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HOPEWORTH  
SANITARIUM  
BRISTOL, R.I.



NATIONAL LIBRARY OF MEDICINE  
Bethesda, Maryland



## To Physicians

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*A*T Hopeworth your patients can receive any medical treatment you advise, and remain under your direct influence. Your wishes and directions will be followed by our medical staff with the aid of special apparatus and skilled attendants, and under constant medical supervision.

Written reports of the condition and progress of the patient will be made to you at such intervals as you may desire.

We would consider it a kindness if the Physician, in sending his patient, would give us a concise history of the case and its treatment, together with any suggestions.

*H*OPEWORTH  
*S*ANITARIUM  
BRISTOL·R·I·

*Established 1883*

*W. C. Canfield, M. D.*  
*Physician in Charge*

*R. K. Cléborne, M. D.*  
*Assistant Physician*

*CONSULTING PHYSICIANS*

*George W. Porter, M. D.*  
*Gynecologist*  
*Providence, R. I.*

*John W. Keefe, M. D.*  
*Surgeon*  
*Providence, R. I.*

*George L. Shattuck, M. D.*  
*Neurologist*  
*Providence, R. I.*

*H. C. Pitts, M. D.*  
*Gynecologist*  
*Providence, R. I.*

*George S. Mathews, M. D.*  
*General Medicine*  
*Providence, R. I.*



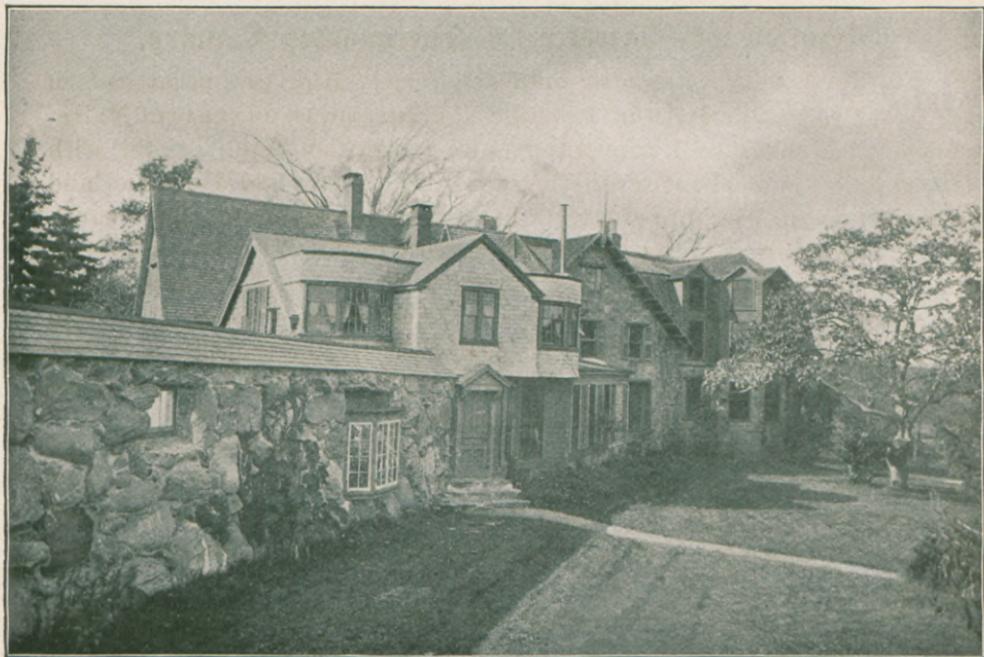
FRONT OF MAIN BUILDING

### Location and Character of Surrounding Country.

**H**OPEWORTH is located on Narragansett Bay, two miles east of the railroad station in Bristol. The unsurpassed beauty of Narragansett Bay is too well known to require description here. Bristol, with its population of about seven thousand, is a typical old New England seacoast town, with broad streets shaded by stately elms. Just south of Hopeworth rises Mount Hope, the historic landmark of Rhode Island, the home of King Philip and his tribe of Wampanoag Indians; while four miles across the bay, Fall River, Mass., spreads along the shore and up over the high hills. Newport with its magnificent summer homes, is fifteen miles away and easily accessible, as are also Jamestown and Narragansett Pier on the opposite shores.

