



The  
NINETTE  
SANATORIUM

*Its object and the  
good it is doing.*

READ THIS

It will give you  
much Information.

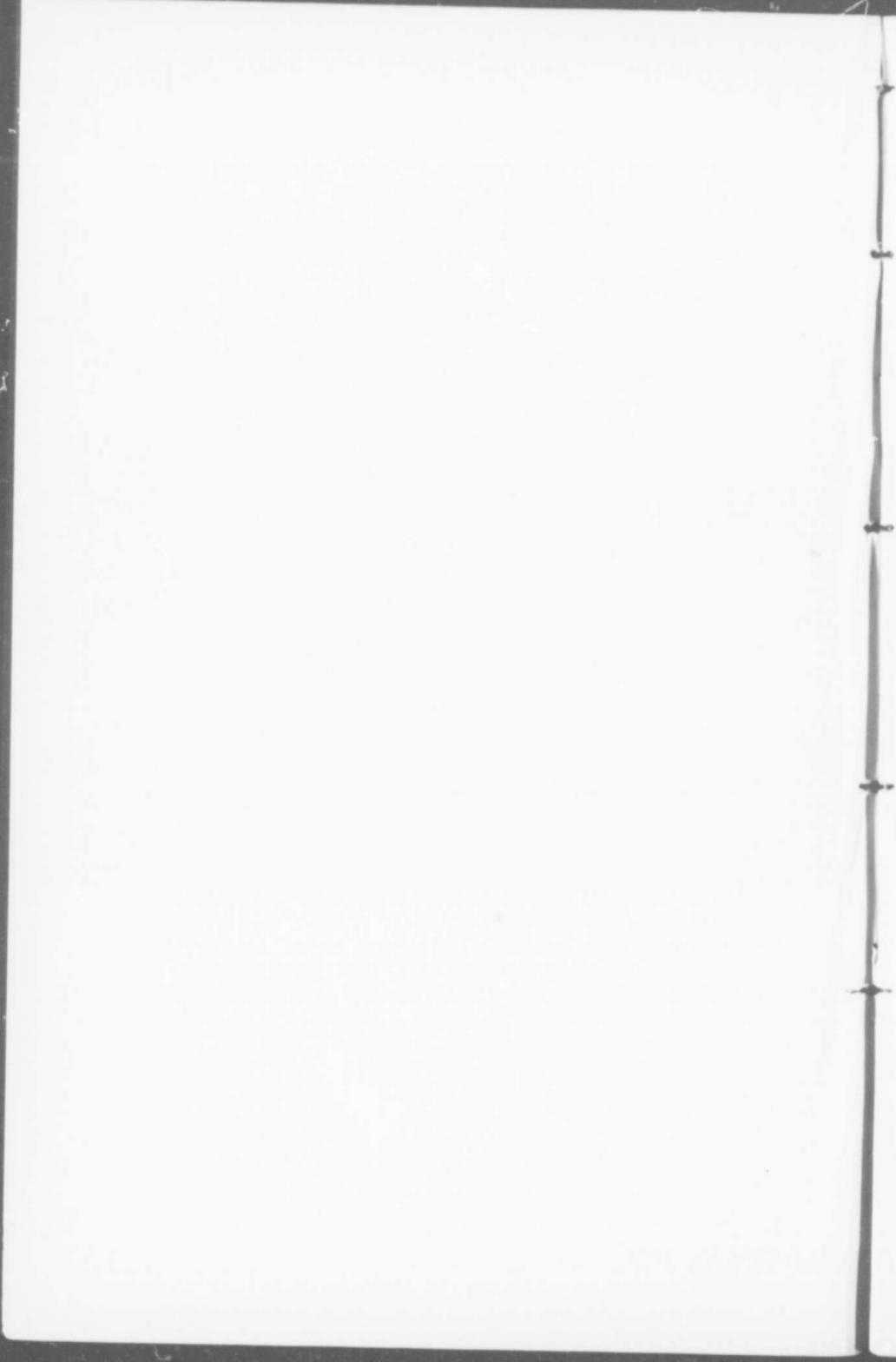
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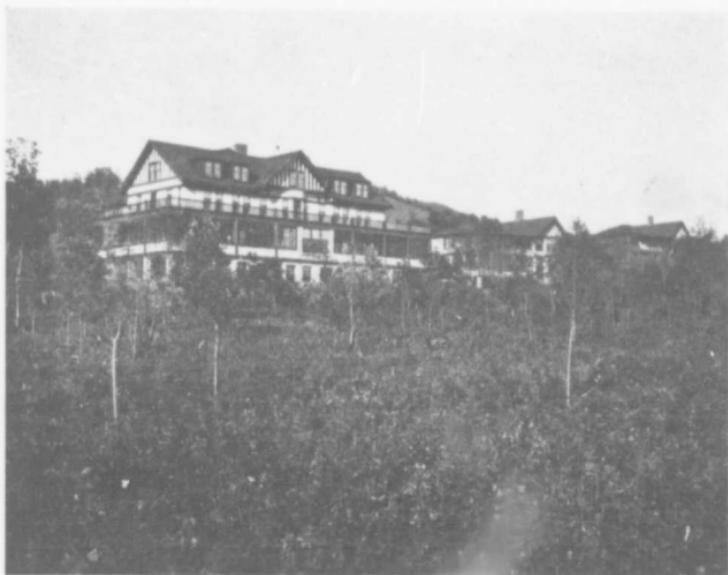
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## THE NINETTE SANATORIUM

