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CROMWELL
HALL



- SANATORIUM
- • FOR
- NERVOUS DISEASES • •

Cromwell, by Middletown, Connecticut

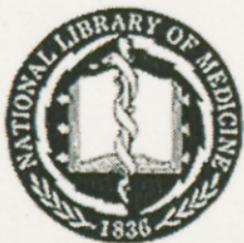
Established 1877



Resident Physicians

-
- Winthrop Bailey Hallock, M. D.
 - Frank Kirkwood Hallock, M. D.

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CROMWELL'S CONNECTIONS

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CROMWELL HALL

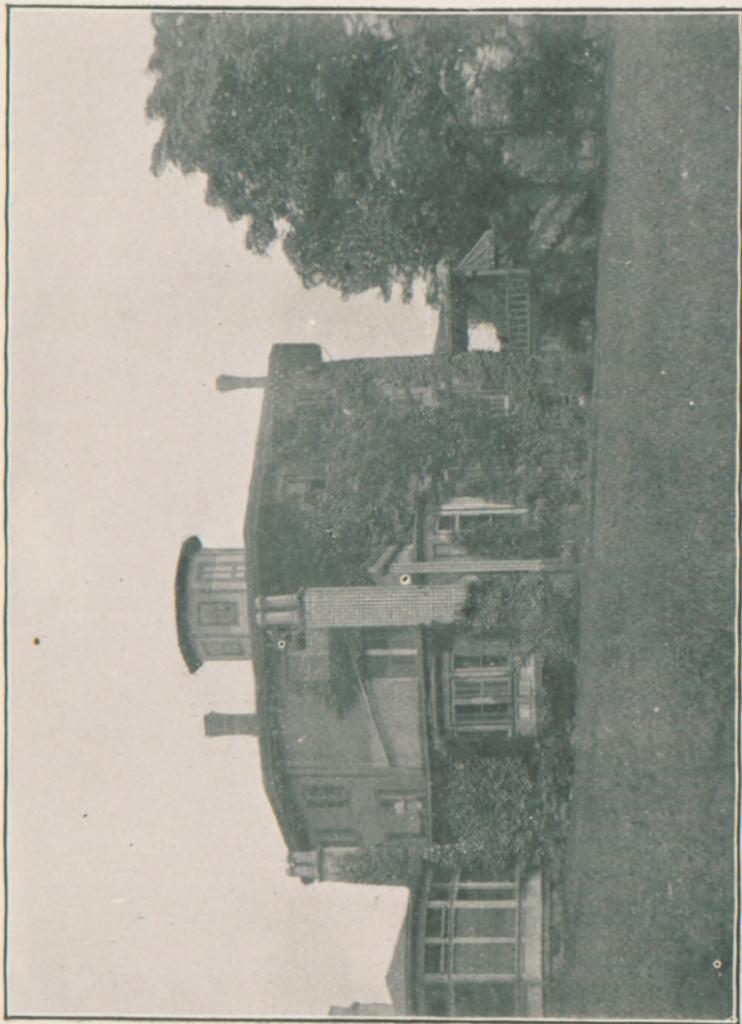
SANATORIUM FOR NERVOUS DISEASES.



