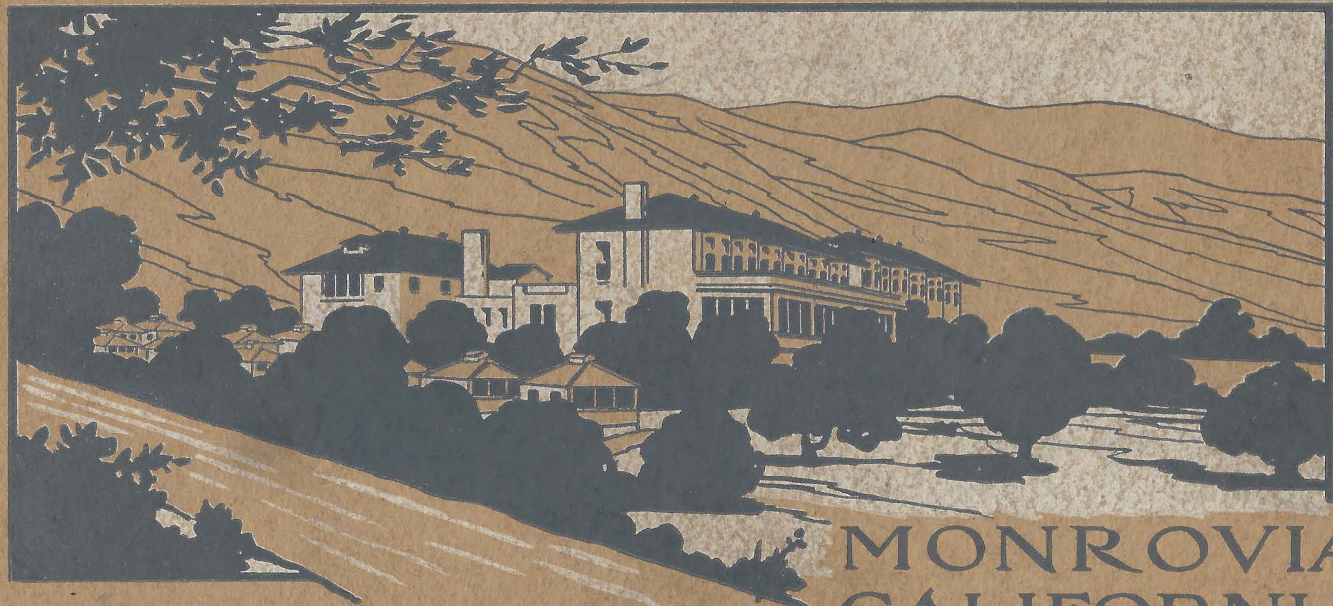


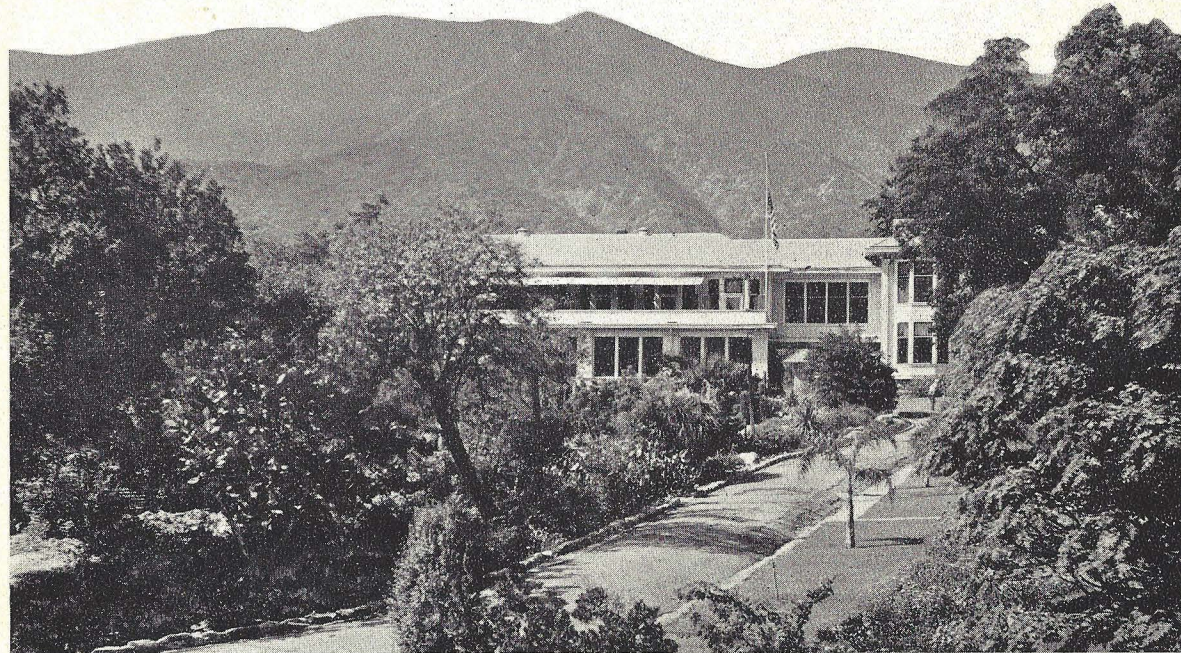
POTTENGER SANATORIUM and CLINIC
FOR DISEASES OF THE CHEST