The Sanatorium at Ninette was opened for the reception of patients in the month of June, 1910. It aims to give the best known treatment to early and curable cases

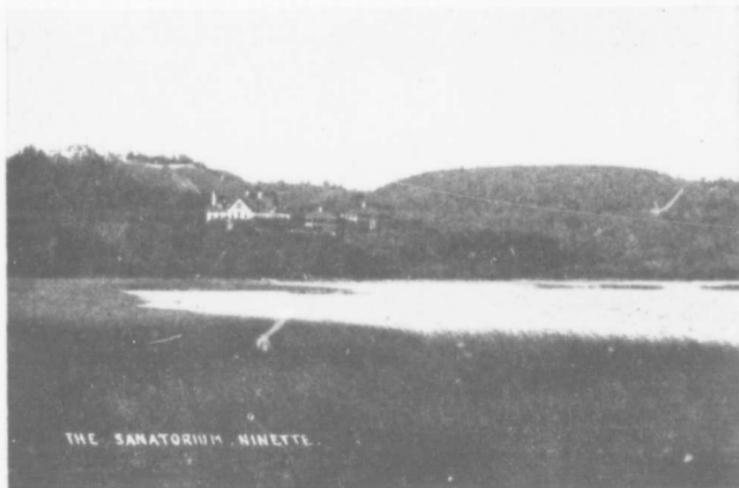


Sanatorium Buildings from the Grounds

of consumption, irrespective of class, creed or financial standing; to lessen the ravages of consumption; to cure or arrest the disease or at least to start patients on the road to cure; to restore their wage-earning capacity; to teach them how to take care of themselves and remain well; and send them out into the community to demonstrate the benefits of hygienic living and to teach the communicability, prevention and cure of consumption.

The Sanatorium is in no sense a Government Institution, but is under the direct control and management of a Board of Trustees made up of well-known and able men. The cost of building, so far, has been met by contributions from citizens of the Province, grants from Municipalities and a grant from the Provincial Government.

### Location.



Distant View Sanatorium Buildings

The Sanatorium is located one mile east of Ninette, a station on the Canadian Northern Railway. The property consists of one hundred and forty-three acres. From the buildings, which nestle in the shelter of the wooded hills, the land falls in terraces to the shore of Pelican Lake, a lake fifteen miles long and one of the beauty spots of the Province. Behind the buildings the land rises abruptly to the prairie level, one hundred and sixty feet above the water's edge.

### Buildings.

The buildings consist of a main building and two large two-storied pavilions, besides ice house, gas generator house, farm house, etc. The main building contains the central heating plant and laundry; general kitchen, dining room and store rooms; offices and assembly room, infirm-



Main Entrance Administration Buildings

ary wards and quarters for staff and help. The pavilions provide dressing and sitting rooms for patients and wide balconies for sitting and sleeping out in the open air and generally "taking the cure." They all face south or south-west, and command a view of the valley and the lake. All buildings are heated by steam, lighted by acetylene gas and connected with water supply and sewerage system. At present there is accommodation for sixty patients.

The water supply, which is pure and ample, is derived partly from a well on the height of land above the Sanatorium and partly from a well situated some distance from the buildings. After passing through a sand filter the water is pumped to a tank on the brow of the hill from which it is piped to the main building. This gives sufficient supply for fire protection as well.

