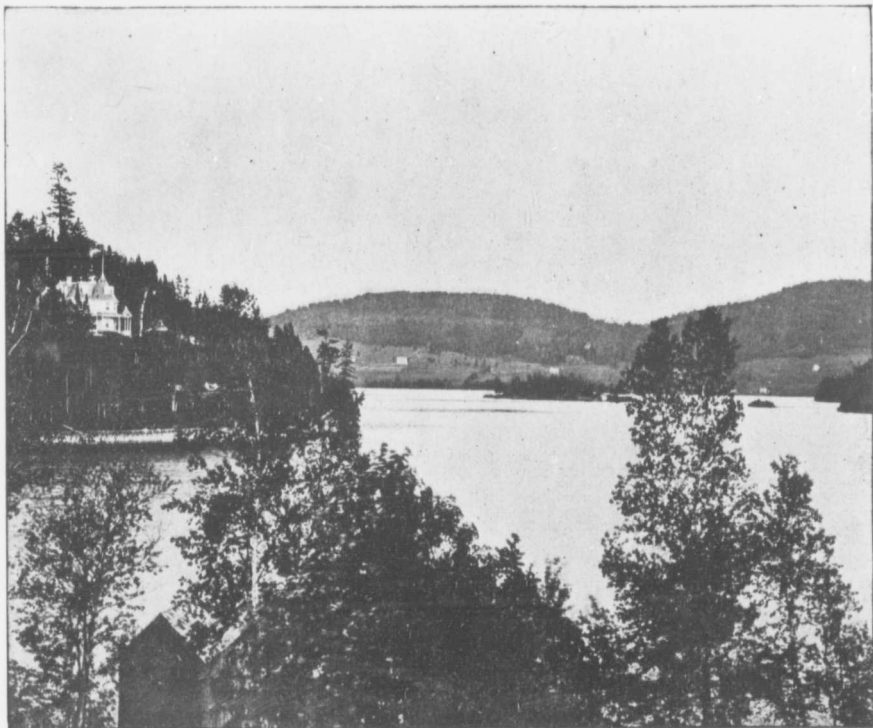


THE LAURENTIAN MOUNTAINS.



HIS mountain range, not yet completely explored, has been for a number of years known more as a lumbering district than a health giving locality. The late Sir Wm. Dawson in describing this range of mountains advanced the claim that it is of the oldest formation of any at present known. Fir trees abound everywhere, intermingled with pine, birch and maple. Some of its peaks reach an elevation of 2500 feet above sea level. It is only a few years since this district became known as a health resort. The climate is not of the even type. The summers are cool and rains are fairly frequent, though of short duration; they are showers which cleanse the atmosphere. The summer nights are always cool, even in the warmest part of the season. The winters are cold but that dry cold which invigorates, a true stimulant of the several functions. The frost sets in early, and snow usually covers the ground by 15th December, remaining until the end of March, meaning four months of ideal weather, the best part of which may be spent out of doors, enjoying the different winter sports, such as snowshoeing, tobogganing, skating and sleighing. In the summer time innumerable lakes form a real attraction, as besides boating, anglers find great sport in fishing the speckled trout, which is plentiful everywhere in this region. Duck and partridge shooting is also to be had, while deer



Ste. Agathe des Monts—Lake View.

hunting is one of the prevailing pastimes indulged in by those who are robust enough to stand that rather heavy sport. The scenery is grand, it is of the wild type; it is not easy to describe, and photographs of some of the grandest sights have proved miserable failures.—It is scenery that can only be described by a poet, reproduced by an artist, and is not of the camera type.

Ste. Agathe des Monts, built up along the shores of Lac des Sables, is a picturesque little town, the antiquated appearance of which has been much relieved during the last two or three years by the building of a large number of summer residences, owned principally by wealthy Montrealers. This village is located on a branch line of the Canadian Pacific Railway, sixty-four miles from Montreal, the distance being usually covered in two and a half hours. The ascent is almost entirely made during the last thirty miles of the trip. The scenery along the latter part of the journey is perfectly charming, especially if on the north-bound trip one rides on the left side of the car.

