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KING
EDWARD
MEMORIAL
SANATORIUM

FOR THE TREATMENT
OF TUBERCULOSIS



TRANQUILLE
KAMLOOPS
BRITISH COLUMBIA



MEDICAL SUPERINTENDENT
C. H. VROOMAN, M. D., C. M.

KING EDWARD MEMORIAL SANATORIUM

Tranquille, Kamloops, B. C.

GEOGRAPHICAL SITUATION

THE Sanatorium is situated on the north side of the Thompson River, about nine miles from Kamloops, on the Alexandra Ranch. This is a beautiful ranch, watered by Tranquille Creek. The ranch and Sanatorium are owned and operated by the British Columbia Anti-Tuberculosis Society.

OBJECT

The Sanatorium was built and is maintained for the purpose of caring for early cases of pulmonary tuberculosis. Provision for taking care of advanced cases is being arranged for in the near future.

BUILDINGS

The main building overlooks the Thompson River, and has a beautiful recreation-room, dining-room, and forty-nine private wards. These each have a balcony, on which the patients sleep at night and sit out during the day. There is hot and cold water in every room, and the bath-rooms are splendidly equipped with both plunge and shower baths. The Sleeping Pavilion furnishes somewhat



Lake and Mountain Scenery of Incomparable Beauty

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cheaper accommodation for men. It accommodates thirty-two patients, eight on each of the four verandahs. All patients eat together in the main Dining Room. A new Sleeping Pavilion is being erected to furnish, for the present, accommodation for returned soldiers invalided on account of tuberculosis. It will eventually be used for women and children. The Administration Building contains the offices, laboratories, and nurses' quarters. Plans have been prepared for a hospital for advanced cases, and as soon as funds are available it will be built.

SUPPORT

As previously stated, this Sanatorium is owned and operated by the British Columbia Anti-Tuberculosis Society, and is not, as many think, a Government institution. The Government of the Province has contributed generously toward the building fund, and allows a per capita



The Members of Own Dairy Farm

grant for the maintenance, as to the other hospitals throughout British Columbia. The Government have representatives on the Board of Directors. The Government grant is entirely inadequate to support the institution, and it has to depend for additional support upon the subscriptions and contributions of the people of the Province.

ADMISSION OF PATIENTS

No patient who has been a resident of British Columbia for six months or over is refused admission on account of inability to pay. Before being admitted to the Sanatorium it is necessary for a medical application form to be filled out by the attending physician. This is to be forwarded to the Medical Superintendent at Tranquille. He will immediately notify the patient if there is room, and if he is a suitable case he will be admitted at once. However, as the accommodation is still inadequate for

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the needs of the Province, to avoid disappointment it is always necessary for the patient to wait until the Medical Superintendent sends word that there is a vacant room. Application forms are furnished to all the doctors of the Province, and there is no difficulty in obtaining admission to the Sanatorium, providing the case is suitable and there is a vacant bed.

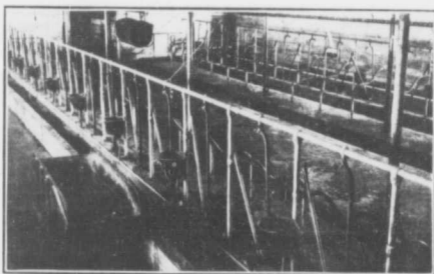
RATES

Full-pay patients are charged \$15 per week. This includes private ward accommodation, nursing, medical attendance, laundry, medicine, etc. Cheaper accommodation is given to those who are unable to afford this amount. Any municipality or benevolent society sending a patient to the Sanatorium is asked to pay \$1.25 a day for maintenance, and it is necessary for any patient unable to pay his fees and coming from a municipality to bring a letter from the Mayor.

At present there is no room for non-residents of British Columbia.

TREATMENT

Patients are treated in accordance with the lines laid down in all modern sanatoria for the treatment of this disease—viz., rest, fresh air, good food, and graduated exercise. Patients coming to the Sanatorium must be prepared to follow the routine laid down in the rules, as it has been found that those who follow the routine most carefully, get well most quickly. Patients sleep outside on the verandahs practically all the year around. Tuberculin artificial pneumothorax and autogenous vaccines are



Modern Stable Equipment

The sputum of consumptive people is to be regarded as the main source of tuberculosis.—DR. KOCH.