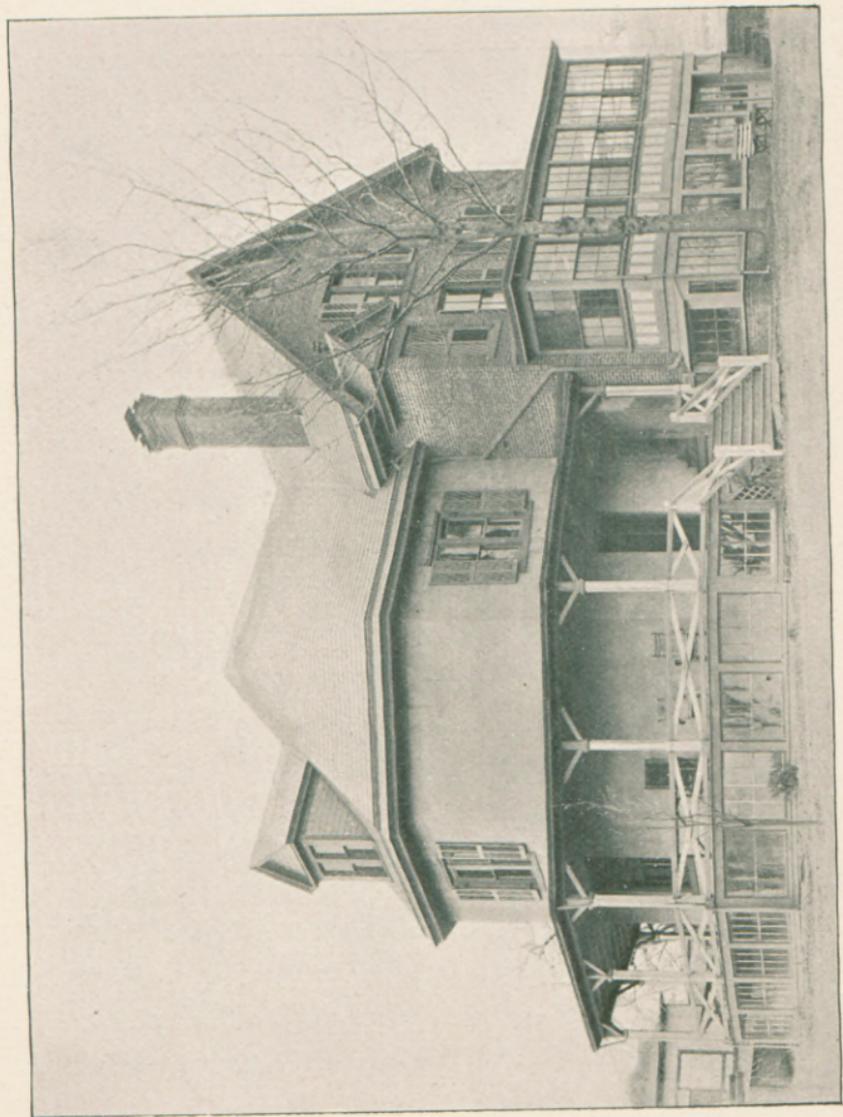
Location. CROMWELL HALL occupies an elevated situation on the southern slope of Prospect Hill, in the Town of Cromwell, formerly called Upper Middletown, or Middletown Upper Houses. It is pleasantly located one mile from the Connecticut river, at the head of the village park and conveniently removed from neighboring houses. The site of the institution is noted for commanding extensive views of the Connecticut river valley. David Dudley Field, in an address at the Second Centennial Anniversary of Middletown, in 1850, said: "The elder President Adams, in a journey in the month of June, 1771, struck the Connecticut river at Enfield, and passed down through Windsor and

Hartford to Wethersfield, admiring the valley on the way, and saying when at the last place: 'This is the finest ride in America, I believe; nothing can exceed the beauty and fertility of the country.' But when he had passed on to Prospect Hill in Upper Middletown, and the river for miles opened before him, with the intervals and improvements on both sides, with the luxuriant crops ripening for harvest, the body of this town, and the mountains in the distance, he was enraptured, and said: 'Middletown, I think, is the most beautiful of all!'

The **Buildings** and **Equipment.** THE original Hall, now called the *Main Building*, is a large, octagonal-shaped stone structure, of three stories and basement, with kitchen and storeroom additions at the rear. The first floor, with the exception of the office and administration quarters, is for the general use of patients, and consists of a sun-room, a sitting room



MAIN BUILDING.



EAST COTTAGE.

or library, and dining room with conservatory adjoining. The chief treatment and examination room is also in this building, and there is an additional sitting room on the upper floor, large and pleasant, with windows looking upon the river and meadow, Cobalt mountain and the Portland hills to the east and south. This sitting room and the remainder of the house is reserved exclusively for female patients. Every room is supplied with steam heat, and on each floor are toilet and bath rooms. Owing to the eight-sided form of the building, all rooms for the accommodation of patients receive a good supply of sunshine sometime during the day.

