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*S*OUVENIR of
*S*UNNTREST
*S*ANATORIUM

*W*HITE *H*AVEN, *L*UZERNE *C*O.

*P*ENNSYLVANIA

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A VIEW FROM THE SOUTHWEST





SEVERAL years ago a commission was appointed by the Pennsylvania Society for the Prevention of Tuberculosis to find the most suitable site in Pennsylvania for the location of a Sanatorium. Various places were visited and it was the unanimous opinion of all that White Haven, with its wonderfully pure air and dry soil, was the most desirable.

The Society was unable, on account of funds, to open their Sanatorium at that time, so in 1901 when the Free Hospital for Poor Consumptives desired a site, they took advantage of the Commission's investigations and located at White Haven, and, notwithstanding the shortness of time, the White Haven treatment has already a world-wide reputation.

The success at the Free Sanatorium was indeed so wonderful that at once there was a demand for accommodations from people all over the country, who desired to get the same treatment in a private Sanatorium, that the Sunnyrest Sanatorium was opened in November, 1901, and the success that has been attained during its three years has convinced the medical profession that it is no longer necessary to send patients to the West or South, when here, practically at home, the dreaded disease is being cured.

Sunnyrest is now under the personal direction of Elwell Stockdale, who opened and managed the Free Sanatorium, until September 1st, when he resigned to give it his personal attention.

A victim himself, Mr. Stockdale spent two years in Sanatoriums abroad and in Colorado with some success, but did far better at White Haven where he was cured.

The two years experience gained abroad and in Colorado with three years at the Free Sanatorium has been of great value, and the best ideas worked out in this time have been combined in the work at Sunnyrest.

The treatment is fresh air, forced feeding and rest. One's life is practically spent in the open air and in eating—all sit out-doors in easy chairs during the day—and sleep with open windows at night.

Milk and eggs are used in abundance and but one cooked meal is served at noonday when no milk is used. Fresh fruits, nuts, etc., enter largely in the diet.

Under this treatment the patient gains weight and strength, loses the cough and expectoration, and the open-door life gives one a rugged healthy color.



THIS is the accepted policy that to cure the disease the patient must gain weight and strength in order to throw it off. All strive to gain rapidly, and once a week the patients are weighed and some of the gains are remarkable.

Many gain four to eight pounds the first week and fifteen to twenty-five pounds the first month. During their stay many gain from forty to fifty pounds.

As milk and eggs are such important foods in the diet the greatest of care is used with them. From sad experience, it was found that the ordinary farmers' milk was not clean enough, as when one takes four, five and even six quarts of milk daily it must be pure and clean and free from any odors or mean taste. All the milk used comes from certified registered herds with every appliance known to insure its purity and cleanness.

The same care is used to secure strictly fresh eggs. Trips are made twice a week to the farmers through the mountains and the eggs gathered so that none are over seventy-two hours old, and to guard against nest eggs all are examined and candled. Consequently only the best and freshest of eggs get in the Sanatorium.

Doing the proper things to cure tuberculosis means doing things one would not do voluntarily at home, consequently a Sanatorium with rigid discipline is necessary. As each patient is an example to the other it is not hard to do what everyone else about one does. All easily fall in with the life, and when occasionally a patient does not comply with the rules and discipline they are promptly discharged.

No far advanced cases are received, and it is rare to hear any coughing, except from a new patient, the majority of patients found at Sunnyrest are a wonderfully healthy looking little colony.

The greatest care is used in the disposal of the sputum. All are provided with paper cups, which are burned, and all are forbid expectorating anywhere but in the cups or papers for that purpose. Science proves that there is no place more safe and healthful than a properly conducted Sanatorium.





FROM APRIL TO NOVEMBER MANY LIVE IN TENTS



CENTRAL DINING ROOM



THE Sanatorium is on the cottage system with a centre dining hall, with the administration building and four cottages surrounding it. The furthest cottage is not more than 200 feet from dining hall, so that all is in easy access. From April to November tents are erected.

As far advanced cases are not received it is necessary for applicants to send a certificate from a physician and all are received subject to the acceptance of the examining physician.

Patients are not received for less than two months and must give one week's notice of departure.

A trained nurse is in attendance, but patients requiring constant bed attention must supply their own nurse.

Terms are from \$15 to \$30 a week. Where one is willing to share a large room or tent a reduction is made. This price does not include private consultations or medicine.

Bills are payable weekly in advance.

White Haven is twelve hundred feet above sea level, in a beautiful country overlooking the Lehigh Valley, and can be reached by either the Lehigh Valley or Central Railroad of New Jersey; three hours from Philadelphia, three and one-half hours from New York and seven and one-half hours from Buffalo.

References will be furnished if desired from all parts of the States.

For further information address,

ELWELL STOCKDALE,
WHITE HAVEN, PA.

The Sanatorium is visited each two weeks by the following physicians, any of whom may be consulted :—

DR. LAWRENCE F. FLICK, Philadelphia.

DR. HENRY M. NEALE, Upper Lehigh.

DR. JOSEPH WALSH, Philadelphia.

DR. WILLIAM B. STANTON, Philadelphia.

DR. CHARLES J. HATFIELD, Philadelphia.

DR. H. R. M. LANDIS, Philadelphia.

DR. D. J. MCCARTHY, Philadelphia.

DR. A. M. SHOEMAKER, White Haven.



No. 1 COTTAGE