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given as aids to the treatment in carefully selected cases. A modern X-Ray equipment has recently been installed, and this additional aid to diagnosis is available for all patients.

HOW TO GET TO THE SANATORIUM

The Sanatorium is situated nine miles from Kamloops, and one quarter of a mile from the Canadian Northern flag station, Tranquille. A motor bus makes a daily trip (except Sundays) to Kamloops, and leaves there at about eleven a. m. Patients are advised to go to Kamloops, and on their arrival there to telephone the Sanatorium; and arrangements will be made to have the bus call for them on its next regular trip. A special trip of the bus can be arranged for at a cost of \$5.00.

The Sanatorium is at all times open to the inspection of the public. Medical men are especially invited to visit and stay several days if they wish to study tuberculosis and the methods of treatment.

VISITORS

Relations of patients, and friends, may be accommodated at the Sanatorium for a few days. The charge for visitors is \$2.00 per day.

SUGGESTIONS TO PATIENTS

All patients are strongly advised to have their teeth examined by a dentist, and all necessary dental work done before coming to the Sanatorium.

Each patient should come to the Sanatorium provided with a sufficient supply of seasonable clothing, especially warm clothing for the winter. This should include at least three changes of underwear and flannel or flannel-ette nightwear, a half-dozen pairs of woollen stockings or socks, a pair of bed-socks which will come up above the knees, a nightcap, gloves, overshoes, toothbrush, hair-brush, comb, laundry-bag, mitts, etc.

Men should bring at least three negligee shirts and a shaving outfit. Pyjamas are most suitable for night wear, but if night-shirts are brought they should be long.

An overcoat is a necessity in summer, and in winter a heavy overcoat.

A heavy lap-rug, a pair of cushions, and a hot-water bottle should be brought if possible.

All washable articles should be plainly marked with the patient's name (not initials only.)

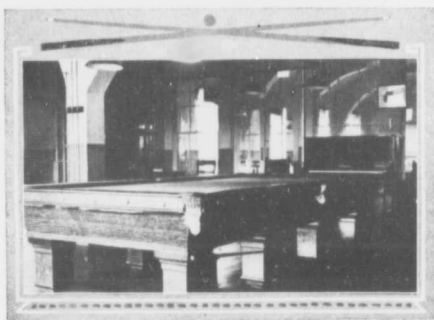
The necessary application forms, annual report and any further information may be obtained by communicating with the Medical Superintendent at Tranquille, or S. B. Barron, Assistant Secretary, 100-101 Empire Building, Vancouver, British Columbia.

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RULES AND SUGGESTIONS FOR PATIENTS

These rules are not for slavish obedience, but for that obedience which is reasonable, knowing that by so doing you will hasten best the main object of your stay here, namely, the cure of your disease.

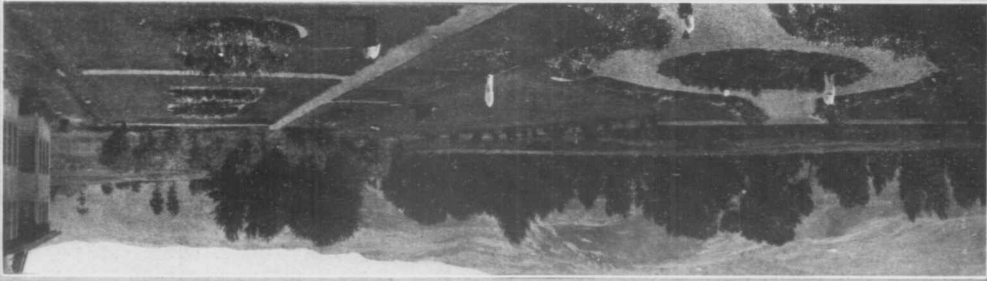
This is the important point as to curability. To be cured the consumptive needs to begin treatment at the very earliest moment. If you have any suspicion as to your health, consult your physician at once.