The East Cottage furnishes accommodations for men only. It has a double system of water closets and sanitary conveniences, and the rooms are so arranged as to allow a variety of special suite combinations. The Gymnasium, or amusement room, containing a billiard table, piano, and the simpler gymnastic apparatus, occupies the entire ground floor of one portion of the building.

The West Cottage is attractively situated overlooking a wide range of farming and woodland scenery, which stretches southward beyond the city of Middletown and westward to the Hanging Hills of Meriden. A veranda, glass-enclosed in winter, extends along the entire west and south sides of the house. This cottage is reserved for a single patient desiring separate accommodations, or for cases requiring special individualized treatment.

The Branch Cottage. A portion of the Hall property, including a brook and pond representing a water-privilege, lies not quite two miles distant from the Main Building, in a westerly direction. The Cottage here located has been used as an outing ground for patients during the summer months, and also serves as a summer residence for the family of a patient undergoing treatment at the Hall.

“The Roost.” This is the name given to the boat-house standing on the bank of the Connecticut river one mile distant from

the Main Building. The house stands somewhat secluded in a belt of cottonwood trees, and commands fine views up and down the river. Unless the walk is prescribed, the patients are conveyed by carriage to and from "The Roost." In addition to the ordinary sports of rowing, sailing and bathing, special attention is given to the process of toughening the physique by exercising with the body partially exposed to the direct action of the air and sun.

The various buildings comprising the Sanatorium can together furnish accommodations for fifteen to twenty patients. The property includes forty-seven acres of diversified land, which yields fresh supplies of all country produce. The basements of all the buildings are light and dry, and are occupied by the boilers of the steam-heating equipment. The vegetable cellar and cold storage rooms are connected with the kitchen extension. The stable with coachman's house, and the farm barns are located at a convenient distance from the Main Building.

Terms. THE weekly charge depends upon the nature of the case as to the amount of care and treatment necessary, and the accommodations desired.

Ordinarily the charge includes room, board, medicine, medical services and general nursing.

Special nursing with or without additional room is extra.

No case is received for less than one month.

The rates are payable monthly, in advance. Four weeks constitute a month.

The laundry is an extra charge.

Stated terms include general riding; special use of horses is extra, at a moderate charge.

Long distance telephone connections.

To insure prompt delivery, direct telegrams to "Dr. Hallock, Middletown."

Dr. W. B. Hallock may be consulted on the *third Thursday* of every month, at No. 47 West Fiftieth Street, New York, from 1 to 4 P. M.

Dr. F. K. Hallock may be consulted on the *first Tuesday* of every month, at No. 819 Madison Avenue, New York, from 1 to 4 P. M.

Railroad Connections. CROMWELL is easy of access by several divisions of the New York, New Haven and Hartford Railroad, or by carriage from Middletown, two and one-half miles distant. During the navigable season of the Connecticut river, the Hartford and New York steamers make daily landings at Cromwell. The Valley Division passing through Cromwell makes direct connection with points north at Hartford, with the Air Line Division and Berlin Branch at Middletown, and with the Shore Line Division at Saybrook. Cromwell is the eastern terminus of the Meriden, Waterbury and Connecticut River Branch. Express trains from New York and Boston via the Air Line reach Middletown *without stop* in two and one-half hours.

A carriage will meet patients or their friends, due notice of their arrival being given in advance. A public conveyance is always at the Cromwell and Middletown stations.

Time-tables and explicit directions how to reach Cromwell will be sent on application.

**Outline
of
Treatment.**

THE distinctive feature of this Sanatorium as regards forms of treatment may be said to consist in the development of what is here commonly spoken of as "*The Program Method.*"

By this is meant that each case is given a written program prescribing exactly what shall be done by or for the patient, throughout the entire day from the call to arise to the final bath or massage at bed-time. Each hour has its item of business, active or passive, and the patient's daily life is planned and carried out, as far as can be, with a certain military precision and definiteness. This program method, so called, is not a new or original idea; it is simply the prin-

ciple of routine which is recognized as one of the chief advantages of institution treatment completely developed and organized as a scientific system of procedure in the treatment of neurasthenia, hysteria, or any form of invalidism. Its chief difference from the common practice lies in the endeavor to turn to more profitable account what are too often waste intervals between prescribed exercises. The program, or guide for the patient, represents a prescription not only for the medicines, baths and exercises, but also for the disposal of the intervening time, as to resting, reading, playing games, and outdoor life; in short, it is a prescription for the best possible daily life for each individual patient to lead.

