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The Albert Baldwin Sanatorium

EL PASO, TEXAS

For incipient and suitable cases of tuberculosis and kindred diseases admitted only on examination in advance.

For suitable cases of tuberculosis and kindred diseases. All cases taken only on thirty days trial, and no patient admitted for less than one month. A modern, thoroughly equipped institution for the treatment of pulmonary and laryngeal tuberculosis. Situated at the foot of Mount Franklin, overlooking the city and Rio Grande valley. Altitude 3764 feet. On account of its location the sanatorium is absolutely free from dust storms. A commodious structure of solid stone, having 10,000 feet of covered sleeping porches, ventilated on three sides. Two sun rooms. Steam heated, etc. Accommodations limited. Modern hygienic treatment. Resident physician in charge. Competent corps of trained nurses night and day. Experienced matron. Home comforts. Separate accommodations for guests accompanying patients. Dietetic cooking. Reasonable rates. The institution has no extras except personal laundry, and drugs when prescribed. Research laboratory. Vaccine and serum treatments. Opsonic Index.

Hydro-Therapy Room, with all necessary appointments for giving steam, needle, shower and tub baths in charge of competent masseurs, under the control of our physicians.

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For further information, government statistics, sample menus, and booklet address the Superintendent or Matron

REPORTED TO THE HEALTH OFFICER FOR FUMIGATION.

Do not use patent medicine, Nostrums, Cure Alls, so called Specifics, or Consumption Cures. They are all fraudulent, often harmful, will not cure you, but will disappoint you in your hour of need.

Drugs will not cure you, they may be necessary at times to regulate the functions of the body, but should be used only on the advice and prescription of your physician.

Your hope for cure depends largely upon an early diagnosis and then following implicitly the right methods of living.

Sit out of doors all you can. If you have no other place to sit than the pavement, sit on the pavement in front of your house.

Don't take any exercise except upon the advice of your doctor.

Avoid fatigue. One single fatigue may change the course of your disease from a favorable one to an unfavorable one.

Don't eat pastry or dainties. They may upset your stomach.

Take your milk and raw eggs whether you feel like it or not.

Keep up your courage. Make a brave fight for your life. Do what you are told to do as though your recovery depended upon the carrying out of every little detail.

Always keep in mind that consumption can be cured in many cases and that it can be prevented in all cases.

If your own disease is too far advanced for you to recover, console yourself with the idea that you can keep those who are near and dear to you from getting it.

Retire early each and every night at the same hour and if possible rest half an hour at midday by lying down.

The maximum benefit is to be derived in a climate which allows of persons living out of doors the year round at night, and as much as possible in the day. Such advantages are offered at the ALBERT BALDWIN SANATORIUM, EL PASO, TEXAS.

RULES FOR THE CONSUMPTIVE.

Do not infect others—"Do unto others as you would they should do unto you."

DO NOT SPIT on the floor of any room, car, on the sidewalk, pavement or crossing, or in any public place unless you want to transmit consumption to others. Do not swallow your sputum unless you want to re-infect yourself, and thus lessen your chances of getting well. YOU MUST SPIT? Yes, but you can dispose of the sputum so that it will not infect yourself or others. DESTROY IT BEFORE IT BECOMES DRY, that is the whole secret.

Do not let any spit get on your clothing, or your lips and hands, or your bed clothes or carpets or furniture, or anything about you, wherever you may be.

If, by any accident, any spit should be deposited anywhere else than in your spit cup, or in your paper napkin, take pains at once to destroy it, either by taking it up and putting it on the fire or by putting lye and water on it.

The best plan is the use of a metal covered spit cup, having a paper box within, which may be removed and burned when full; or a wide mouth bottle which shall be emptied into the fire or watercloset and then cleansed by scalding. Do not use handkerchiefs for sputum, but instead small cloths or paper napkins, which shall be burned immediately after once using.

Always wash your lips and hands before eating or drinking, and rinse out your mouth.

If cuspidors must be used they should contain an antiseptic fluid.—Solution of Carbolic Acid two ounces to the pint, or Bichloride of Mercury eight grains to the pint,—and should be emptied into the closet and scalded daily.

If you have a running sore take up the mat which is given off with absorbent cotton and burn it.

Cough as little as possible, and always hold a paper napkin or cloth before the mouth when coughing, to prevent particles from flying out.