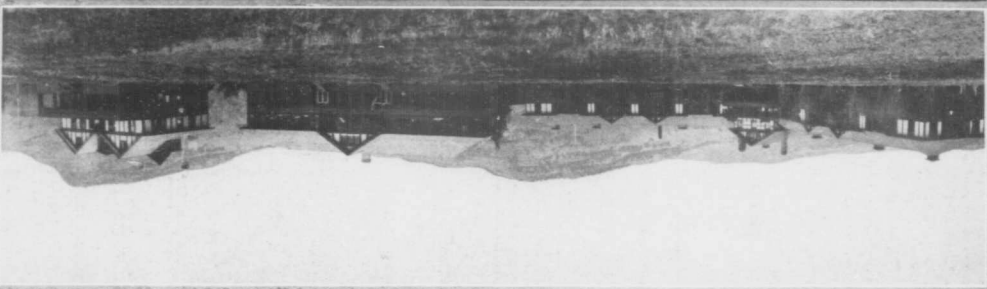
The Billiard Room

COUGH AND EXPECTORATION

1. Expectorations must always be deposited in sputum cups and cloths provided for the purpose, and in no other place, or ever swallowed. Disobedience to this rule, will be followed by immediate dismissal.
2. Should a patient accidentally soil the bedding or any part of the building with sputum, the nurse should be notified at once. Remember the sputum is the chief source of contagion, so be careful and conscientious about its disposal.
3. Protect the mouth with a cloth or gauze when coughing, and thereby avoid expelling particles of sputum that might accidentally escape. The gauze is to be used instead of a handkerchief. Never use a newspaper, magazine or book for that purpose.

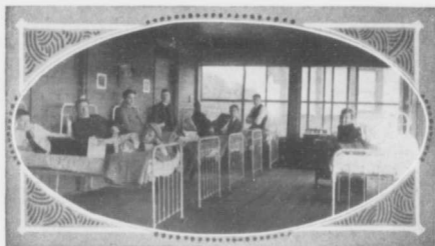


PANORAMIC VIEW OF THE
KING EDWARD MEMORIAL SANATORIUM
TRANQUILLE KAMLOOPS B. C.



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4. Ordinary handkerchiefs must not be used except by special permission.
5. Soiled cloths and sputum cups must be deposited according to nurses's instructions, so they may be gathered and burned.
6. Violent coughing is rarely necessary to raise expectoration, and all coughing and hawking without expectoration is harmful and can be suppressed by constant practice.



Verandah of Sleeping Pavilion

7. If obliged to cough at meals, leave the dining room. It annoys the other patients. Avoid all disagreeable sounds of clearing nose and throat.
8. Patients are not allowed to brush their teeth in the bath room or expectorate there or in the closets.
9. Patients noticing blood stained sputum are to remain quiet and report to the nurse at once.
10. Patients must wash their hands thoroughly in soap and water, cleanse the teeth and use mouth wash provided, before partaking of any meal or before retiring.
11. Patients must not put such things as pens or pencils in their mouth, moisten the fingers with saliva, or moisten stamps or envelopes with lips or tongue.
12. Patients should not fondle or kiss children as they are very susceptible to the disease.

“Do your best, hope for the best, and don't worry.”

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"The world is so full of a number of things,
I am sure we should all be as happy as kings."—R.L.S.

