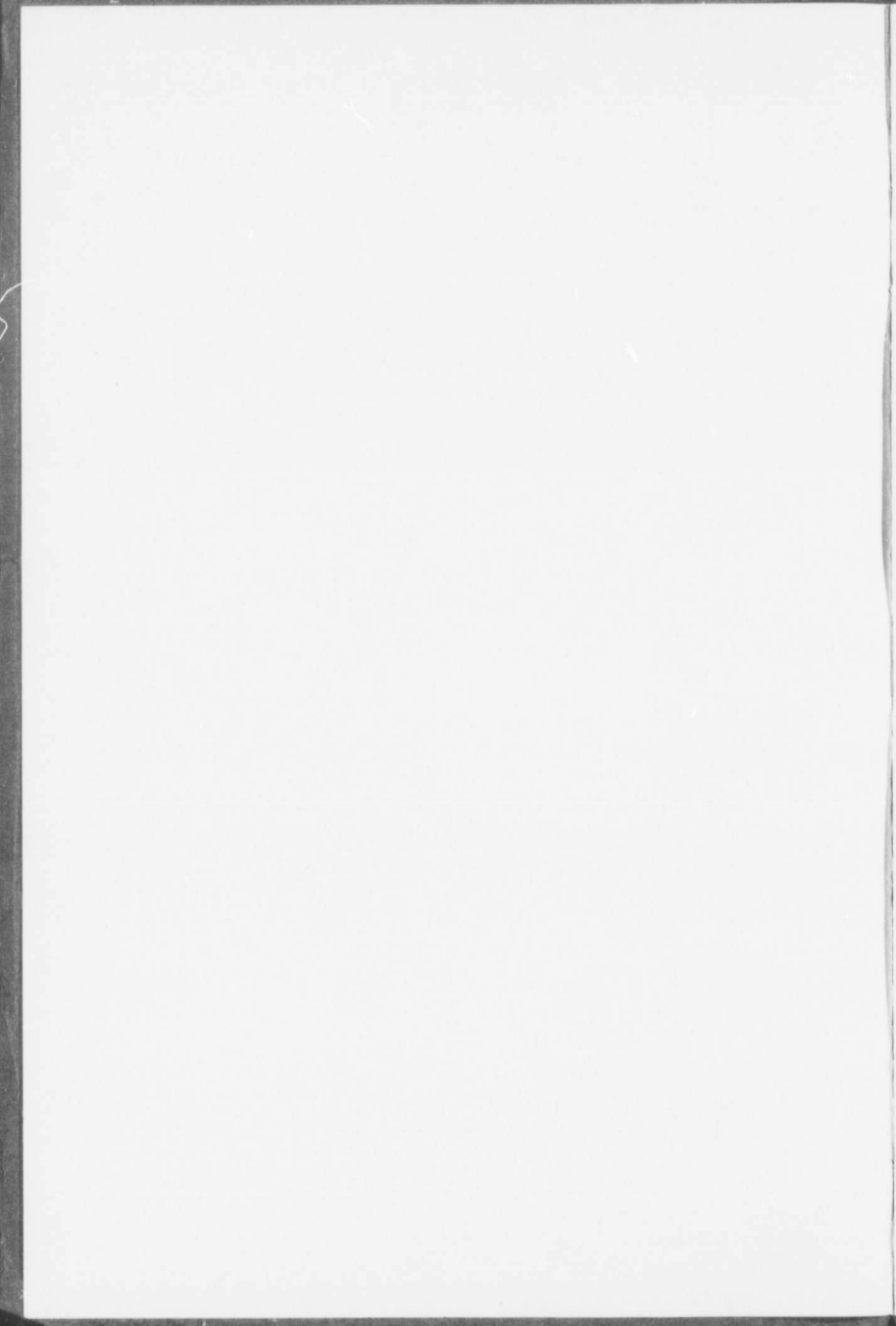


*The Homewood
Sanitarium*

ca. 1920





The
Homewood
Sanitarium
Guelph
Ont.



A Private Institution
for the Care and
Treatment of Mental
and Nervous Diseases

A. T. HOBBS, M.D.
Medical Superintendent

The Homewood
Sanitarium of Guelph
Ontario, Limited
Guelph, Ont.