Observations made during the last few years have proved conclusively that the vicinity of Ste. Agathe offers exceptional climatic advantages for the treatment of diseases of the lungs and throat. Here are some of the opinions expressed in an article entitled "The Canadian Adirondacks," which appeared in the "Witness" of November 12th, 1898. Sir Wm. Hingston says:—"The Laurentian range is quite as well adapted as the Adirondacks for the purpose of treating pulmonary troubles."

Dr. T. G. Roddick said that he was cordially in favor of Ste. Agathe as a resort for consumptives in the incipient stage. He had already given attention to the subject, and in his address as President of the British Medical Association in 1897, he had made the following remarks in reference to the Laurentian range:—

"The Laurentians have been called the Adirondacks of Canada, having many of the features

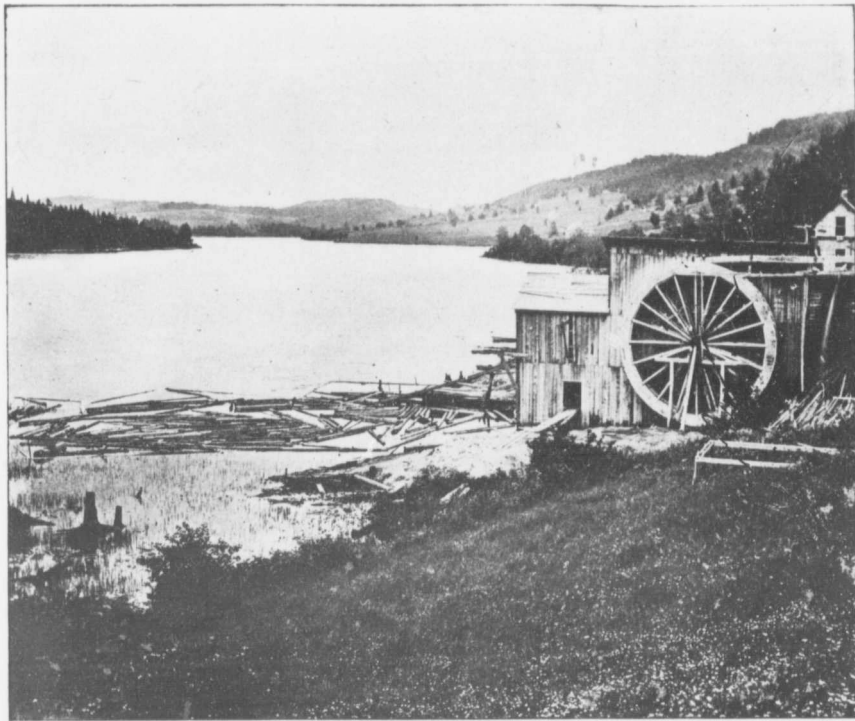


View of Hills near Ste. Agathe des Monts.

physical, and climatic, of that now celebrated plateau situated in the north-eastern part of New York State, and stretching from the Mohawk Valley in the south 150 miles north, almost to the frontier line. The average elevation of the two regions is about the same, being from 1500 to 1800 feet. The immense pine forests, together with the moderate temperature, constitute the chief characteristics of the Canadian district from a medical point of view. No very systematic meteorological observations have yet been taken of the Ste. Agathe region, but the indications will probably prove to be very similar to the American resort. It is in contemplation to erect a Sanatorium on Trembling Mountain, which will doubtless in time rival the Adirondack Cottage Sanatorium near Saranac Lake, which has proved such a marked success under the able management of Dr. E. L. Trudeau. The elevation of the Sanatorium will be 2500 feet, thus having an altitude of nearly 700 feet greater than the establishment at Saranac. The Quebec Government has set apart a sufficient portion of the Crown lands to form a natural park in that part of the Province. It will be called the Trembling Mountain Park, and will cover an area of 100,000 acres of land, in which are many beautiful lakes. Within the boundaries of this park the Sanatorium will be constructed. There is, therefore, no reason to doubt that we shall shortly have within our own line a health resort possessing all the advantages of the Adirondack region, and capable of affecting for good the same class of patients now so decidedly benefited by a residence in those mountains."

Dr. Wilkins says :—" I have some patients living there all the year round, and are doing remarkably well. I consider these mountains quite as good as the Adirondacks * * * Many cases—in fact most, when seen early, can be cured by residence in either of these places."