Avoid kissing.

Avoid handshaking. This custom is dangerous to you as well as to others. It may give OTHERS consumption; they may bring YOU colds and influ-

enzas which will greatly aggravate your disease and may prevent your recovery.

Do not moisten your fingers with saliva when turning the leaves of books, magazines or papers.

Do not put pencils in the mouth.

Boil all eating appliances immediately after their use.

Your diet should be generous, nourishing and easily digested. The most nourishing and ideal foods are milk, raw eggs, raw or rare beef and beef steak. The more the patient consumes the more quickly will he build up and recover.

ALCOHOL (whiskey, brandy, wines and beer) are especially harmful.

Don't think that you must take a lot of exercise in order to build up, for in many stages of the disease exercise is contra-indicated.

Consumptives should not work in dairies, creameries, bakeries, meat markets, or aid in any way in the preparation or handling of food for others.

Sleep alone. Sleep out of doors if possible, at least have all your windows open at all times. You are in no danger of catching cold if you are well protected by bed clothing, and every breath of absolutely fresh air you get means an aid to your recovery.

Have as little furniture in your room as is possible for your absolute needs, and that of the simplest kind, that can be cleansed easily and thoroughly.

Use small rugs where necessary, but have no carpets on the floor.

Never sweep or raise any dust in your room; clean the floor, woodwork and furniture, every few days with cloths wrung out of Bichloride of Formalin solution.

All bed clothes and linen used by the patients should be handled as little as possible and must be boiled before washing.

DO NOT OCCUPY ANY ROOM until you find out whether or not it has been PROPERLY FUMIGATED, if it has been previously occupied by one suffering from consumption; and DO NOT LEAVE A ROOM for possible occupancy by some non-tubercular person, who may contract the disease, without seeing that it has been

the comfort of living—is concerned, 20 or 25 degrees cooler than the eastern cities in the daytime and 30 to 40 degrees cooler than the eastern cities at night—no wonder that El Paso is a favorite summer resort.

The "Isotherms."

One more fact with regard to relative temperatures will surprise many readers. It is this: The weather bureau has reduced the results of observations for a long term of years throughout the country to a basis of "sensible" temperature, and has taken the average. Then on a map of the country it has traced the "isotherms," or lines along which the yearly average "sensible" temperature is the same.

The line of 60 degrees starts in the neighborhood of Halifax, Nova Scotia, and Eastport, Maine; passes through Northfield, in northern Vermont, and on westward toward Lake Ontario north of Buffalo, through a section of Canada, on through Lansing, Mich., north of Milwaukee, through Minneapolis, and slightly north of west until it strikes the line between North and South Dakota; crossing the upper Missouri, the line then takes a sharp bend southerly; it skirts along the eastern boundary of Colorado and along the eastern boundary of New Mexico, until it comes nearly to the southwestern corner of the territory, where it takes a sharp bend to the west and passes through El Paso; thence north of Phoenix, crossing the Colorado river at Needles, Cal., and bending sharply toward the north it runs almost to the northern boundary of California; turning sharply backwards, it runs southerly and runs into the sea between Los Angeles and San Diego.

Like a Trip North.

Take a map and a pencil, and trace the line as just described. It will surprise you. The fact is that the average sensible temperature, the temperature as it affects the comfort of living, is the same the year round at El Paso and at Eastport, Maine; at El Paso and North Dakota; at El Paso and in lower California.

In fact, there is no city in the United States more comfortable in the summer than El Paso.

EL PASO'S IDEAL CLIMATE.

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El Paso's Climate is as near ideal, so far as the comfort of living is concerned, as can be found in the world. Outdoor occupations are pursued with equal vigor through 52 weeks of the year. There is no closed season, no season when weather conditions cause loss to business interests and annoyance to everybody.

The altitude of El Paso, and the absence of humidity, make a most happy combination in summer; and in winter the comparatively low altitude, with the sheltered situation of the city itself, make the city a delightful resort. The people live out-of-doors the greater part of the year. Indeed a great many habitually sleep under the open sky, on roofs or porches, throughout the winter as well as the rest of the year.