Established 1883

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PROVINCIAL INSPECTOR OF HOSPITALS AND PUBLIC
CHARITIES FOR THE PROVINCE OF ONTARIO



St. George's Square, Guelph



THE HOMEWOOD SANITARIUM is pleasantly situated amongst picturesque surroundings on the outskirts of the City of Guelph, which is the county town of Wellington, and the centre of one of the most prosperous farming communities in Ontario. Its situation is fully 800 feet higher than Lake Ontario, which is twenty-five miles to the south. It is one of the healthiest cities in North America. Guelph streets are wide, and the houses are, for the greater part, built of the clean gray stone that is quarried in the neighborhood. At the extreme west end of the city lies the group of buildings that comprise the Homewood Sanitarium, which nestle among its own trees, and is separated from the city by the calm, placid waters of the River Speed. Its situation is an ideal one. It is the essence of peace and restfulness, without any suggestion of loneliness. It is the very spot for successful treatment of patients suffering from nervous and mental disquietude.



The Manor Building

THE Manor Building is in the Colonial style, with what might very easily be termed an architectural blending with the French pensionnat. The Manor flanks the Administration Building on three sides. The east wing is the ladies' section; the west side is occupied by the men. There is a maximum of sunlight in each room. Each apartment is bright, home-like, and furnished in excellent taste. In the Manor the nervous and convalescing patients find a home life that rapidly leads to a speedy and permanent convalescence. The Manor suites are models of quiet taste and luxury. Each bed-room has hot and cold running water, and its spacious and beautifully furnished sitting rooms, drawing rooms, writing and reception rooms offer the elegance and comfort of refined home life.

Here is a Sun Verandah, in the eastern wing of the Manor. One does not need to dwell upon the glory, the splendor, or the health-giving properties of sunshine. On such a verandah as this the germs born of dust and darkness have little chance to develop.



A Solarium

This charming Manor bedroom is exactly what a sleeping room should be—airy, cheerful, where sleep comes easily, and when the night is done the aroused sleeper feels that it is good to be alive and look out once more on a beautiful world.



Cheerful Bedroom

This is one of the men's sitting rooms where one can read, chat and pass a quiet hour in a pleasant way. This is a particularly cheerful room, and one that is appreciated by every male guest at the Homewood.



Men's Smoking Room

This picture illustrates the ladies' sitting room in the Manor facing the morning sun, and looking at it, you easily realize the restful influence it has on the patient who is convalescing from an attack of nervous breakdown.



Ladies' Sitting Room



The Colonial Building

THE COLONIAL BUILDING is an imposing structure of white limestone, quarried in the immediate neighborhood, with a frontage of three hundred feet. Its spacious verandahs and balconies especially appeal to the visitor whose impression is heightened on entering the fine rotunda and handsome reception rooms. The special features in evidence here for the treatment, care and protection of the patients are in close harmony with the most advanced ideas in psychiatry. The Colonial Building, which has a south aspect, is devoted to the care of those quiet patients whose cases are under a special observation to determine the exact course of treatment their individual cases require. It will be readily understood that an efficient staff of nurses is maintained here, nurses who have quiet voices and sympathetic hearts, and who are capable of making an intelligent reading of the conflicting indices offered by the newly arrived patient.

THE WING of the Colonial Building offers an effective picture of the stronger lines of the Colonial order of architecture, softened by the growth of greenery on its broad facade. There is something very attractive in the Colonial order of architecture that appeals to the cultured tastes. Everyone has a special affection for the old Colonial days, and, it cannot be denied, there is something very attractive in the old Colonial porch, the old Colonial fire place and the old Colonial staircase. The architect who planned the present Homewood buildings builded wisely when he drew his plans largely from the old Colonial inspiration,

"Amid the tall ancestral trees,
O'er all the sheltered land,"

typical of warmth, dignity, and glad-hearted hospitality.



East Wing of Colonial Building

THIS ENTRANCE to the Dining Hall does scant justice to the magnitude and importance of the work that is done within its walls. In these days of artificial living, good cooking has become an absolute necessity, if we would escape the horrors of indigestion and malnutrition. Cleanliness in the kitchen and in the preparation and serving of food are demanded of the up-to-date chef and his assistants. Now-



Entrance to Dining Hall

adays, we are more and more mindful of the great need of the skilled dietician. The appointments of the dining room must be on a par with the highest development of the culinary art. Absolute cleanliness is one of the marked features of the Homewood kitchens, serving tables and dining rooms. It is one of the legitimate boasts of