To the foregoing might be added the testimony of a great many practitioners in the City of Montreal who have sent patients there with marvellously good results. The great drawback,



The Old Water Wheel—Ste. Agathe.

however, has been that patients living in hotels and boarding houses have often become lax in their hygienic habits through want of proper supervision, and have become a source of danger to those living with them, and even to themselves, through re-infection during some period of depression or fever. A Sanatorium was needed in that locality, and it now exists. The benefit of a Sanatorium is two fold; patients living in an institution of that sort are personally instructed in how they should live, and what precautions they must take when returning to their homes. This instruction is beneficial both to the patient and his relatives or friends. The life which the patients lead in and about the institution is a thorough and demonstrative lesson to those who are affected with similar troubles, though living in hotels and boarding houses yet making occasional visits to the Sanatorium. If these patients who live outside the Sanatorium are at all observant they very soon learn that one may take very extreme hygienic precautions without making existence irksome, with this beneficial result that those people who are not ill, but who live with them, become perfectly confident that no possible danger exists where hygienic measures are so systematically carried out.

STE. AGATHE DES MONT'S.

This progressive little town is the most important in the Laurentian range. It is beautifully situated along the shores of Lac des Sables, and boasts of two churches (R. C. and Episc.), one convent, one large day school for boys, seven hotels, etc. A club house is likely to be built very shortly, which will prove beneficial as a centre of amusement, particularly during the summer months. What makes Ste. Agathe really attractive is its beautiful lake, the shores of which are studded with the most picturesque summer cottages with well kept lawns and gardens. Boarding houses and hotels usually afford fair accommodation at reasonable rates.



View of Lake from Verandah of Castel des Monts.



Parish Church, Ste. Agathe des Monts.

MEDICAL EXPERT TESTIMONY.

Among a great many, the belief still exists that consumption, once declared to be present, must cause all hope to be abandoned. According to Dr. S. A. Knopf, of New York, such is not the case. To convince a patient to the contrary, to instil in him the hope of recovery, to encourage him in his persistent effort to carry out all the details which tend to improve his condition, should constitute an important part of the educational treatment of all consumptives.

Professor Bouchard, of Paris, concluded one of his lectures as follows :—"This disease, which has such a strong hold on humanity, is curable, and in the largest number of cases."

Professor James Goodhart, London, England, says :—" I am able to say that there is nothing more common than to find in those, dead from other causes, evidences of old and healed phthisis or calcareous changes in the various glands ; moreover, in most cases of tubercular disease there is similar evidence that a former disease of the kind has healed. I am, therefore, accustomed to say that there is no disease that gives stronger evidence of healing tendencies than phthisis."

Dr. Whittacker, of Cincinnati, says :—" It is a great exception to find upon the post-mortem table a pair of lungs totally free from some evidence of existing or pre-existing tuberculosis."

Dr. Knopf further says :—" If I had to choose between sending a patient to what is usually considered an ideal specific climate, but where he would live in an ordinary health resort, or keeping the patient home in a fairly pure atmosphere, and applying the hygienic and dietetic treatment under constant medical supervision, I should choose the latter method of treatment, and think the patient had a far better chance of recovery."

This is a very strong plea for sanatoria with constant medical supervision, and coming from such a universally recognized authority is not without great weight.

In a very elaborate work, Blumenfeld has given the results of his daily observations, through the year, of the influence of the various meteorological changes exerted on the condition of a large number of phthisical patients. His conclusions prove what Dettweiler of Falkenstein has been preaching for the last twenty-five years, that temperature, atmospheric pressure and humidity scarcely influence the condition of the patient. The only really dangerous thing such patients need to guard against is strong, penetrating wind. Dr H. Weber expressed himself at the Tenth International Congress in the following terms:—The treatment of phthisis is possible wherever there is pure air, wherever appropriate food can be procured, and wherever moderate graduated exercises can be instituted. Von Leyden, Kretschmar, Dujardin-Beaumez, Cantani and other members of the Congress expressed themselves in a similar way. Dr. S. A. Knopf, of New York, in his Paris Thesis of 1895 says:—“ We should not, however, lose sight of an important point in connection with the treatment of phthisis; that a cure, in order to be permanent, should as much as possible be obtained or looked for in a climate in which the patient lives or intends to live definitely.”