In winter the thermometer rarely falls below 20 degrees Fahrenheit, and almost never below 15. The real winter is very short, hardly more than five or six weeks, though cold nights are the rule during three or four months, and houses must be properly heated. Daytimes, the sun is always warm, and the cold is never the sort that "strikes through." Unpleasant days are rare, and the splendid bracing atmosphere tempts to vigorous exercise and effective work.

El Paso has an equable climate, and the greatest per cent of possible sunshine (less than three cloudy days per month). The city is reached by six trunk lines.

A Health Resort.

The city is of course supplied with all modern conveniences. The sewage system is being all the time extended to cover new territory as it settles up. The system was originally planned by the eminent engineer, Col. George E. Waring, long the chief of New York City's sanitary department. The water supply is free from all possibility of contamination. There are a number of well conducted hospitals and sanitariums.

Aside from its well deserved reputation as a health resort—particularly adapted to the typical maladies of low, moist countries, such as tuberculosis, asthma, malaria, and rheumatism.—El

Paso has become a favorite for tourists during all seasons of the year. It is a delightful place in which to spend a few weeks or months of the winter season away from the rigors of the north and east; and in summer, El Paso is as comfortable as the resorts of New England, or the California coast, to those who live rationally and take advantage of what nature offers.

Paradoxical, But True.

The average sensible temperature, the temperature as it affects the comforts of living, is the same for the year round at El Paso and at East Port, Maine; at El Paso and in North Dakota; at El Paso and in lower Canada.

In fact there is no city in the United States more comfortable in the warm months than El Paso. This notwithstanding that El Paso is in the latitude of Savannah, Ga. The city is 3760 feet above sea level, and is in the region of constant breeze and extreme dryness of the atmosphere. What these factors have to do with summer comfort is shown in a way that every reader can understand in the following article:

Heat Prostration Unknown.

Everybody who lives in El Paso knows that though the thermometer in the summer months occasionally climbs up over the hundred mark, the heat is never oppressive. No one ever was prostrated in El Paso from the effects of heat. Brick and stone masons, street laborers, and all other outdoor workmen, pursue their vocations through the middle of the hottest days without feeling any ill effects. Business goes on just the same, men walk briskly about the streets, and there is in El Paso no evidence of that fearful depression, lassitude and illness that accompany a summer in the north and east.

Refreshing Nights.

People who visit the east in the summer are pulled down physically and are glad to get back to El Paso. Even those who go to east Texas towns never fail when they return home to remark how cool it seems. Here there is invariably a cool breeze, night and day; the nights are

fresh, and towards morning it often becomes cool enough to require extra covering on the bed. People sleep soundly and awake refreshed, ready for the work of another day. In short, summer in El Paso never interferes with business or pleasure, and is a healthful and joyous season. Yet with these facts indisputable, the reports of the thermometer readings published throughout the country indicate El Paso to be among the hottest places in the country; and those poor eastern people actually pity us sometimes, in the midst of their own misery.

Humidity Causes Suffering.

Science has a very simple and wholly adequate explanation for our immunity from the distress of summer heat. It is all due to the increased evaporation induced by the dryness of the atmosphere.

In the eastern papers one will often see sickly attempts at jokes about General Humidity. The weather reports often contain this expression, and newspaper readers have learned that general humidity, whatever the recorded temperature may be, means weather that takes all the "go" out of strong men and women, kills babies and invalids, prevents sleep and rest, depresses the spirits, interferes with business, makes people peevish and cross, causes the clothing to stick to the body with a million prickles, makes everything feel soggy and stuffy, and smells sour and rank, and causes the very air to hang heavy like a pall, and become foul and thick. The sufferers back east call it muggy, and pray for relief.

Evaporation Rapid.

In El Paso there is no such thing as general humidity. We are mercifully spared any such experiences as those just detailed, which are the lot of three-fourths of the people of the United States.

In the east the atmosphere is soaked with moisture most of the time. There is little wind, and little evaporation. The atmosphere is too heavy with water particles to be able to absorb more, just as a sponge well soaked will drip water but will not take up any more. The atmosphere in El Paso is like a sponge that is nearly

dry, just moist enough to create capillary attraction and yet not moist enough to prevent further full absorption. The winds are incessant in this region, and this hastens the evaporation and

The Cooling Process.