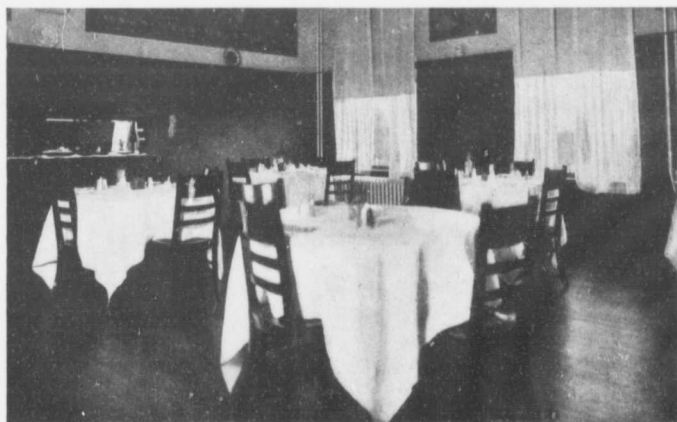
the Homewood chef that the kitchen is never in evidence in the corridors and Dining Hall. The kitchen floors have a red dutch tiling, which with its white tiled walls offers a cheerful and pleasant contrast. The dining rooms are especially bright and homelike, and, at the same time, spacious and well ventilated, and with their various shades of mural decoration avoid entirely the appearance of a hotel or institution. Each room is furnished with small tables, cosily arranged, spread with spotless linen and shining silverware, all of which appeals directly to the taste of the most exacting and fastidious, and with such inviting surroundings, it is no wonder that patients at the Homewood are so happy in their environment.



The Modern Kitchen



Serving Room



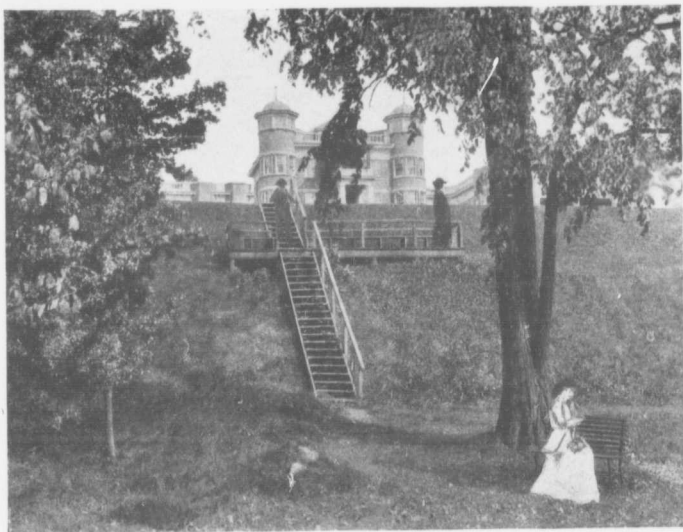
Corner of Dining Room



A view of the River Speed

HERE is a pretty view of the River Speed from the Homewood grounds. Such a view is a poet's dream, and the Homewood grounds offer a dozen scenes such as this. Local pride is given to exaggeration, but no flight of the imagination could possibly picture scenes that characterize the refined peace and quiet of the Homewood lawns, vistas and terraces. This is not mere word painting, because one feels how altogether impossible it is to properly describe the lovely sunsets and the rising of the moon amongst the grand old elms, beeches and maples in the seventy-five acres that embrace picturesque and lovely landscape.





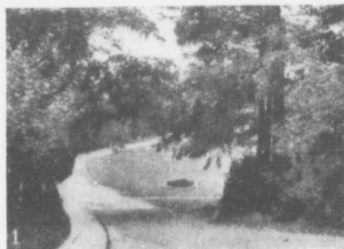
View of Terrace from Bowling Lawn

THIS picture of the terrace steps, which run down from the Administration Building to the carefully groomed park land in the interspace between the upper driveway and the river, fails to do anything like justice to the real beauty of this charming spot. Nestling at the feet of the tall and graceful elms, the wide spreading beeches and the sturdy maples, which cluster the Homewood landscape on every side, are myriads of wild flowers. Here are the feathery columbine, the purple and yellow violet, the waxy blood root, the wind tossed trillium and the wild ginger, all growing in rich profusion, making a beautiful background for the lovely green lawns that are rolled and watered and cut by a gardener who has a true artistic love for his work.