Providing a suitable schedule for the various forms of nervous invalidism involves a careful study and examination of each case in respect to temperament, habits, physical and mental conditions, past and present. And after the program is prepared it is often a difficult task to get the patient to coöperate intelligently in the effort to carry it

out. Considerable tact and patience is necessary to accomplish this from the fact that a large proportion of the cases seeking sanatorium treatment have drifted, by reason of their long illness, into habits of weakness and inertia. Or, if pain has been a feature of their case, they have developed a variety of distressing bodily sensations by a species of mild, but seductive hypochondriacal reasoning, which makes all effort difficult for them. The turning point with this class of patients depends first, on inspiring them with courage sufficient to elicit a promise to try, and secondly, drafting the first program to represent an amount of work less than they commonly do from day to day. In this way no complaint can be made of the amount of effort required, and whatever is accomplished is done according to system, which is the first step toward recovery.

A further aid, and perhaps the most important in this endeavor, is by the instruction of the nurses to pay the closest attention to the discharge of the various duties of the day as prescribed by the schedule of their

respective patients. Hence, throughout the Sanatorium there is to be noticed a scrupulous regard paid to working and living by a definite system. Thus, the spirit of observing and obeying the program is created in the institution, and it becomes a law or force to which those who doubt or hesitate soon yield. The evidence of its value is to be seen on all sides, and the example of fellow-patients deriving benefit from the method proves the strongest kind of an incentive.

This method is very largely educational in its application, as in order to enlist and maintain satisfactory coöperation on the part of the patient, it becomes necessary to give the respective individuals, within certain limits, not only a proper conception of their case, but also to enlighten them as to the theory on which their treatment is based. Such knowledge as this implies enables each patient to deal intelligently with the present situation, and if the graded series of programs are adapted to the case, they will demonstrate in many respects the kind of a life to be lead in the future. In this

particular, it is believed, consists much to recommend this method. The cultivation of hygienic habits and the training to a mode of living especially suited to a given nervous organization, is the best possible preparation against a future breakdown.

The effort to reduce the patient's life to an exact system is the fundamental and guiding principle of all treatment here attempted. Hence, it follows that the various forms or special methods enumerated below, which are suitable for a given patient, are simply incorporated as one or more items of business in the particular program of that case.

The Rest Cure. **WHETHER** conducted strictly as originally taught or on some modified plan, this method represents an ideal program treatment. It stands lowest, however, in the scale of required coöperation on the part of the patient. That is, the patient is negative—does nothing, simply relaxes as

completely as possible and allows the nurse to do everything. On this account the Rest Cure is found to be the most serviceable as a form of treatment in cases of nervous exhaustion of comparatively recent development rather than in cases of long standing, unless in this latter class the degree of prostration is extreme. With some patients, although the nervous exhaustion is well marked, the quiet, isolation and forced feeding does not succeed. In such cases the practice is to map out a minute schedule involving alternate rest and exercise. Whatever the patient does, or has done, is followed by a stated period of rest, which, according to the given case, is always proportioned to the amount of energy expended. This reduction of all exercises and the trivial manoeuvres of the day to mathematical accuracy greatly increases their importance, and it is the means of soon showing the patient how the record stands between the amount of work that can be done and the amount of rest required. Then comes the awakened interest to change this ratio,

and so, perhaps by one deep breath, or by one step a day, the growth in strength begins. When the degree of prostration is determined, the utmost care is taken to keep the amount of rest in excess, and by this precaution the process of increasing the amount of work is always from behind forward, and hence advancement is inevitable.