MONROVIA
CALIFORNIA

POTTENGER SANATORIUM and CLINIC

FOR DISEASES OF THE CHEST



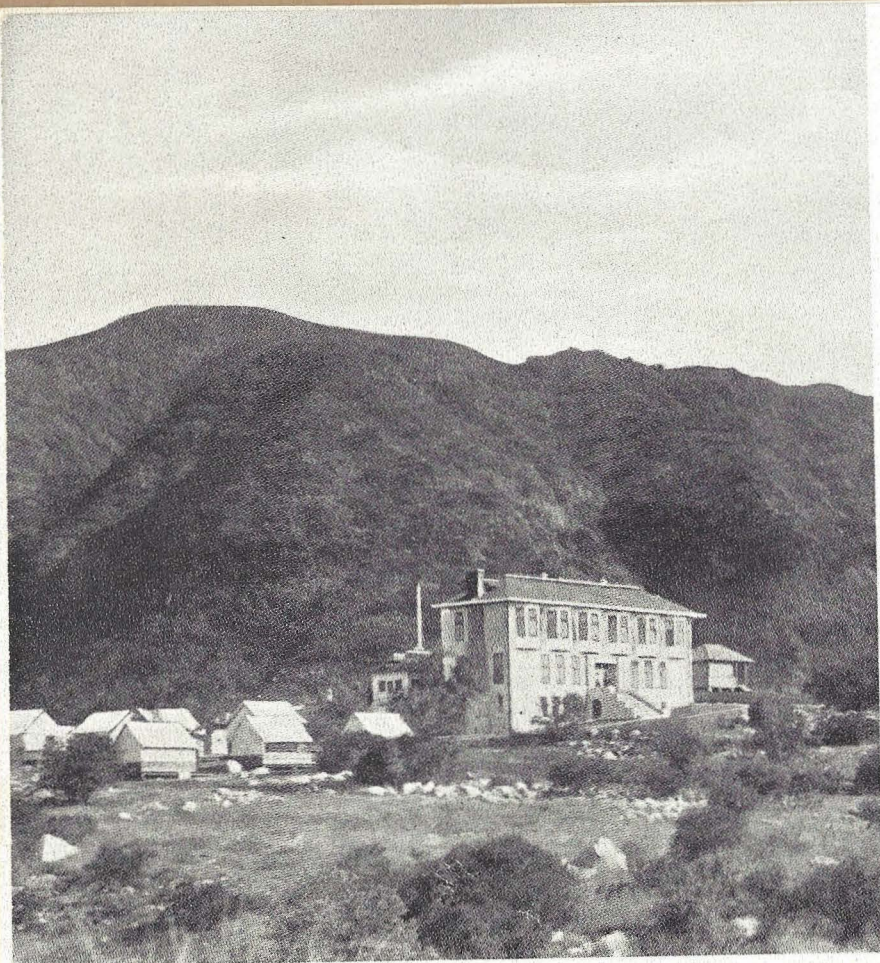
An Institution for the Diagnosis and the Scientific
Treatment of Tuberculosis and other
Diseases of the Chest



A PARK OF PERPETUAL BLOOM



FLOWERS FOR PATIENTS EVERY DAY IN THE YEAR



THE POTTENGER SANATORIUM WHEN IT RECEIVED ITS
FIRST PATIENT, DECEMBER 5, 1903

THE POTTENGER SANATORIUM received its first patient December 5, 1903. For more than thirty years the institution has offered to tuberculous patients a place of hope and cheer while providing them with scientific treatment for their disease.