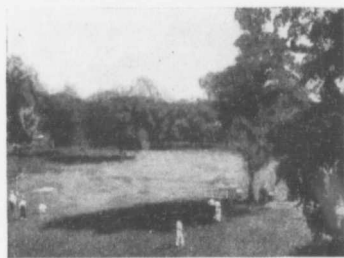
Where Winds the Path



The Main Driveway



A View of the Bowling Green



A Grass Tennis Court

THESE charming pictures are a winding pathway, the main driveway, a vista of the grounds, and a tennis court. Such scenes are in frequent evidence in the Homewood grounds. Nowhere in the neighborhood is there such a variety of Nature's cunning handiwork, assisted by the skilled art of man, that leaves the latter not too much in evidence. The restful quiet of these four little beauty spots is a valuable auxiliary in the cure of mental and nervous diseases. The driveway takes in the whole of the Homewood grounds, and offers several pretty vistas of the River Speed and the distant city. From the winding pathway along the river bank numerous views are obtained of the terraces and buildings above. And far from the maddening crowd, surrounded by a profusion of bright and fragrant shrubbery, one feels at peace with the world, and for a time its cares are forgotten.

THE supplies of milk and cream for the Homewood tables come entirely from the Homewood Estate. The supply is bountiful, as milk and fresh eggs are considered as important diet factors in the upbuilding of patients by the Homewood Staff.

The Sanitarium is especially proud of its fine herd of inspected, selected and tested cows, a number of which are seen in the accompanying sketch.

Cleanliness is the watchword in the stables, and, whilst the cows receive the best of feed and attention, personal oversight is given to see that all utensils for milk are kept scrupulously clean.

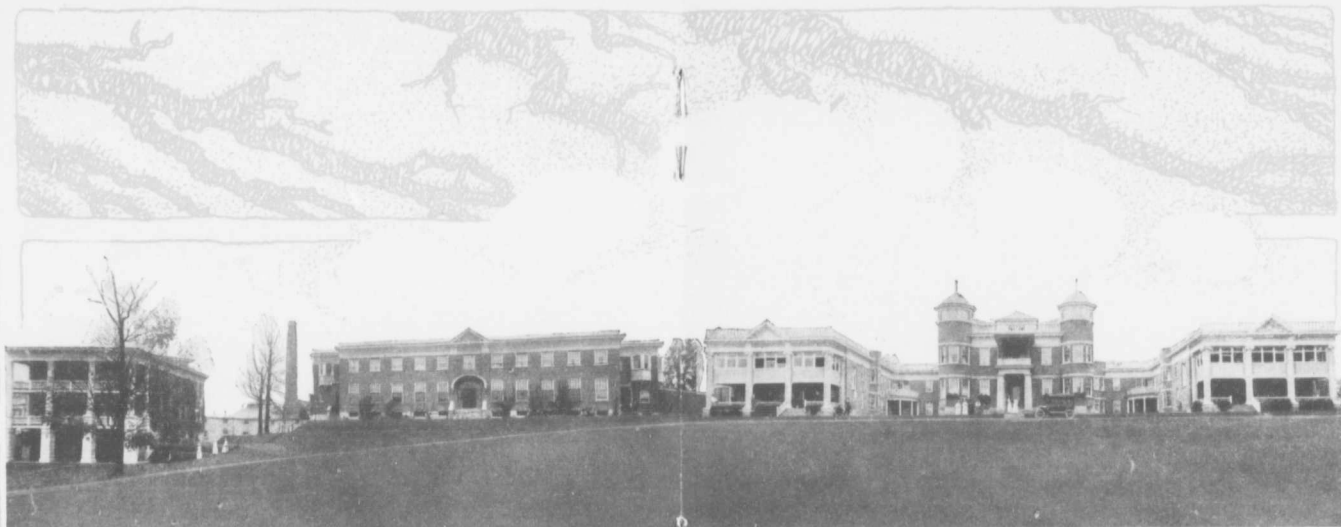
The object of keeping cows is to safeguard the patients' health, and as it is almost impossible to protect an uncontrolled milk supply from becoming contaminated with the specific organisms causing many diseases, such as Typhoid, Diphtheria, and Scarlet Fever, the only really safe procedure is to control your own milk supply, which is done at the Sanitarium, and thereby avoid having to procure it from unsanitary stables, where the milk utensils may not be properly scoured and scalded. All the dust and dirt and changes of temperature that milk is subject to in transportation are also avoided; so that the Sanitarium, by having its own herd upon its own premises, can take the milk, after being properly chilled, direct from the barns to the kitchen.