#### Admission.



Sleeping Pavilions

Admission to the Sanatorium is obtained through the Medical Superintendent.

The Sanatorium is for the treatment of early and curable cases of consumption, though since it has been opened a good many advanced cases have been treated. It is recognized that these should be cared for in a separate institution, but at present the Province, being practically without means for caring for advanced cases, the Sanatorium has not drawn the line by any means closely, but

has tried to do as much good as it could to as many patients as it could admit.

#### Length of Stay.

The length of stay of patients at the Sanatorium, owing to limited accommodation and the desire to benefit as many as possible, is six months. In some cases, how-



Another View of the Sleeping Pavillions

ever, where patients make unusually good progress, the time may be extended, but this departure is the exception and not the rule.

#### Cost of Maintenance.

The Sanatorium is maintained by a per diem allowance from Municipalities from which the patients come, and from the Government, also by payments from patients. The estimated cost per patient is about \$12.00 per week.

This covers not only food, lodgings and service, but medical and nursing attention, medicines, laundry and the general cost of administration of the institution.

### Life at the Sanatorium.

The cheerfulness of the Sanatorium life is invariably a surprise to visitors and patients. Even the most despond-



Sanatorium Buildings from the Hill

ent and reluctant patient is seldom able to remain low spirited for more than a week or two, for there is an atmosphere of hopefulness, good fellowship and kindness that one can scarcely fail to feel and respond to. Some people have the idea that a Sanatorium is a gloomy place, but such a supposition is far from the actual fact, as most of the patients are up and about and cheerfully occupied. Regu-

larity in life is of the utmost importance in the Sanatorium treatment, and the out-door life very soon becomes a pleasant habit. The life of the patient is not only happy but also most profitable viewed in the light of the strong probability of restoration to good health or a marked improvement in that direction.

#### Fear of Infection Groundless.

The popular fear shared by some that it is dangerous



Reception Room

to go into a Consumptive Sanatorium; that incipient cases may contract more serious infection, is groundless. The fact is that a Sanatorium properly conducted is the safest possible refuge for consumptives. Everywhere in our lives we come into contact with the tubercle bacilli; the Sanatorium is the only place where provision is made for their destruction. Great care is taken in this respect. There

should, therefore, be no scruples whatever in any person going to our Sanatorium for treatment or to see friends.

### The Food.

The food provided at the Sanatorium is abundant in quantity, excellent in quality, and well cooked and served. The aim is to provide a good table and to have a plentiful



Dining Hall

supply of good milk. Patients under weight or far advanced in the disease get special diets. The Sanatorium is fortunate in having a good milk supply from tuberculin-tested cows.

### Medical Care and Nursing.

A Medical Superintendent is in charge of the institution, assisted by a staff of nurses. The routine is thorough

and careful. The patient on arrival is instructed on all general points of life and hygiene, especially in the manner of sputum disposal. For the first week he takes no exercise whatever, and is under special supervision. A full medical history is taken and in the course of a few days the Medical Superintendent makes a thorough and searching physical examination, going into every detail of the

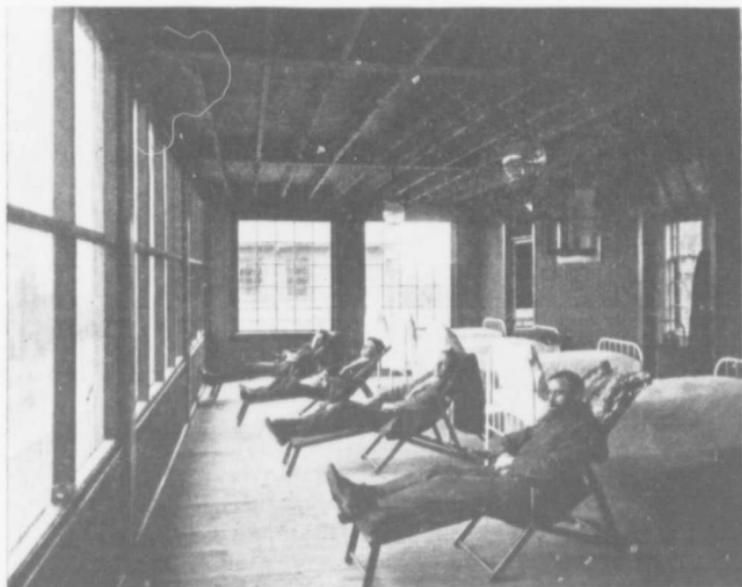


Section of Sleeping Pavillion—Patients taking the cure

case. At the same time laboratory examination of urine and sputum are made. These are repeated at intervals throughout the patient's stay. During the whole stay at the Sanatorium patients are under close supervision. All symptoms are watched and definite orders given to the patient accordingly. Each case is considered absolutely by itself. Examinations of the chest are made, as a rule, every six weeks, but oftener if necessary.