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**Massage
and
Swedish
Movements.** IN some form these hygienic procedures are always included among the daily exercises of the patient. In cases of recent nervous disorder, where it is advisable for the highest grade massage to be given, a first-class manipulator is engaged. In the majority of instances, however, what would be termed a medium grade expert, such as nearly every competent nurse can become, *by proper instruction*, gives most satisfactory results. This last statement would be doubted by a professional masseur, but it is to be remem-

bered that this method is only one of several means to an end and consequently does not possess the paramount importance it has when relied on as the chief or only source of benefit. The tonic or sedative effect, as the case may be, is much prized by the patient, and its nutritional effect upon the tissues of the body gives it high rank as a therapeutic aid.

Electricity. THE different forms of electrical treatment are of great service in providing a remedial agent for nervous invalids which is attractive and interesting on account of the psychical impression, as well as the more definite and tangible effect on the nutrition of the muscles. The alleviation of pain and the treatment of a variety of nervous conditions represent the specialization of electricity, not only as to kinds, but also as to forms or methods of administration. The alternate contraction and relaxation of muscular tissue

such as is induced by mild and judicious Farradization is perhaps the most important result to be derived from the application of this agent.

Hydrotherapy. OF all hygienic methods for the treatment of neurasthenia and hysteria none surpasses in importance the use of water in some of its many forms of application. Its value as a medium for effecting body reaction, both local and systemic, is greater and more widespread in its operation than that of any other single agent. Hydrotherapy is no longer considered merely an aid, it is an absolute necessity in all extended forms of treatment. This is evident by a glance at some of its effects. The skin, by reason of its increased activity, assumes an importance not before appreciated; the subcutaneous and muscular tissue feel the influence of the accompanying massage, or towel friction, or the mechanical impact in the sprays and

douches; and throughout the organism the functional processes of nutrition, secretion and excretion respond to the varying effect upon the nervous system of the more general application of heat and cold.

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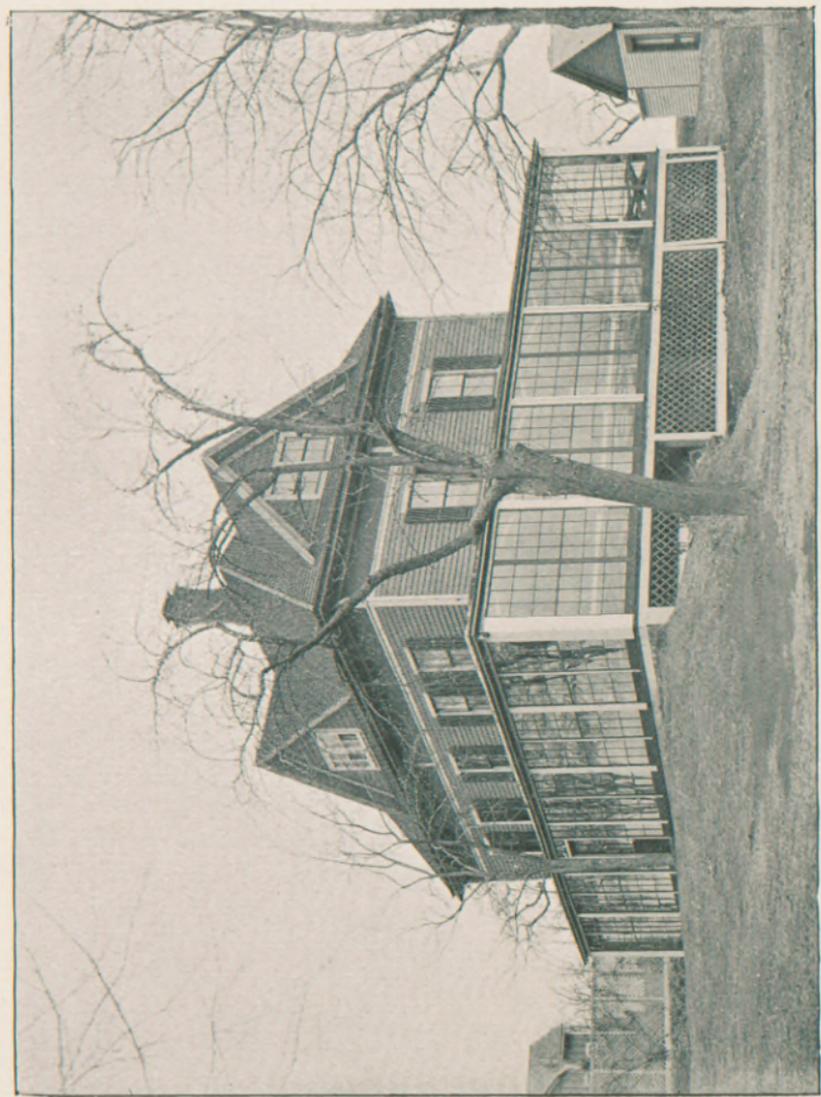
Physical Exercise. SPECIAL attention is paid to this department, and one or more forms of body exercise are an inevitable part of each patient's program. Deep breathing, with chest and arm movements, occurring at stated intervals throughout the day, are of great importance and value as a means to increase the oxidation of the blood. Aside from this physical benefit the morbid feelings and shades of depression which so commonly attend the nervous invalid, are directly antagonized by an increasing abundance of bright red blood. It is the routine practice whenever the body of a patient shows lack of development of the muscular system, or of the chest capacity, to institute at the proper time in the course