Lady and Swan



The Homewood Herd



Colonial

Dining Hall

Manor, Men's Wing

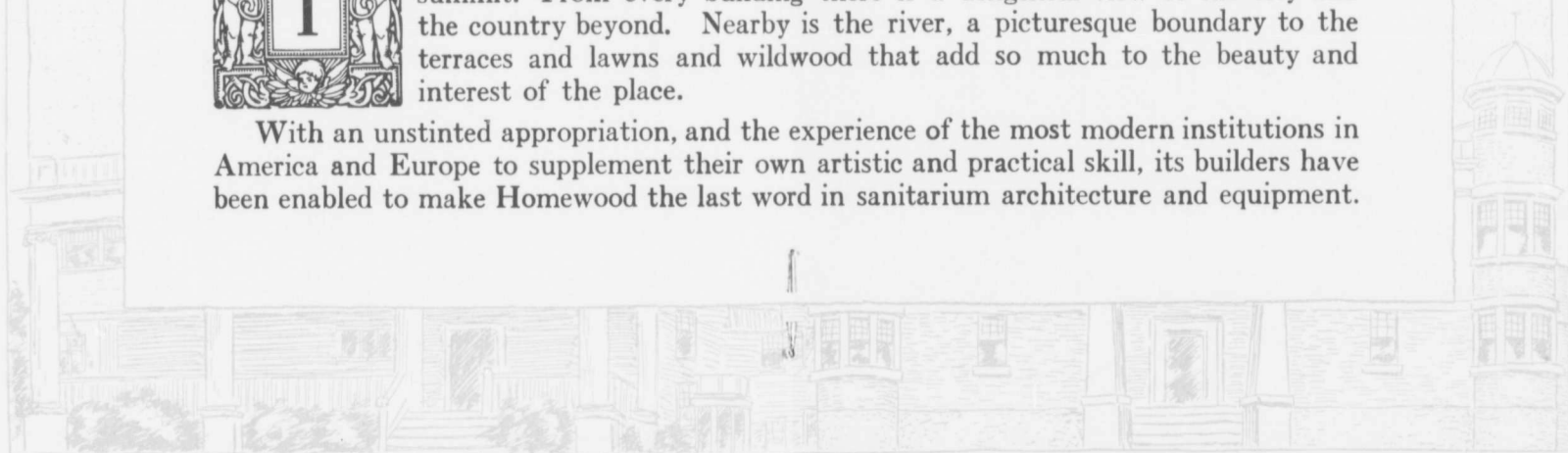
Administration

Manor, Ladies' Wing



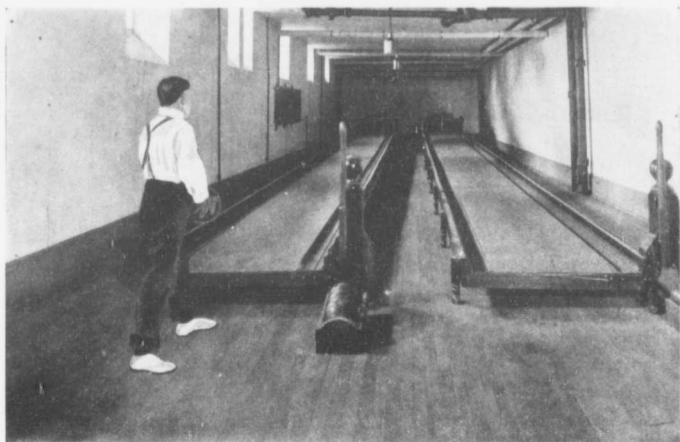
It is a magnificent group of buildings that crowns the hill on which Homewood is located. For over a third of a mile they range along its summit. From every building there is a delightful view of the city and the country beyond. Nearby is the river, a picturesque boundary to the terraces and lawns and wildwood that add so much to the beauty and interest of the place.

With an unstinted appropriation, and the experience of the most modern institutions in America and Europe to supplement their own artistic and practical skill, its builders have been enabled to make Homewood the last word in sanitarium architecture and equipment.