### The Benefits.

The benefits to be derived from the stay at the Sanatorium depends to a large extent upon the co-operation of the patients and the faithfulness with which they follow the instructions they receive. They are expected to live for as many hours a day as possible out-of-doors, sleeping out-of-



Section of Sleeping Pavillion—Patients taking the Cure

doors winter and summer, except in the most severe weather. An absolutely well-regulated life lived as much as possible in the open air, and under constant, skilful and firm supervision is the best way back to health.

This is what Ninette Sanatorium was established for, and this is what it is offering to those of the Province in the early stages of consumption; a disease which is the greatest physical menace to mankind.

### Results.

From the opening of the Sanatorium in June, 1910, up to the end of January, 1911, one hundred and six patients were admitted, and on the 24th of February, 1911, there were fifty-two patients in the Sanatorium.

Of the sixty-six patients discharged, six came in for diagnosis only, and two arrived in the very last stages of



View of the Village of Ninette from the Sanatorium

the disease and died within a week after admission. Of the remaining fifty-eight, four were discharged apparently cured, eleven with disease arrested, thirty-seven improved and six unimproved.

### The Finances.

Owing to the heavy expenditure on capital account and the somewhat limited revenue up to the present time, it cannot be said that the finances of the Sanatorium are in any too satisfactory a condition. It has been

a struggle so far to efficiently equip and maintain the Institution, but the trustees have strong hopes that the people of the Province will support them in the great work in hand, and provide any deficiency in funds that may arise from time to time for current requirements.

#### Future Needs.

The Trustees desire, first, to be enabled to pay off the existing indebtedness, which is about \$10,000; secondly,



Pelican Lake from the Sanatorium Grounds

to do certain needed improvements and repairs to the present buildings; thirdly, to improve the grounds and water front; fourthly, to provide further accommodation for patients by erecting other pavilions and, if possible, one or two cottages for pay patients. These are not all the requirements; there are many more that are necessary, but are ideals for the present.

#### Public Interest Necessary.

The Trustees desire to impress upon the people of the Province the great value of the Ninette Sanatorium. It belongs to them and it is their duty, therefore, to substan-

tially support it in every possible way. We have the nucleus of a great public Institution. Let us all join and make it a monument to our interest in humanity. **WE WILL NOT BE HERE A HUNDRED YEARS HENCE. LET US DO SOMETHING NOW WHILE IT IS OUR POWER TO DO SO.**

The public, for both humanitarian and economical



A View of Pelican Lake

reasons should care for the consumptive, and prevent him from endangering the lives of those about him. The successful treatment of consumptives requires the segregation in sanatoriums of those patients who cannot receive the needful care at home. The value of the sanatorium treatment as a centre of education, a means of prevention, and as a method of cure, has been successfully demonstrated. The importance of a special climate altitude or atmosphere in the treatment of consumptives has been exaggerated; the treatment and cure of consumption is as feasible in the Province of Manitoba as in any other parts and

cures effected in the ordinary home climate, in which the patients must remain, are more lasting and more assured than cures obtained in other climates apparently more favorable.

**YOUR DUTY IS EVIDENT. IT IS TO ASSIST  
IN THE GOOD WORK IN THIS PROVINCE. YOUR  
CO-OPERATION IS RESPECTFULLY REQUESTED.**



Note.—Read what some of the patients say in following pages as to the benefits derived from their stay at Ninette.



## TESTIMONY OF PATIENTS

A few letters from the patients already treated in the Sanatorium at Ninette will serve to show the good work that has been and is being done, not only to the patients themselves, but through them to the communities in which they live:

"I may say that my health in the meantime is splendid. I have gained 4½ pounds in weight since I left the Sanatorium and I think that is pretty fair considering that I do nearly all my housework, with the exception of the heavier parts. I still sleep out in the back kitchen with the window up and the door open. \* \* \* I must say that I have the Sanatorium to thank for my start on the road to recovery, as it was there that I was taught to chase the cure."