Everyone in this region knows that if a canteen, or an olla, or an ordinary thin drinking glass be wrapped in cloth, and the cloth be kept moist, a very short time will be required to cool the contents, and if the wrappings be kept thoroughly wet and the vessel be hung in the wind or swung to and fro, the water in it will be cooled almost to the point to which ice would bring it. But if this experiment were tried in the east, the contents would not be cooled, but on the contrary the wrappings would become warm and would dry out very slowly, owing to the low rate of evaporation. Evaporation is a cooling process, and the faster the evaporation the greater degree of cold will be developed—bay rum and cologne are cooling because the alcohol they contain is a quick evaporator.

The Atmosphere a Sponge.

What happens to the human body is exactly parallel to the cooling of the jar of water. Perspiration is going on all the time from the body—it is one of nature's most important means of eliminating waste matter from the body, and if the process be checked it entails ill health or even death. In the east the atmospheric sponge is so nearly saturated that the perspiration stands out all over the body and soaks the clothing, so that frequent changes are necessary, while there is practically no evaporation and absorption by the air. But in El Paso the atmosphere is so dry that the sponge eagerly absorbs moisture, and the perspiration—which is even more profuse in this dry country than it is in the moist country, and is increased by the healthful habit of drinking large quantities of water—is rapidly absorbed by the atmosphere, the clothing is kept dry, and the process of rapid evaporation results in keeping the surface of the body cool and dry.

"Sensible Temperature."

This explains the comfort of living while the thermometer registers over 100 day after day,

with a minimum at night of 65 or over. But it is interesting to see just how much difference in the "sensible temperature" or temperature as it affects the human organism, is caused by this difference in the degree of moisture and rate of evaporation.

"Wet Bulb" Thermometer.

Observations are made, in order to determine the "sensible temperature," with a thermometer in which the bulb is kept moist. In the east a "wet bulb" thermometer indicates but little difference from the ordinary or dry bulb thermometer. The difference is commonly from two to four degrees, and often the readings are the same, owing to the atmosphere being saturated to the point of precipitation—or in other words, to the point where evaporation is absent. Therefore in the east, the effect of the heat on the human body is commensurate with the temperature as recorded by the ordinary thermometers.

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The difference between day and night temperatures averages nearly 30 degrees in summer, so that ordinarily when the day maximum reading is 98 the night reading is about 68—which with the proper reduction on account of the proportion of humidity would be still further reduced to a sensible temperature of 56 or 58.

Summer Maximum, 60 to 70.

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Never sweep or raise any dust in your room; clean the floor, woodwork and furniture, every few days with cloths wrung out of Bichloride of Formalin solution.

All bed clothes and linen used by the patients should be handled as little as possible and must be boiled before washing.

DO NOT OCCUPY ANY ROOM until you find out whether or not it has been **PROPERLY FUMIGATED**, if it has been previously occupied by one suffering from consumption; and **DO NOT LEAVE A ROOM** for possible occupancy by some non-tubercular person, who may contract the disease, without seeing that it has been

REPORTED TO THE HEALTH OFFICER FOR FUMIGATION.

Do not use patent medicine, Nostrums, Cure Alls, so called Specifics, or Consumption Cures. They are all fraudulent, often harmful, will not cure you, but will disappoint you in your hour of need.

Drugs will not cure you, they may be necessary at times to regulate the functions of the body, but should be used only on the advice and prescription of your physician.

Your hope for cure depends largely upon an early diagnosis and then following implicitly the right methods of living.

Sit out of doors all you can. If you have no other place to sit than the pavement, sit on the pavement in front of your house.

Don't take any exercise except upon the advice of your doctor.

Avoid fatigue. One single fatigue may change the course of your disease from a favorable one to an unfavorable one.

Don't eat pastry or dainties. They may upset your stomach.

Take your milk and raw eggs whether you feel like it or not.

Keep up your courage. Make a brave fight for your life. Do what you are told to do as though your recovery depended upon the carrying out of every little detail.

Always keep in mind that consumption can be cured in many cases and that it can be prevented in all cases.

If your own disease is too far advanced for you to recover, console yourself with the idea that you can keep those who are near and dear to you from getting it.

Retire early each and every night at the same hour and if possible rest half an hour at midday by lying down.

The maximum benefit is to be derived in a climate which allows of persons living out of doors the year round at night, and as much as possible in the day. Such advantages are offered at the **ALBERT BALDWIN SANATORIUM, EL PASO, TEXAS.**