

THE MANAGEMENT OF A SANATORIUM.*

BY

W. H. JAMIESON, M.D.,

Resident Physician, Adirondack Cottage Sanitarium, Saranac Lake, New York.

Though much attention has of late been directed towards the prevention and treatment of tuberculosis,—in both of which sanatoria play so important a part,—to one not having made a study of such institutions, the executive details must be more or less unfamiliar. For this reason some personal observations on the management of a sanatorium may be of interest, and I hope that I may be pardoned if I confine my remarks chiefly to the administration of the Adirondack Cottage Sanitarium, which, from its past record, may be taken as the type of a successful establishment of this nature. To Dr. E. L. Trudeau belongs the credit of having established the first institution in America for the treatment of incipient tuberculosis in persons of moderate means, and in the year 1884 the Adirondack Cottage Sanitarium was founded, Dr. Trudeau by personal appeals having collected enough money to build one small cottage and a wing of the intended main building. From this beginning it has steadily grown, till now it is quite a settlement, consisting of twenty-seven buildings, twenty-two of which are cottages, and affording accommodation for 100 patients.

Before proceeding to describe the sanatorium in detail, it would be perhaps well to say a few words as to the physical conditions of the locality. The sanatorium is situated on the slope of a hill about 1,750 feet above sea-level, and is distant about one and a half miles from the village of Saranac Lake, which is about 100 feet lower. Though in the heart of the Adirondacks, it is easily accessible. The climate is cool and stimulating, having an average mean temperature of 41.5°F. and, owing to its elevation, the thermometer shows a considerable range, this averaging 22.5°F. The winter is cold and dry and there is a moderate snow fall. In summer the days are warm, but with few exceptions not uncomfortably so, and the nights are cool. There is a fair proportion of cloudy and rainy days, but the soil being sandy and porous and the country hilly, the resulting dampness is but transitory, the beneficial effects from the purification of the air much over-balancing the discomfort caused by the rain. For this and other reasons the air is remarkably pure, tests having shown the presence of but few bacteria, moulds being most commonly found.

* Being a contribution to a discussion on the "Prevention and Cure of Tuberculosis," at the Montreal Medico-Chirurgical Society, 17th April, 1899.