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"Your letter received to-day. As I believe that patients who have left the Sanatorium should be able to help on the cause you are fighting for, I am glad to answer your letter.

"As you know, I entered the Sanatorium as a moderately advanced case and, therefore, could not expect to leave it cured or even in a condition to work, but I left it in a much better condition, having gained 15 pounds.

"As to spreading information on Tuberculosis, not much of this can be done when a person is at home all the time, but those to whom I have been able to speak about it I have tried to impress with the fact that the disease is infectious through the following: Expecterating any place; coughing without holding a cloth over the mouth, and using the same table utensils as others; and, of course, I have tried to make people believe that the disease is curable and that rest is the main cure."

"I am pleased to tell you that my wife is doing very favorably and I find that she is not going back but is still on the improve and that she was benefited about 80 per cent. by her stay at the Sanatorium. I have praised the Sanatorium at all times and shall be only too pleased if there is anything I can do at any time to lend a helping hand, as I think it is a very fine Institution and situated in one of the beauty spots of Manitoba."

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"With regard to the Ninette Sanatorium I cannot say too much in its favor. The six months I stayed at the Sanatorium certainly improved my health and not only that, but taught me how to take care of my health, something I did not know before, and also how to take care for the safety of others with whom I come in contact. I cannot say too much about the good results of the Sanatorium Treatment in my case and you may rest assured that I will not fail in doing my duty to any person I come in contact with who has any symptoms of tuberculosis, that Sanatorium Treatment will do for others what it has done for me. I am working and am still improving. I have gained 2 pounds and I feel if I continue, in the course of a few months I will have my usual health back again. I intend to follow out the treatment for some months. I wish you every success in our good institution."

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"I may say that I am recovering fairly well, but camp life is too hard for me as yet. I have done no work to speak of. I cannot follow the exact routine of the Sanatorium here as to open air sleeping. I am very careful of the sputum, but what is the use. There are lots of tuberculous cases about here and you may as well talk to the wind. The benefit at the Sanatorium was very marked in my case and I understood the disease was arrested. I hope next Tag Day will be successful, and a large amount collected."



In the Sanatorium Grounds

"Since leaving the Sanatorium I have followed the treatment at home. At the Sanatorium I learned how dangerous the disease is to those who come in contact with careless patients, how to be careful to stop the spread of the disease, and how to follow the treatment. I know I could never have followed the cure to success if I had not had a good training there or from some other source."

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"As I was in the Sanatorium for only two months I could not say I felt any great benefit from my stay there, but I can say that, although I had tuberculosis for two years previous, I never had a proper idea of how to take care of myself until I went to Ninette. I am very much interested in Ninette Sanatorium and hope you have big returns on next Tag Day. I often feel that if the "San" had been built two years previously I would not be where I am to-day."

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"It gives me great pleasure to be able to say a few words in recognition of the great amount of good the Sanatorium has done for me. The benefits derived (in my opinion) are from many sources; first, the medical advices and treatment, then that bright spirit of cheerfulness which is kept up adds greatly to put one upon the road to cure. My present condition of health is good. I am not at work, which enables me to keep up with the Sanatorium routine. Next Tag Day I hope will be a great success and I will do all in my power to make it so."

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"I sleep out-of-doors and try to stick as close as possible to the old routine. I am sure I could not speak too highly of the Sanatorium treatment, and think that it is the



In the Sanatorium Grounds

only place to expect the best results, for there one is surrounded by people who are working for the same results, namely, to get well, and cheerfulness means a whole lot. While in the Sanatorium I was taught to look after myself so that I could expect the best results; also the great danger of infection, and how to live so as to be of no danger to others. My advice to any one suffering from tuberculosis would be to go to a sanatorium and find out where they are at. There you will be guided to the narrow road that leads to health."

IT IS THE DUTY OF  
EVERYONE  
TO  
ASSIST IN  
STAMPING OUT  
CONSUMPTION  
IN  
MANITOBA.  
WHAT WILL YOU DO?

*If  
there be  
some  
weaker one,  
give me  
strength  
to  
help him  
on.*

*—Whittier.*