The members of the medical staff have made numerous contributions to the knowledge of tuberculosis in the field of clinical and laboratory diagnosis. However, their greatest interest has been in developing an efficient therapy.

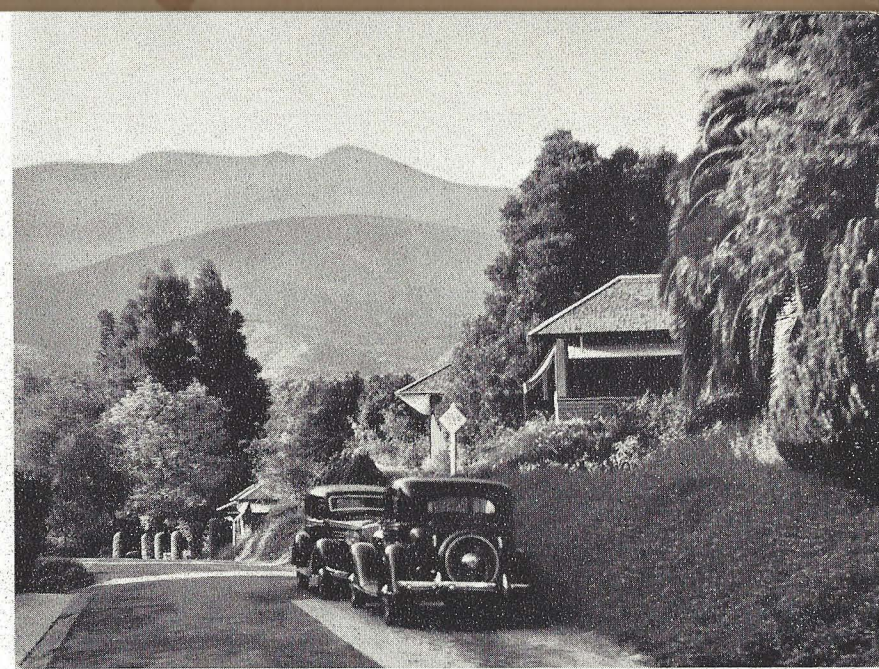
Through long experience, a rational and effective regimen has been established which makes it possible to treat the disease with an increasing confidence. By the proper application of present methods, not only can nearly all patients who suffer from early tuberculosis, and a great majority of those in whom the disease is moderately advanced, be restored to health and efficiency, but even a fair proportion of those in whom the disease is far advanced may secure an arrestment of the tuberculous process.



EXPERIENCE has proved that tuberculosis heals best under an intelligently devised regimen with close medical direction, for this affords the ideal conditions under which suitable therapeutic measures may be applied.

From the time that the curability of tuberculosis was established, scientific men have been endeavoring to find the means by which a cure may be attained most surely and with the least expenditure of time and money. The cure of tuberculosis is a slow process under the best of circumstances, but the time may be easily doubled by following a wrong course and the possibility of healing may even be taken away. The aim of the tuberculous patient is first to attain a cure and second to return to a normal life as quickly as possible.

The world's first sanatorium, established by Herman Brehmer at Gorbardsdorf, Germany, in 1859, still contributes its share to the treatment of tuberculous patients. The principles there established constituted the first organized regimen for the successful treatment of this disease; and, having been modified and elaborated to meet the require-