During the last Tuberculosis Congress held in London the statement made by Professor Koch which has thrown consternation in the minds of the whole scientific world did not in any way throw light upon the curative methods at our disposal; in his address, besides advocating improved methods in coping with existing disease in centres of population with a view of limiting its dissemination he referred to the sanatorium treatment as the only rational method of treating tuberculosis.

The feeling was freely expressed by the different members of the last Congress that sanatoria and special hospitals were the best implements of warfare in fighting tuberculosis.

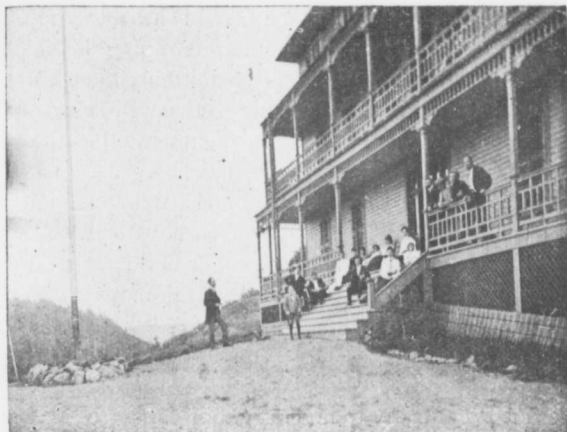
THE LAURENTIAN SANATORIUM.

This institution, which has only been recently opened, is about one mile distant from the village of Ste. Agathe des Monts, and an equal distance from the Railway Station. Ste. Agathe is sixty-four miles distant from Montreal, and is reached by a branch line of the Canadian Pacific Railway. The Sanatorium is built about midway upon the declivity of a hill, at an elevation of 1610 feet above sea level. The soil is very porous, and the drainage naturally very thorough. A spring supplies the institution with pure wholesome water, which is carried to each flat, and supplied both hot and cold, to bath and toilet rooms. The building is lighted throughout with electricity, and is heated by moist hot air. It has a commanding view of the surrounding hills, with their crowning balsamic growths. The bedrooms are well lighted, and well ventilated, and comfortably though hygienically furnished. The regime is thorough, but not rigid; it tends only to the well being of patients. It has been instituted with a view to protect each individual patient as well as those who are waiting upon him. The indoor staff consists of a House physician, who has had a most thorough training upon the subject; a Matron, who is also a trained nurse, assisted by one nurse. The constant care of this staff is that of looking after the comfort of each patient. A system of call bells is near at hand by each bedside, so that aid may be summoned at any time of the day or night. Patients may, at their option, follow any treatment which may have been instituted by their family physician, provided the house physician or the director have been notified of their intention to do so.

The treatment followed in the institution is both hygienic and dietetic. To feed, or rather over-feed each person, is one of the rather rigid rules which is gently enforced. Patients are made gradually to understand that they can assimilate a much larger quantity of food than

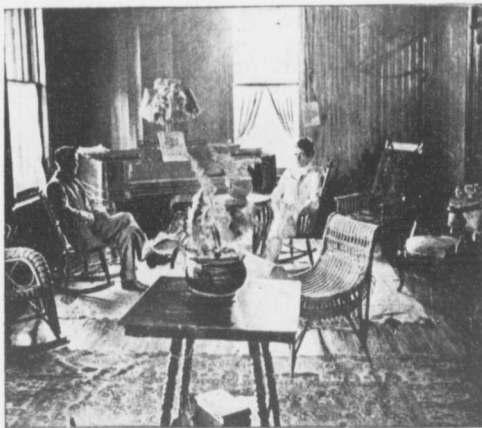


Laurentian Sanatorium—Rear View.

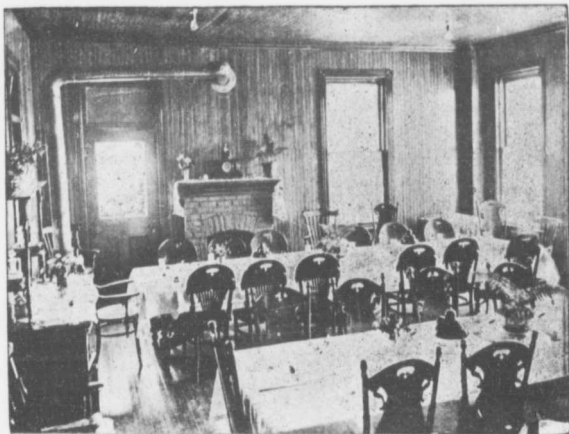


Sanatorium—Front View.