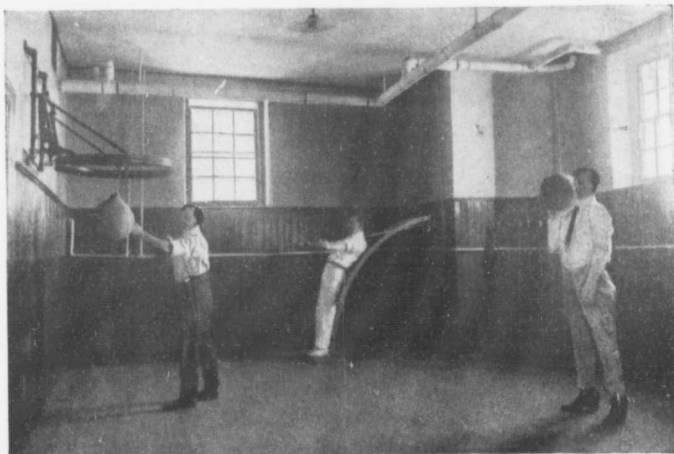
Corner of Billiard Room



Bowling Alley

BILLIARDS, Bowling, and the Gymnastics as here shown have each their admirers. Billiards mildly stimulates the brain, mildly exercises the muscles and has a soothing effect on the nerves. Alley bowling is a much more active game, and is a popular pastime during the fall and winter. A well equipped gymnasium is provided where carefully regulated gymnastic exercises are carried out under the direction of a competent instructor.

In addition, life at the Homewood is made more pleasant by concerts, dances, and motion pictures, given weekly during the spring, autumn, and winter months. Divine services are held every Sunday morning during the winter months, and are conducted by the clergymen of different denominations of the city of Guelph.




Corner of Gymnasium

HOMEWOOD



The Golf Club

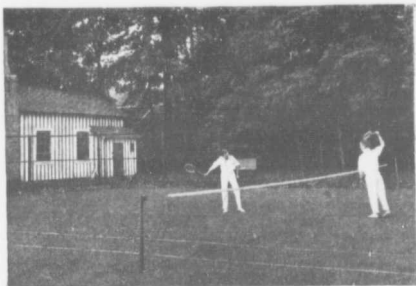


OUTDOOR Sports that are not too strenuous are encouraged at the Homewood. The exercise of all the muscles of the body increases the circulation, improves the respiration, and in this way acts as a natural tonic in the upbuilding of the patient whose nerves have been shattered by worries and overwork.

Within a few minutes' walk of the Sanitarium is the Golf Club House, which has a lovely view that dominates the landscape for miles around in each direction. On the hottest day in summer you can always find a cool corner on the southern verandah. The golf course is one of nine holes, and is being improved each year. Patients whose condition permits of playing should bring their clubs. The Homewood patients have the privilege of the Golf Club course on the payment of a small weekly fee.

Tennis

ONE of the most popular sports at the Homewood is Lawn Tennis. It appeals to those desiring vigorous exercise and interests the onlooker as well. Permanent cinder courts are in evidence,



Tennis Court

as well as the smooth, well-kept grass lawns. The fine old trees surrounding the lawns afford a number of shady nooks from which to observe the game, and also afford rest to the tired performers when the play is done. It is a game that requires a good eye and quick action, and appeals especially to the younger patients of the Sanitarium.

Bowling

“THE Old English Game of Bowling-on-the-Green” is a popular diversion with all the Homewood residents. The turf of the bowling lawns resembles a first-class Wilton carpet, and they are as level as a billiard table. The



Bowling on the Green

game appeals to patients of all ages, and although not strenuous, requires a steady hand and some skill to make a good bowler. Many games are played with the City and Visiting Clubs during the summer, and much interest is excited by the frequent contests held between teams of patients and nurses of the different buildings. These matches always arouse the greatest interest and keenest enthusiasm.