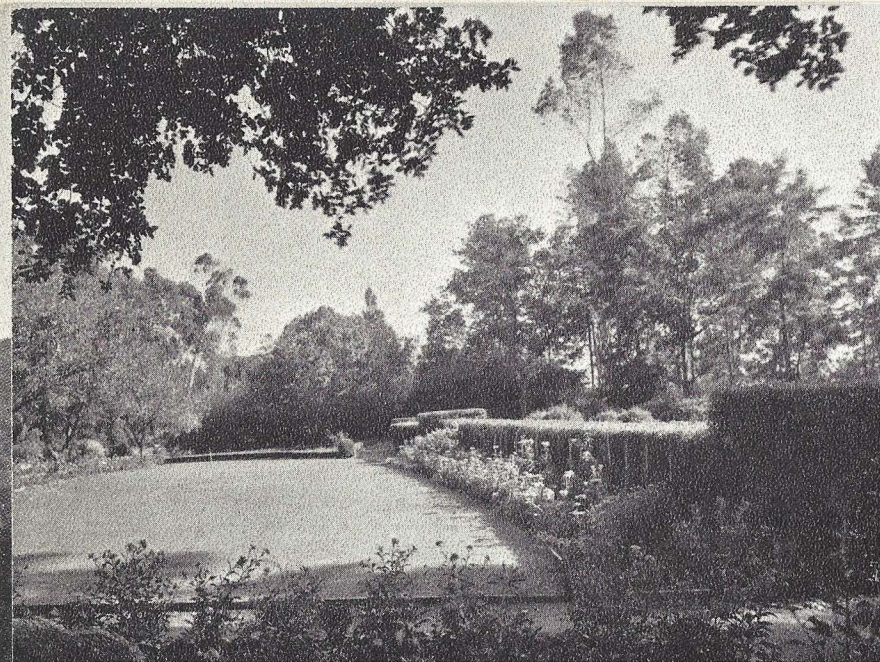


LOOKING NORTH FROM THE MAIN DRIVEWAY

ments of our more recently acquired knowledge, they have now become the basis of all successful therapy.

The most important principles in this regimen are:

(1) THE ISOLATION OF THE PATIENT. He is removed from the influences of domestic and business cares which distract



A GARDEN VIEW LOOKING FROM THE BUNGALOWS

his mind and interfere with his cooperation, and placed in an atmosphere which is particularly suited to his needs.

(2) HYGIENIC LIVING. He is placed in a hygienic environment created and controlled by the institutional staff.

(3) SUITABLE DIET. He is furnished with an ample supply of food suited to his particular requirements.

(4) A CAREFULLY CONTROLLED AND DIRECTED LIFE. He is under close medical and nursing supervision, so that his whole program of living is made to flow in the direction of the healing of his disease.

These first principles have not been dimmed by age, but on the contrary have grown in importance as our knowledge of tuberculosis has advanced. Other measures have been added and emphasized from time to time such as rest, exercise, open air, light, psychotherapy, tuberculin, sanocrysin, and the various collapse measures (pneumothorax, operations on the phrenic nerve, pneumolysis and thoracoplasty), the value of which has been largely established on the controlled patients in institutions. No matter what therapy is employed, there is no place where it can be so successfully applied as in a sanatorium.

A sanatorium may be established wherever pure air and wholesome food can be obtained, but beautiful locations in favorable climates add much to the contentment and pleasure of the patient and to the success of treatment. Tuberculosis being a disease which heals slowly, months are required to bring about a cure, so it is desirable to have a sanatorium for tuberculous patients in a locality which possesses a

favorable all-year-round climate. Such is Southern California, "The Land of Sunshine and Flowers," which has long been the mecca of those suffering from tuberculosis, and the "Heart's Desire" of those who once come under its spell.

The Pottenger Sanatorium for Diseases of the Chest offers to those who are suffering from tuberculosis the combined advantages of favorable climatic conditions, attractive surroundings, scientific methods and close professional supervision.

LOCATION

The sanatorium is located at Monrovia, sixteen miles northeast of Los Angeles, on the southern slope of the Sierra Madre Mountains, 1000 feet above the sea, at the mouth of one of the most beautiful canyons in Southern California. It is surrounded by a park of great natural beauty in the midst of citrus groves and vegetation of a semi-tropical nature.