of treatment special gymnastic training to remedy this defect.

Drug or Alcoholic Inebriety, occurring in persons of deficient muscular or lung capacity, offers a more favorable prognosis providing this deficiency can be corrected. The better quality and increased quantity of blood, the deeper and more capacious breath with its accompanying sense of resource, and the increased size and strength of the developed muscles, tend to create a feeling of power and vigor which has no need of artificial stimulation.

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Diet. A characteristic feature of the dietary is the departure from the common plan of feeding nervous invalids almost exclusively on the highly nutritious and easily assimilated foods. The long continuance of this practice, with the lack of variety in food elements, and the inactive condition of the alimentary tract resulting from too little functional exercise, is very apt to confirm any existing digestive weak-



WEST COTTAGE.

ness and not yield satisfactory results in the nutrition of the nervous tissues. The plan here followed is to introduce very gradually new articles into the dietary, until finally the various forms of vegetable food have been substituted for a portion of the concentrated albuminoid element. Although the amount of nutritive material is thus reduced, and more work is required of the digestive organs, nevertheless these very conditions, contrary to the common expectation, operate most favorably upon the process of nutrition and justify the belief that there is no advantage in the routine custom of giving more nourishment than can be assimilated. The principle is the same as that adopted in the balancing of rest and exercise, that is, the state of the patient determines the dieting, and as the condition improves, the variety and amount of the nourishment is increased. It is not to be understood that a low diet or under-feeding is advocated; on the contrary, this plan requires the quality of the food to be of the highest grade, and the variety exceptionally abundant.

Medication. INASMUCH as all ailments that have assumed a chronic nature are treated by the hygienic methods, it follows that much of the accompanying medication in these cases is directed toward increasing the efficacy of these procedures. The main effort is to effect tissue changes throughout the body with the expectation that in due time the more complex nervous tissue will respond to the improved condition existing in the lower grade cells of the organism. Temporary symptomatic treatment, however, is always inevitable to a greater or less extent, and the theory that nervous impulses represent, at least in part, a chemical process, is under constant consideration, and warrants the faith in a certain amount of assistance to be derived from drugs.



ANNOUNCEMENT.

In 1877, Dr. Winthrop B. Hallock established Cromwell Hall—at that time the second institution of its kind in the State—for the private care and treatment of nervous and mental diseases. Although a large proportion of the patients have been simply nervous and habit cases, yet it is only within late years that the number of nervous patients has increased to such an extent as to make it advisable to refuse admission to all mental cases, except those of a very mild and unobjectionable character.

It is the purpose now to limit the admission exclusively to the nervous class and continue the development of the institution along the lines indicated in the accompanying circular.

The treatment of nervous diseases on the principles presented, has been practiced the last five years, and the results attained furnish the warrant for this announcement.

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MIDDLETOWN.

