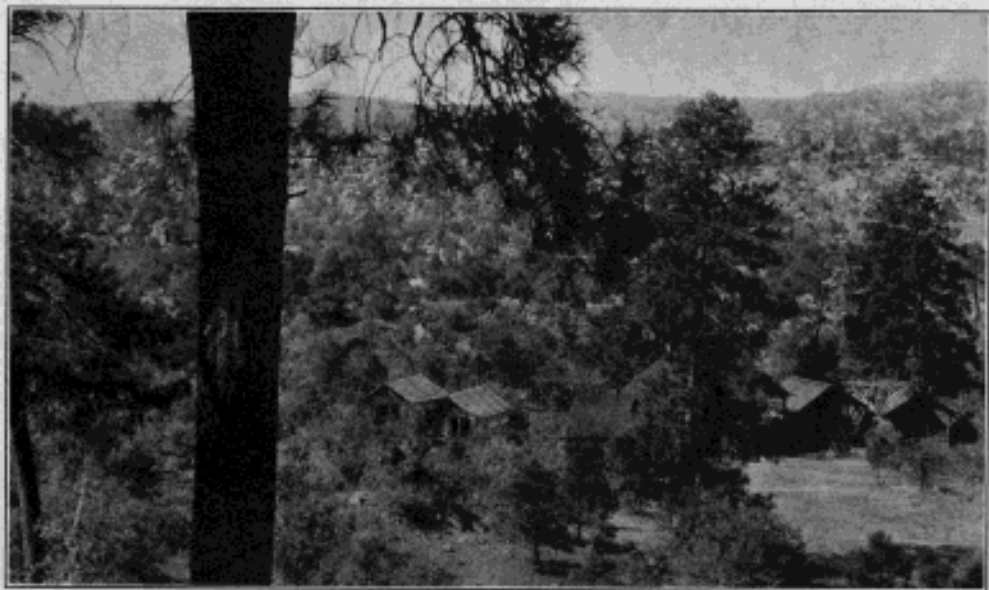
GRANITE DELLS, NEAR PRESCOTT

CONCLUSION

Again and again it has been shown that patients are more likely to recover quickly when treated in a specially designed sanatorium. The regular life, the absence of excitement, the constant medical supervision, and the careful consideration of individual needs are important factors. In a small institution there are the further advantages of home cooking, and contact with the medical director rather than his subordinates.

It has long been understood that the Southwest, with its pure air and constant sunshine, has an ideal climate for the treatment of tuberculosis. But the questions have always arisen: Is it comfortable the year round? Can one obtain good sanatorium accommodations and sleep outdoors? Is the food suitable, and the water supply clear and pure? The answer to these questions is Pamsetgaaf.





VIEW FROM HILL ABOVE SANATORIUM

PAMSETGAAF AMONG THE PINES

In the treatment of tuberculosis there are three essentials: pure air, good food, and rest. At Pamsetgaaf the emphasis is constantly laid on these essentials. For, while there are cases in which hypodermics of iron, tuberculins, vaccines, etc., promise to be of assistance, these remedies are, after all, of secondary importance. To any one in search of invigorating mountain air, the best of food, rest amid comfortable surroundings, and an atmosphere not only peaceful and quiet, but without that undercurrent of excitement sometimes noticeable at the larger institutions; to any one, in short, who wishes to recover from tuberculosis in the least possible time, and is willing to make a business of getting well, Pamsetgaaf offers peculiar advantages.

PURE AIR

In Arizona, the land of beautiful weather, Prescott justly claims the best climate for all the year. In 1910 there were 265 absolutely clear days, 55 partly cloudy and 45 cloudy; in 1911 there were 239 clear, 69 partly cloudy and 57 cloudy; in 1912 there were 271 clear, 56 partly cloudy and 39 cloudy. Thus there are, on the average, only three to five cloudy days in each month. The relative humidity is very low at all seasons, at times remaining for a number of successive days even as low as twelve per cent.

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