The weary invalid, made so by whatever cause, finds here that the cool, moist sea air, softened by the nearness of the Gulf Stream, makes life comfortable in summer, and that the same soothing influences temper the winds in winter, and make Hopeworth equally desirable at that season.

These were the attractions that called Hopeworth into being in 1883.



FACING THE BAY

### Buildings.

THE main building consists of twenty-four bed-rooms, sitting rooms, rooms for treatment, a spacious airy dining-room, music and billiard room. Of late years we have been obliged to erect tents in the summer, with board floor and furnished as completely as any room in the house. A conservatory eighty feet long connecting with the dining room is used much more for a solarium than for growing flowers. Nearby in the flower garden, is a bowling alley and exercise room, and equally near a tennis court and croquet grounds. Electric lights and steam heat in all buildings. A bath house with observation room has been erected upon the shore. The barn has been increased in size three-fold to meet the demands for additional carriage room, stabling for more horses, and a large herd of Holstein and Jersey cows. An artesian well and the necessary pumping engine ensure a supply of water of exceptional purity as shown by analysis.



ENTRANCE AT HOPEWORTH

### Aim and Object.

IN all the construction and appointments of our buildings we have kept two points constantly in mind — the comfort, convenience, and happiness of the patient, and the avoidance of everything suggestive of the institution — seeking to permeate all with an atmosphere so independent, so restful, and so homelike that Hopeworth would become a *home indeed* for the time being. To further this end, there is an entire absence of all general rules or regulations, except that one has due regard for the ordinary amenities of life, and follows the medical directions considered necessary in each individual case for a return to health. We adopted the sanitarium as a means of reaching and scientifically treating the invalid *as an individual*.

### Methods of Treatment.

WE make use of anything and everything which we have a scientific reason for believing will be of service in the individual case before us. Among the methods we constantly employ are massage, medical gymnastics, mechanical vibration, electricity in its various forms, galvanic, faradic, static, etc. Hydrotherapy receives a large share of our attention, and we apply it in full tubs, with or without electricity, douches, sprays, packs and rubs, vapors, etc., at varying temperatures.



DINING ROOM

## Diet.

A LARGE measure of common sense is the guide in the matter of diet at Hopeworth rather than the insistence upon special foods, or special methods, or a continuous analysis which leads to introspection and makes what shall be eaten the main business of the invalid's life.

## The Rest Cure.

THE Rest Cure, with modifications to suit the individual, is often made use of. In the right case the Rest Cure is productive of the most brilliant results, but many are convinced they stand in need of the Rest Cure when in reality they need the Work Cure.

## The Work Cure.

IT is not generally known that almost precisely the same nervous symptoms are produced by too little work as by too much. We hear much of *overwork*, but the man or woman who suffers from overwork, pure and simple, is rare. Overwork plus worry, plus excitement and dissipation, plus fright, shock or grief, is common, but almost never *overwork alone*. To keep the body at a high standard one should work to become tired; the more tired the better, as long as recuperation takes place during sleep. It is not tire but fatigue that lasts over from day to day, and in the end results in exhaustion. As long as tire and recuperation go hand in hand, nature is kept at her work of repair and the stronger upbuilding of the body. No tire, no recuperation; no recuperation, no additional growth of strength; and the processes of health come to a standstill.