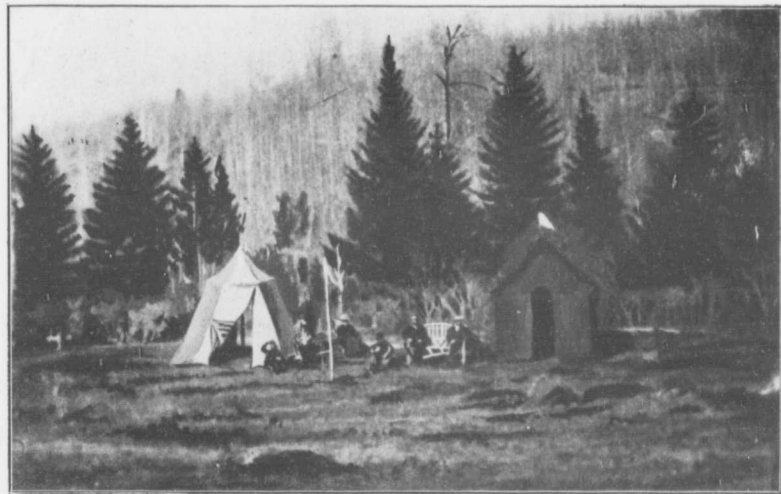


Sanatorium—Reception Room.



Sanatorium—Dining Room.

their appetites would invite them to ingest. They are very soon convinced that this is the case, and giving away to this, they very soon develop appetites that would put to shame an individual in perfect health. Coughing in the same way is very soon controlled to such an extent as to make the patients themselves wonder why they ever coughed so uselessly. The rare intervals of coughing then become a real relief to them, which very soon convinces them of their improvement, which in nearly all cases is real. It is wonderful also to note how quickly one becomes resistant to exposure by gradually becoming accustomed to sit out of doors. In the winter time with a temperature of 15 or 20 below zero, one would hardly believe that anybody could be comfortable sitting out, wrapped up in furs, with a hot soap-stone at one's feet, but this is really the case, and it does not take very long to become accustomed to this mode of outdoor life. The effect of breathing this cold dry air is simply wonderful. It stimulates every organ of the body, favors metabolic changes, the digestion and absorption of food is complete, and the result is general increased strength and vitality, both of which mean a greater resisting power of the organism. The natural climatic advantages possessed by the Laurentian mountains, added to the judicious supervision enforced in an establishment of this sort, would especially commend itself to any persons seriously in quest of a cure. It is perhaps superfluous here to state that none but persons in the early stages of the disease are admitted in this institution. All persons before entering must be examined by the consulting physician, or the director in Montreal. A fee is charged for each examination. It has been the object of the promoters to benefit all classes as much as possible, and for that purpose endowments have already been received, allowing of a limited number being admitted at lower prices than those existing, namely \$5 to \$7 per week, instead of \$10 to \$15 per week, the regular charge. The institution has also received a donation which has been devoted to the endowment of two free beds for specially deserving cases.



Taking the Cure in Summer.



Taking the Cure in Winter.

The Provincial Government is now being petitioned to make an annual grant which would allow of patients residing in this Province being taken at a uniformly low rate, thus increasing the usefulness of such an institution.

Relatives or friends visiting patients can be accommodated in the Sanatorium at the rate of \$1.50 per day. Patients are requested to bring with them the following, in addition to their regular clothing :—2 cushions, 1 fur rug, 1 shawl, 1 umbrella, 1 pair thick mittens, 1 fur or woollen hood or cap, 1 fur coat or ulster, overstockings, a neck ruff or woollen cloud, thick underwear, 2 sweaters, 1 pair fur shoes or long overshoes.



Waterfall near Grist Mill Ste. Agathe.

The Staff is made up of the following—

MEDICAL ADVISORY BOARD.

SIR WM. HINGSTON, M.D., L.R.C.S.E., D.C.L., LL.D.

DR. T. G. RODDICK, M.P. DR. J. GEO. ADAMI, DR. A. D. BLACKADER, DR. F. W. CAMPBELL,
DR. JAMES STEWART, DR. F. G. FINLEY, DR. W. F. HAMILTON, DR. JAMES PERRIGO,
DR. G. E. ARMSTRONG, DR. G. T. ROSS, DR. G. G. CAMPBELL, DR. GEO. WILKINS,
DR. E. P. LACHAPELLE, DR. H. S. BIRKETT.