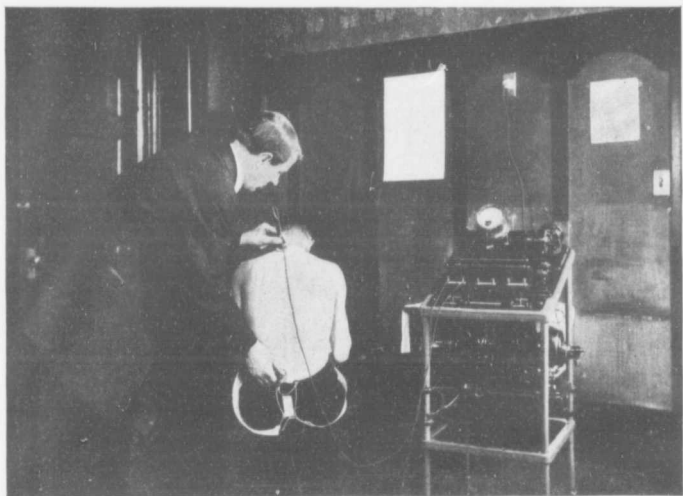


Surgical Suite



NO modern Sanitarium for Mental and Nervous ailments is complete in its equipment unless it is provided with a surgical suite. The Homewood is well equipped in this respect. The operating room is constructed on modern lines, and its appointments and equipment are the best that can be obtained. The most improved methods in surgery are in evidence at the Homewood, and it has brought back many a patient to the sunshine of life and the enjoyment of good health. There is no doubt whatever of the splendid utility of modern surgery as a curative aid to many patients who seek the Homewood for restoration to health.

Electrical machines are in evidence at the Homewood for the treatment of pain, insomnia, paralysis, etc., that may afflict any of its patients. The appliances are the best that can be devised.



Application of the Galvanic Current

Electro-therapy is amply provided for, as is shown by the accompanying illustrations.



A Static Breeze



Administration of White Rays

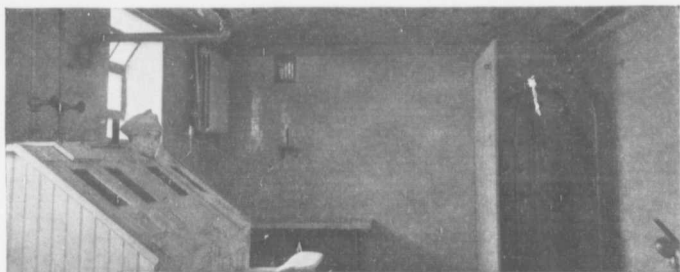


HYDROTHERAPY has long been recognized as a most efficient aid in the treatment of nervous and mental disease. For over ten years this therapeutic measure has been in daily use at the Homewood, and the results obtained have been so uniformly satisfactory that no expense has been spared to completely equip and organize this department in the Sanitarium.

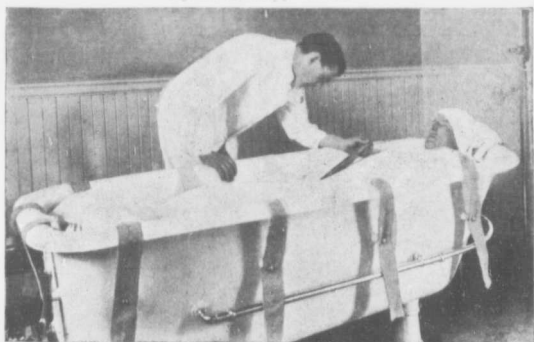
With all advances in technique and equipment the Homewood has kept pace so that at the present time there are three complete suites for the administration of Hydrotherapy in all its branches. Each suite contains hot air cabinets, a central table from which are operated rain, needle, spray, shower, perineal, jet and Scotch douches, a sitz tub, shampoo table, and provision for the application of hot and cold packs. In fact, everything requisite for the carrying out of the most rational and approved methods of Hydrotherapy in the treatment of nervous, depressed and physically depreciated patients is to be found in each department.

For patients whose mental sickness is accompanied by excitement, restlessness and insomnia, the continuous baths have proved very efficacious. Wrapped in sheets, suspended in a comfortable hammock, in water whose temperature ranges between 92° and 95°, which is the body surface heat, the patient soon experiences marked relief, becomes quiet, takes liquid nourishment freely, falls into a peaceful sleep, and wakes up in three or four hours quiet and self-contained for the rest of the day. All this done through the agency of a carefully regulated bath without the aid of any depressing drug.

SANITARIUM



Hydro-Therapy Room



Continuous Bath



Administration of the Scotch Douche



Manual Training

AS a therapeutic measure, diversional occupation has been found to be a valuable remedial agent in the treatment of nervous and mental ailments. Systematically applied and judiciously carried out in patients who are mentally over active and possessing an abundant physical energy it breaks up wrong associations of ideas and directs their activities along normal and healthy channels.

If inaction is depressing in those who are well, how much more so is it in those whose sickness is of a depressed nature? Congenial work stimulates and interests the morbid mind and attractive employment is the foe of morbid introspection. It enlarges the patient's mental horizon, and, as a re-educative fac-

tor in re-arranging disassociated ideas, it is unexcelled.