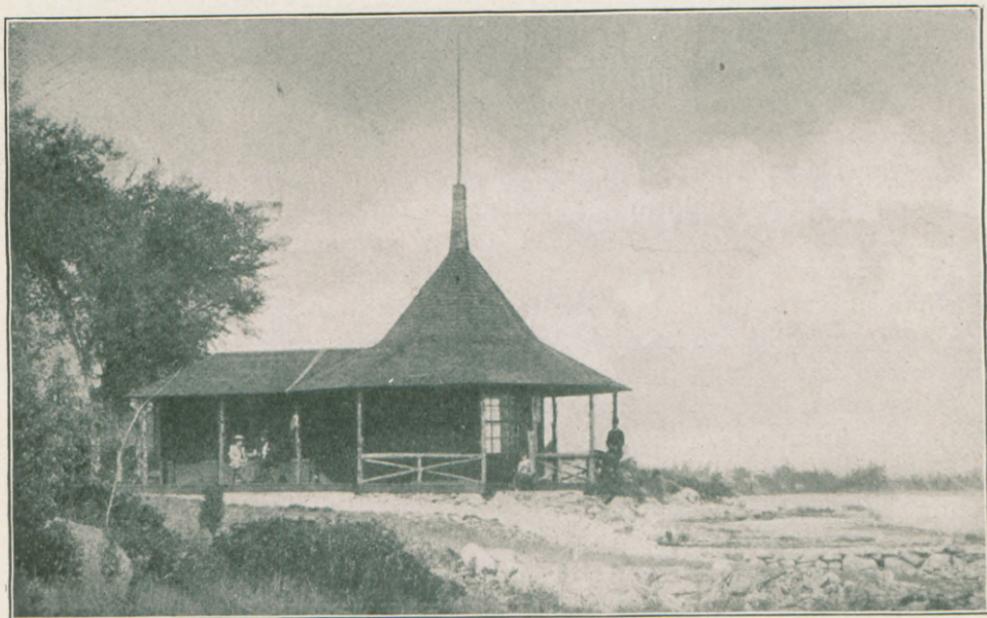


AN INTERIOR

## Amusements.

**A**N effort is made to interest everyone in something. Music, billiards, pool, and bowling attract many. Bicycling has its opportunities, the roads for miles being very favorable. The bay affords safe sailing, for which a good sized sloop and naphtha launch are provided; also rowing, bathing, and fishing. Excursion boats ply in all directions to the various towns, shore resorts, and clam bakes on the bay. All enjoy the numerous walks, and horses and carriages can be had from the stable at reasonable prices for attractive drives.

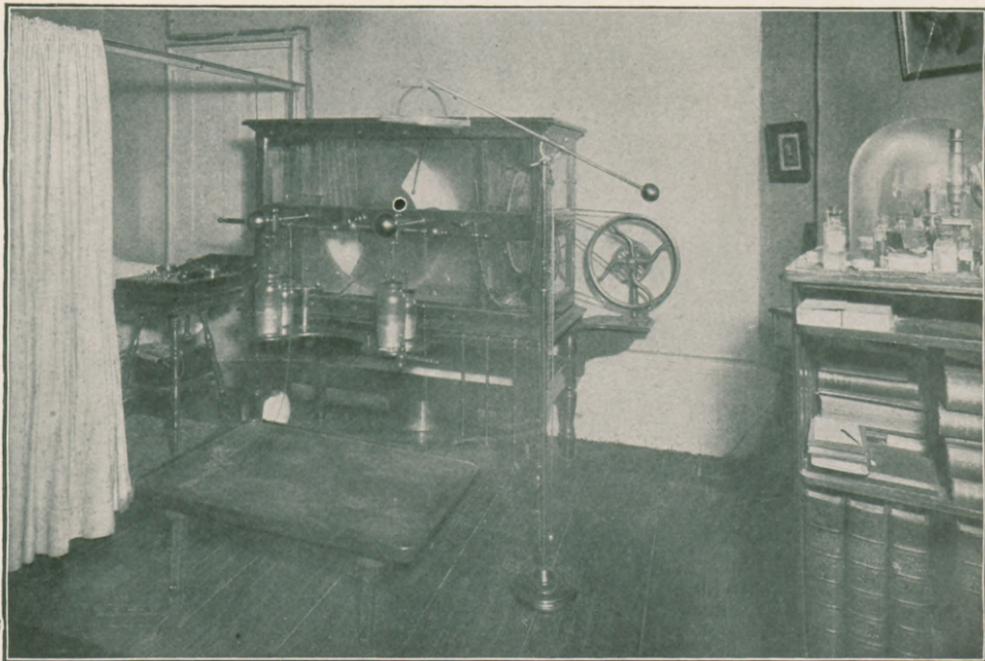
Hopeworth with its sixty-five acres of lawns, groups of shrubbery, massive forest trees, its stretch of woods and tangle undergrowth of thirty acres, its pond and running brook, and its long shore frontage on the bay, furnish a nesting ground and habitation for as extensive variety of bird life as can be found in New England. The same holds true of plant life, so that one interested in ornithology, botany, or photography has at hand copious material for study, even if unable to go far afield. For one who really finds anything of interest in life beyond his own feelings, sensations, pains and aches, Hopeworth lacks not for material for the pleasurable and healthful occupation of mind and body.