CONSULTING PHYSICIAN :

DR. H. A. LAFLEUR, 58 University Street, Montreal.

THERAPEUTIST :

DR. R. WILSON, 596 Wellington Street, Montreal.

DIRECTOR :

DR. A. J. RICHER, 87 Union Avenue, Montreal.

(To whom all communications and applications should be addressed).

RESIDENT PHYSICIAN :

DR. J. A. FERGUSON, Ste. Agathe des Monts, Que.



IS A MODERN SANATORIUM A DANGER TO THE COMMUNITY ?



Emphatically, we can say No. In fact it has been proved (vide Knopf, "Prophylaxis and Treatment of Pulmonary Tuberculosis"), that it is impossible to contract tuberculosis in a supervised Sanatorium. You may contract tuberculosis almost anywhere in a city, but that is not possible in a properly conducted rural Sanatorium. The hygienic and preventive measures in force prevent the possibility of the dissemination of the disease.

In localities where Sanatoria have existed for twenty or thirty years, the death rate from consumption among the native population has materially decreased showing the marked influence for good exerted by the Sanatorium upon the inhabitants of the immediate neighbourhood or community.

If our homes were guided by the same rules that prevail in Sanatoria, we would soon see the disease disappear from our midst.



PHTHISIOPHOBIA.

This title is made use of to describe a growing malady among the lay public. Since Tuberculosis is being recognized as a communicable disease, the public mind is becoming incensed and going to extremes with their fears, the result being that every unfortunate who is declared a consumptive will be ostracized. Nothing could be more unjust, as Tuberculosis is a mildly communicable disease. This fact cannot be too strongly emphasized. In order to contract the disease one must be exposed to infection not for an hour, or a day, or a week, but for months.

Dr. S. A. Knopf in his address before the N.Y. Academy of Medicine (Official and Private Phthisiophobia) on January 2nd, 1902, denounce in the strongest terms the attitude of different public bodies in that State upon the question of locating a State Sanatorium. Let us quote a part of his address:

"All physicians approve of earnest and intelligent measures to prevent the spread of Tuberculosis, but to exaggerate the danger by declaring consumption, which is a chronic, preventable, curable and only communicable affliction, to be a dangerously contagious malady, we only create another disease in the minds of the people which may justly be called *phthisiophobia*. We should not encourage this new malady, privately or officially. Neither official nor private phthisiophobia will help us in the Anti-tuberculosis crusade. Education of the masses through societies for the prevention of Tuberculosis, instruction in schools and colleges, and a co-operation of the family practitioner with the health authorities, without inflicting burdens and hardships on either physician or the patient, or his family, will be, to my mind, a more judicious procedure and prove more effective than any draconian measure."

Koch at the last Congress (London) said: "A consumptive who coughs out tubercle bacilli is not necessarily a source of infection on that account, so long as he takes care that his sputum is properly removed and rendered innocuous." 20

LAURENTIAN SANATORIUM.

Patients treated July 1899 to Oct. 1901.

During the last two years a total of 97 patients were received in the institution, and the results are given in tabulated form below.

In the column headed "Markedly Improved" have been included a goodly number which should have been classified as "Arrested Disease," but in order to avoid confusion by subdivisions these have been grouped together.

In the incipient class of "Cured," two-thirds of the patients have received from half to three milligrammes of Tuberculine (Koch) before being discharged

	Incipient.	Mod. Advanced.	Ad- vanced	
				English Speaking 92 } 97 Patients.
				French " 5 } 97 Patients.
Number of Patients	22	40	35	Protestants 72
				Catholics 25
Cured or Arrested Disease	19	14	2	Average length of treatment and stay.
				Free 9 18.1 weeks
Markedly Improved	2	13	5	Half-pay 22 (\$5.00) 17.8 "
				Two-third pay 22 (\$7.00) 15 "
Improved	5	8	Full pay 44 (\$10 to \$12) 14 "
				Average cost per patient per week \$9.45
Grew Worse	1	8	20	Married Females 15)
				Married Males 20)
				Single Males 37) Total 97
				Single Females 25)