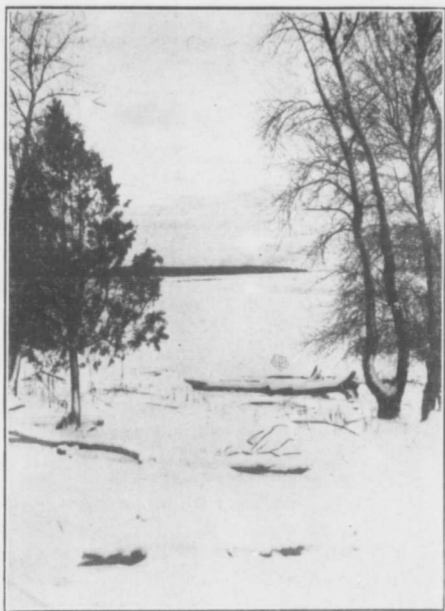
GENERAL RULES

1. Patients not paying full rates are required to make their own beds and keep their lockers in order if they are physically fit to do so. They are expected to do any other work assigned them by the physician. Work to be assigned only to such patients as are physically able to work without detriment to their health.
2. Exercise will be prescribed by the physician, only such walking being indulged in as he may direct.
When in doubt, Rest.
3. Patients are forbidden to visit each other in their rooms without permission from the nurse.
4. Avoid conversation that may suggest the disease or its symptoms to others; also loud or excited talk, laughter and arguments.
5. Cultivate mutual cheerfulness and aid others to forget their ailments.—**"A merry heart doeth good like medicine."**
6. The nurse shall have charge of the windows and radiators and patients should not open or close them except by her consent.
7. Permission to leave the Sanatorium must be obtained from the Medical Superintendent.
8. Lights must be out by 9.30 p. m., except as the nurse may direct otherwise.
9. Patients are expected to conform to the general routine of the Sanatorium. This is necessary both for their own good and the good of others. Patients are urged to take plenty of time at their meals—food well chewed is half digested.
10. Birds and birds' nests, squirrels, trees, shrubs and flowers must not be destroyed.
11. Patients may be discharged at any time should their interests or the interests of the Institution require it.

"A widespreading, hopeful disposition is the best umbrella for this vale of tears."

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12. The Sanatorium shall be in no way responsible for the personal property of the patients.
13. All clothing for laundry must be plainly marked and be ready for collection on Tuesday mornings.
14. Smoking will be allowed only by permission of the Medical Superintendent and then never in the buildings but always on verandahs or out of doors.
15. Patients are not allowed to bring intoxicating liquors on the Sanatorium grounds. Patients having any liquors in their possession without permission of Medical Superintendent may be discharged at once.



Snow and Ice Midst a Dazzling and Healthful Sunshine

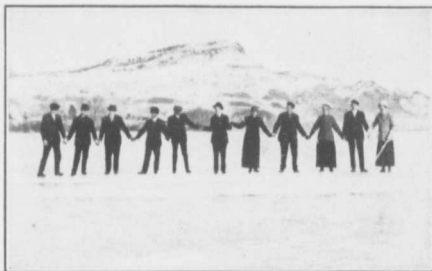
Do your best, hope for the best, and don't worry.

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"The best Doctors in the world are Dr. Diet, Dr. Quiet and Dr. Merryman."

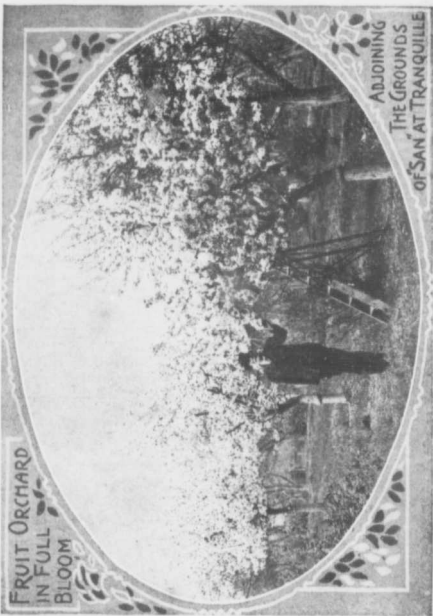
GENERAL ROUTINE

- 8.00 a.m.—Breakfast.
8.30 to 9.30 a.m.—Rest on Verandahs.
9.30 a.m.—Exercise as ordered by Medical Superintendent.
11.30 a.m.—Rest on Verandahs.
12.00 noon—Dinner.
12.30 to 2.00 p.m.—Rest on Verandahs.
2.00 p.m.—Exercise as ordered by Medical Superintendent.
4.00 p.m.—Diets served to those who may require them.
5.00 p.m.—Rest on Verandahs.
6.00 p.m.—Supper.
After 7 p.m. patients may have such light recreation (preferably out of doors) as their condition warrants, until bedtime.
9.00 p.m.—Bedtime.
9.30 p.m.—Lights out.



Tubercular Terrors Lost In Mirthful Pastime

"Frame your mind to mirth and merriment, which bars a thousand harms and lengthens life."—Shakespeare.



FRUIT ORCHARD
IN FULL
BLOOM

ADJOINING
THE GROUNDS
OF SAN AT TRANQUILLE

THIS insidious disease claims as its yearly victims in London alone upwards of 16,000 persons—a greater disaster to the national life than any war, for it is a perennial loss. Moreover, it robs the sufferer of his wages, and it is estimated that the working classes of London lose annually four millions from this cause. Is it not the bounden duty of us who are blessed with health to do everything in our power and according to our means to cope with this terrible scourage which entails acute misery in thousands of homes, and brings too often the individual sufferer to end his days in abject poverty?—HIS MAJESTY KING GEORGE V.

“Labor to Get Well.”