THE BATH HOUSE



ALONG THE SHORE



THE ELECTRICAL ROOM

### Class of Cases Received and Treated.

ALL chronic nervous cases, other than the insane ; nervous prostration, hysteria, chronic rheumatism, gout, diseases of the kidneys and bladder, diabetes, heart disease, chronic diseases of stomach and bowels, diseases of the liver, convalescents from surgical operations and acute diseases (not contagious), etc. In fact we receive all classes of cases, except insanity, epilepsy, tuberculosis, and contagious diseases.

We receive selected cases of alcoholic and drug addiction, under certain conditions and when convinced of the sincere desire for recovery, but *no forms of this nor of any other disease are received which would render the sufferer disagreeable to the other members of the household.* In doubtful cases we see the applicant personally before admission, so that one may not fear associating with those distasteful or those one would not wish to recognize afterward. *One's disease is never spoken of in public, and if one does not talk of his symptoms himself, he may come and go without anyone, but physicians, being the wiser or knowing for what he is here.* As we receive *no insane* patients, one may live at Hopeworth, and, returning home, not find clinging to him the stigma of the lunatic asylum.



THE BOWLING ALLEY

### Terms.

IT is not easy to state definite rates without some knowledge of the patient, some study of his symptoms, and some idea of his individual needs and requirements. As no two cases are treated alike at Hope-worth, the cost of care must necessarily differ, and it is upon this cost that we base our charge. All are charged an examination fee of \$10, but this is refunded if the patient remains a full month, and credit given upon the bill rendered for the fifth week.

We have a limited number of rooms at \$15 per week, but this includes only general medical direction. Where patients come for rest and general recuperation, we have rooms at \$15, \$20, \$25, \$30, and suites at \$35 to \$75.

Terms for cases involving treatment range from \$20 per week upward, to include all expenses save that of laundry ; the basis for increased rate being the special additional medical attention and special nursing.

We are anxious for the rapid recovery of every patient who comes to us ; to accomplish this we must have the means and the best of tools for working, and the cost of these is frequently necessarily high, but it



