

Highland (The) Spring x x x x x

Card

Among the hills of  
New Hampshire.

Highland Spring  
SANATORIUM.  
NASHUA, N.H.

Here are all the conditions for  
Rest and Recovery.

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THE  
HIGHLAND SPRING SANATORIUM

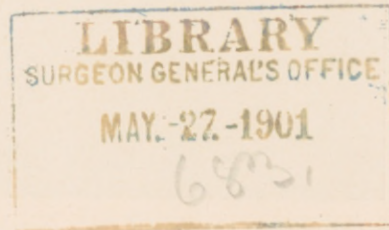
Nashua, N. H.

ROBERT T. EDES, M. D., Medical Director and President.

[Boston Address, Warren Chambers.]

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Consulting Physicians { DR. CHAS. D. BANCROFT, Concord, N. H.  
DR. ALONZO S. WALLACE, Nashua, N. H.  
DR. EUGENE F. McQUESTEN, Nashua, N. H.



HIGHLAND SPRING SANATORIUM.



AMONG THE HILLS OF NEW HAMPSHIRE.

## The Highland Spring Sanatorium.

We take pleasure in presenting this, our Second Prospectus, to the medical profession and to all who may be interested. We wish to emphasize the statement made in our first Prospectus issued in the spring of 1900, that "there is a legitimate demand in this section of New England for a Sanatorium combining the seclusion of a retreat and all the comforts of home for its patrons." This has been proven in the half year just closed by a business that has more than met expectations. Our accommodations have not been equal to the demand, and more than ever we are justified in hurrying to completion the additional building, which is now complete and ready for patients.

This institution is for the reception and care of patients of either sex who are suffering from disease, especially those of a nervous type, whether organic or functional, although all cases except the violently insane and infectious are received. Strictly surgical cases received under special arrangement with the attending surgeon.

It has been the aim of the management to make this a place of homelike and attractive aspect, not gathering together a large number of patients but having a few cases to which can be given special care and attention.

Here we have the ideal surroundings for that large class of cases termed neurasthenics, for not only

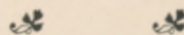
are the comforts of home retained and its disturbing elements eliminated but also every aid is at hand to assist in the recovery of the patient. Those who seek relief from the use of alcoholic liquors and narcotic

drugs will here find every possible means for the overcoming of the habit. Chronic medical cases whether of a nervous character or not will be received.



ONE OF THE SLEEPING ROOMS.

same time enveloped in the beauties of the country.



## Location.

No more ideal location can be found than the one selected for this Sanatorium; not only is it most convenient in its relation to the centres of life but it is also remarkable for its natural surroundings, for seldom do we find a spot which is so easy of access and at the



PINE AND OAK GROVES.

The buildings are upon an elevation of easy approach, about one mile north of the city of Nashua, N. H.; from this site the country slopes in all directions and a view is had which is complete in its detail and grand in its distances. On the borders of a pine forest which stretches many miles to the north, seeming to reach the Peterborough hills and beyond these again to reach the base of Monadnock's mountain height; from here also may be seen Wachusett, the third tallest mountain of Massachusetts, the Uncanoonucs and Joe English, as well as the nearer hills, fields and groves. It is very easy of access, being scarcely two miles from Nashua Junction, an important railroad centre. There are twelve trains a day each way between Nashua and Boston, one hour's ride, and FREQUENT COMMUNICATION to all other points. Long distance telephones for use of patients.



## Buildings.

The main building is a large, colonial house appropriately and generously furnished. It has a sunny exposure with broad piazzas, wide halls and corridors. This has fifteen rooms, spacious and cheerful,





A CORNER IN THE DINING ROOM.

Upon the first floor are the office, library and reading room, an extensive parlor, a cheerful living room, elegant dining room with conservatory annex and minor rooms. It is intended to reserve this building for those patients who by reason of their condition may need and wish a more social and vigorous daily routine.



## Additional Buildings.

The new building of fourteen rooms is connected with the main structure by a large two-story corridor with passage from each floor of the building. It has six rooms and two bathrooms upon each floor. One set of three rooms on each floor is so arranged as to enable the turning of it into a suite with private bathroom connecting. Private suites may be engaged upon special terms.

In the corridor on the first floor is the amusement room, where is located the billiard and pool tables and other indoor games; here also is the apparatus for calisthenics. In the upper portion of this corridor is a large SUN GALLERY, heated by steam, from the glass sides of which may be seen the



THE MAIN BUILDING.

beautiful views which are a feature of the whole site. The building is surrounded by a broad piazza. In heating the steam system has been used, electricity supplies light, and when required, heat.

Our facilities also include a commodious and well appointed Farm House on the premises, which accommodates patients of a character requiring more retired conditions. These buildings are well ventilated and equipped with electric fans, properly heated and lighted throughout by electricity, and supplied with call bells, local and long distance telephones.



## Amusements.

The recovery, comfort and diversion of the patient is the study of the management. To this end the beautiful oak and pine groves adjacent afford the delights of quiet rest and retirement, while near the main buildings are the golf links, lawn tennis and croquet grounds; just beyond, not three minutes' walk, commences the beautiful pine forest.

In addition to the usual indoor games, music, etc., patients whose condition will permit of it, are able to avail themselves of such opportunities as are offered, to attend church, enjoy the privileges of the

Public Library, visit the theater, etc., in the town not far distant. Carriages make frequent trips to and from town, and are used for the pleasure driving of patients.



THE HIGHLAND SPRING.

bathing purposes, it being available both cold and hot on each floor of the buildings.



## Highland Spring.

Although connected with the city water supply this Sanatorium depends exclusively upon the Highland Spring located upon the grounds and formerly known as the Danforth Spring, which has long had a local reputation as a health giving water, and is an important feature of the Sanatorium, affording as it does an extraordinary flow of excellent and perfectly pure water. In the dryest seasons this Spring has proved to be thoroughly trustworthy, and will furnish an unlimited supply of water for drinking, cooking and

## Table.

We furnish a liberal bill of fare of the very best quality, delicately served and simply cooked. The table is supplied, so far as such products are requisite, by the Sanatorium Farm. Fresh vegetables, pure milk and cream, butter and eggs are supplied in abundance; fruit also in its season from the tree and vine direct.

Meals are served either in the pleasant dining room or in the rooms of those who may wish or require it.



DETAIL OF HALLWAY.



LIBRARY.

## Treatment.

In treatment of the patients the medical management depends upon no inflexible system of exclusive theory, but strives to provide for the requirements of each individual and base their efforts upon the control of all surroundings, hygienic and medical, moral and suggestive.

The method adopted in each case is determined by the Medical Director in consultation with the Resident Physician. In conjunction with careful nursing such remedial agents are made use of as medical science and experience have proven valuable; in general hydrotherapy, we have erected a model bathroom where may be given the various baths, douches and showers, local and general electricity, static, galvanic and faradic in appropriate cases; massage and gymnastics are also provided for. It is intended that every patient without regard to the amount paid shall have the full benefit of whatever treatment may be considered necessary, no special charge being made for any particular form, unless it is asked for as a luxury, or unless it demands a considerably increased amount of attendance from nurses or others.





FRONT PIAZZA.

## Expense.

Our terms are moderate and must vary according to the case, room occupied, amount of service necessary, the minimum rate being twenty-five dollars a week. These charges include such necessary expenses as room, medical attention, medicines, board, plain laundering, general carriage driving, and the supervision of the nurses.

For further information, address

DR. ROBERT T. EDES, Medical Director,

Warren Chambers, Boylston Street, Boston.

DR. EDGAR T. NEWSOME, Resident Physician and Secretary, Nashua, N. H.