Occupation has a decided tranquillizing influence on the restlessness of neurasthenia, but it should not be pushed to the point of fatigue.

The occupation should be new, that is something to which the patient is not accustomed in order to arrest and hold his attention.

Monotony is avoided by the variety of the work and it may be varied to suit almost any taste or fancy.

Recognizing all these factors as being of value, the Homewood management has provided a series of large bright rooms and furnished them with the necessary appliances, benches, tools, tables, looms, etc., and, above all, a capable willing and attractive instructor.



Looms for Weaving Fancy Rugs



General Arts and Crafts

The handicrafts cover a wide field and consist of basketry, wood carving, china painting, weaving, stencilling, leather, wool, wood and copper work. These offer a sufficient and attractive range to suit any individual taste.

All this is done without cost to the patients, except the few cents that they pay the teacher for the raw material with which they work. The finished articles are the property of the patients, and, taken home by them, act as kindly reminders of the good work done for them by this important department of the Homewood.





A View of Guelph from Homewood

A VIEW of Guelph from the Homewood lawns makes two things at once apparent—the apparent nearness and the real distance of the city, owing to the course of the River Speed, which holds the grounds of the Homewood inviolate from the steps of the would-be intruder. It would be impossible to secure a more complete privacy, or a more pleasant seclusion than is enjoyed amongst the grassy slopes, shaded walks and the lovely lawns of the Homewood Sanitarium. Here you feel the perfect charm of refined seclusion; here you feel that while the world is near, you are sheltered from its grosser side. It is perfect peace, perfect rest. It is the Homewood.





The Homewood Staff of Physicians and Nurses

THE Medical Staff at the Homewood Sanitarium is a thoroughly efficient one. Dr. A. T. Hobbs, the Superintendent, has had 25 years experience in the treatment of mental and nervous diseases, and his medical assistants are each specialists in their work at the Homewood. The nurses, 50 in number, have been specially trained for their work in the treatment of nervous and mental patients.

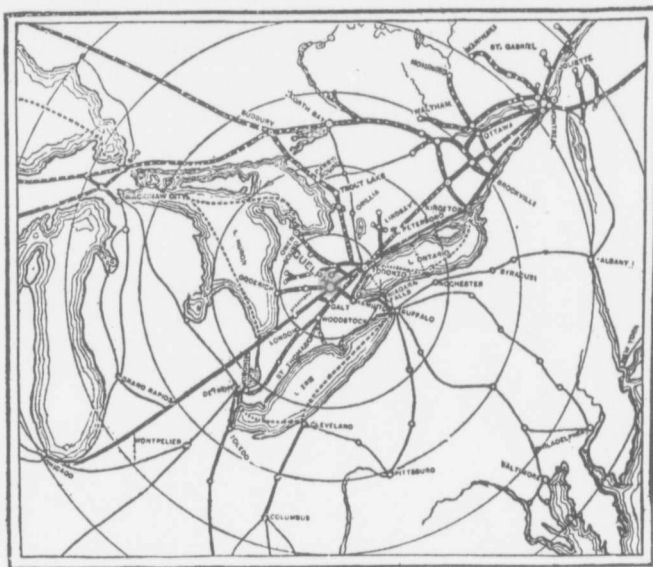
So runs the brief story of Homewood. In its unique location, the efficiency and comfort of its appointments and the thoroughness of its system of treatment, it makes claim to a continuance of the kindly co-operation and confidence that have helped it to win the place it now occupies among the foremost institutions on the continent. A personal visit or inquiries by correspondence from members of the medical profession and others interested in its work will be much appreciated.

Address Dr. A. T. HOBBS, Superintendent
Guelph, Ont., Canada

The Homewood Sanitarium
of Guelph, Ontario, Limited

Guelph, Ontario, Canada

Established 1883



GUELPH IS CONVENIENTLY LOCATED ON THE MAIN LINE OF THE GRAND TRUNK RAILWAY AND HAS DIRECT CONNECTION WITH MANY POINTS BY THE CANADIAN PACIFIC. IT IS SIXTY MILES FROM NIAGARA FALLS, FORTY FROM TORONTO, EIGHTY FROM BUFFALO, ONE HUNDRED AND FIFTY FROM DETROIT, AND ONLY TEN HOURS FROM MONTREAL.