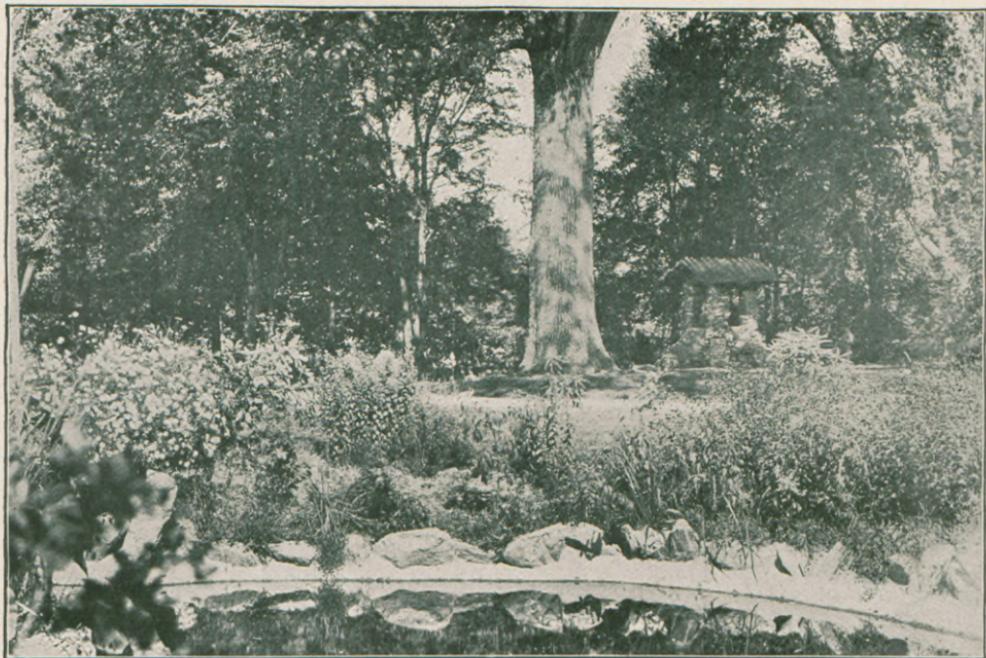
SOLARIUM

is often true economy. The chronic invalid needs a thorough overhauling, and a start with an impetus that will keep him moving rapidly toward recovery. To drag along and do without treatment because it is expensive, is often only rolling up a total expense far greater in the end.

It will be noted, then, that one can come to Hopeworth and be at as great or as little expense as his reason dictates or his purse will allow. It is our intention to place the advantages and facilities of Hopeworth within the reach of every individual who is sincere in his efforts to regain his health, and is willing to pay a fair price for the benefits received. All communications will be treated confidentially, and a personal interest will be taken in any arrangement which will conduce to this end.

Weekly settlement of bills is required unless other arrangements are specially made. Allowance cannot be made for brief absences. If rooms are reserved and unoccupied, they will be charged.

It is desirable to notify the Sanitarium as early as possible if intending to come for treatment, as it is often necessary to speak in advance for a room.



LILY POND FROM FRONT PIAZZA

### Routes and Means for Reaching Bristol.

**B**RISTOL is reached via Providence or Fall River. From Providence the electric trains run every hour. From Fall River electric trains leave every hour. The nearest station in Bristol is Franklin Street.

From Washington, D. C., Pittsburg, Pa., and other points south and west of New York, the Federal Express is most convenient, leaving Washington at 4.20 P. M. and Philadelphia at 7.43 P. M., and reaching Providence, without change, at about 6.00 A. M.

The Providence Steamboat Line leaves Pier 18, North River, foot of Murray Street, New York, about 5.00 P. M., daily.

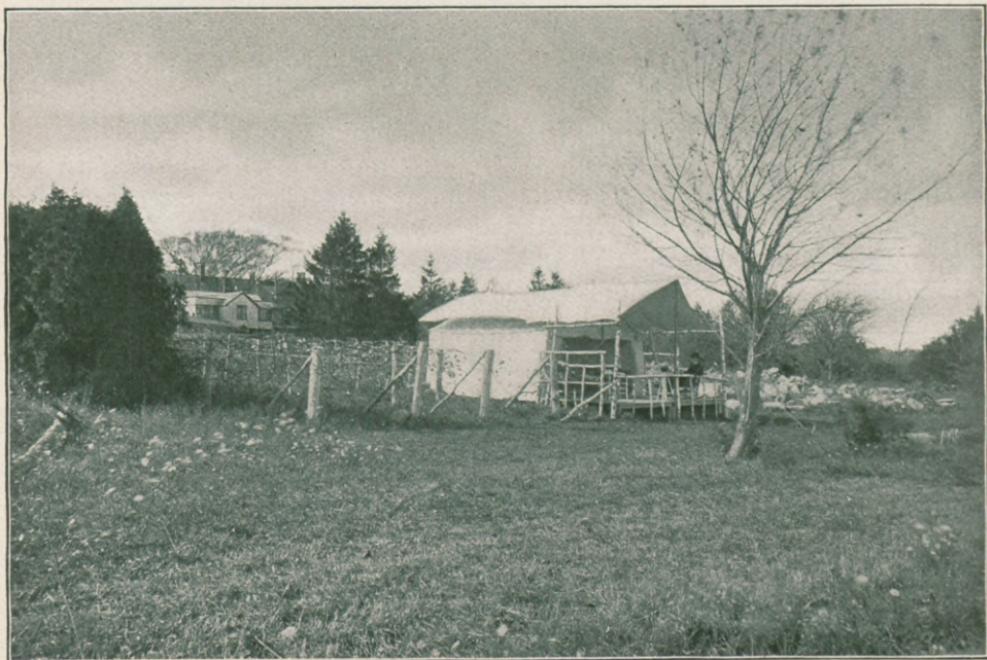
The Fall River Steamboat Line leaves the same Pier about 5.00 P. M.

The most direct route from the West is via Albany and Worcester.

Our carriage will meet any one at the train when notified as to time of arrival.

Address correspondence to DR. W. C. CANFIELD.

Local and long distance telephone.



TENT LIFE



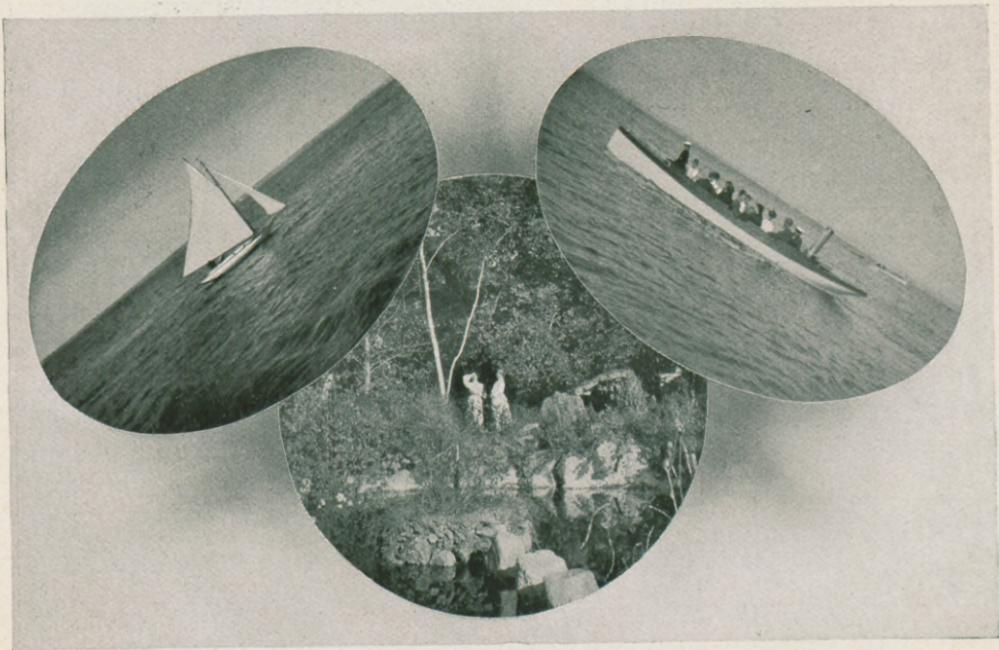
FARM WORK



CHERRY TREE WALK



VIEW FROM SOUTH WINDOWS



OUTDOOR LIFE