From the sanatorium there is an unrestricted view of the beautiful San Gabriel Valley to the south, with the ocean

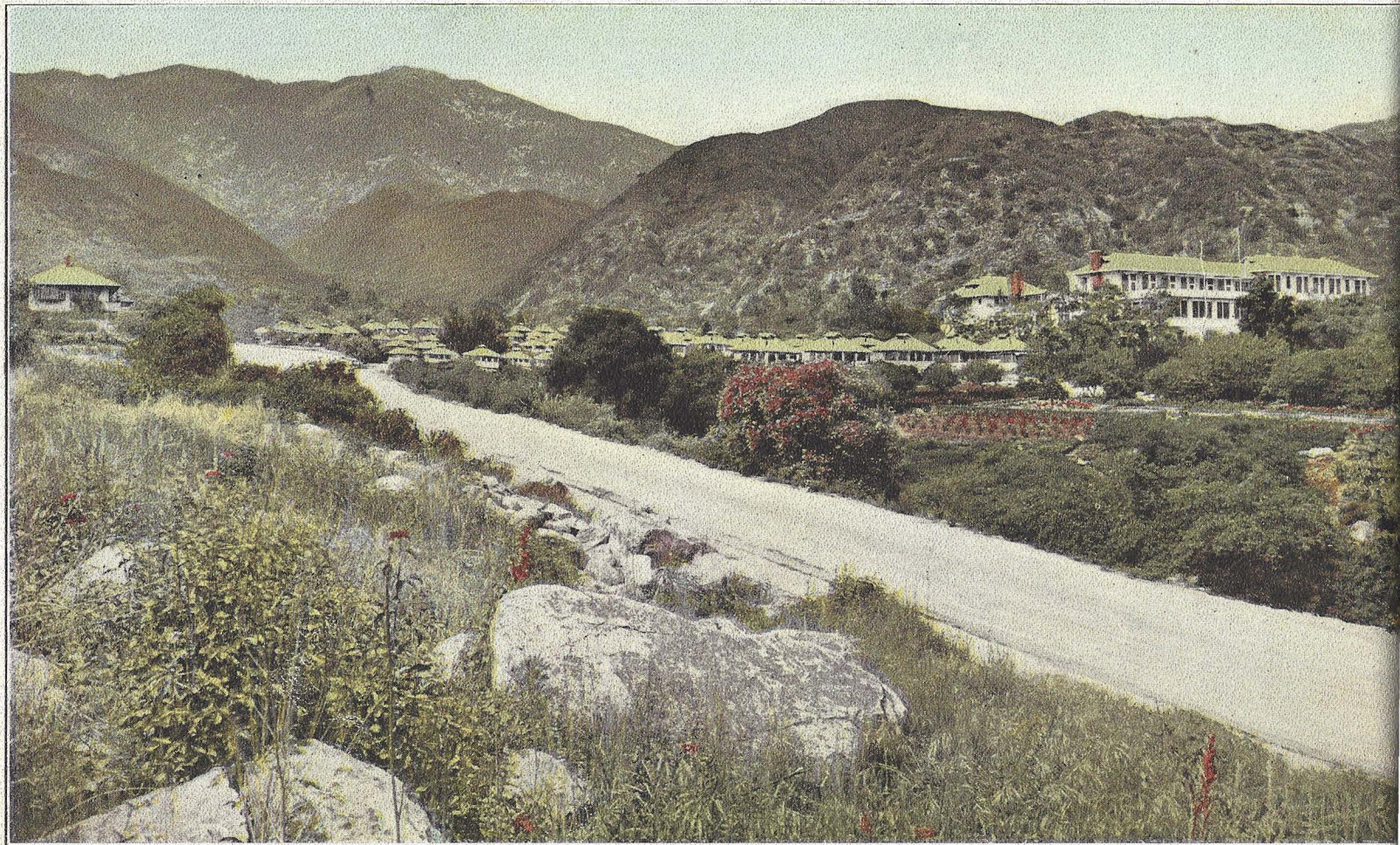


BUNGALOWS NESTLED AMONG TREES AND SHRUBS

in the distance. The Sierra Madre Mountains, immediately to the north, rise to an elevation of 6000 feet.

CLIMATE

The climate is as nearly ideal as can be found. In quality it is between that of the coast and the desert. The air is



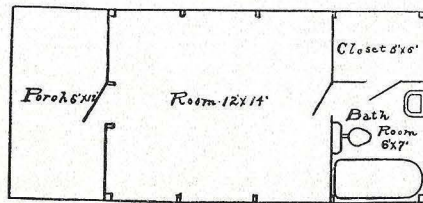
PANORAMIC VIEW OF THE SANATORIO



UM AND THE MOUNTAINS TO THE NORTH



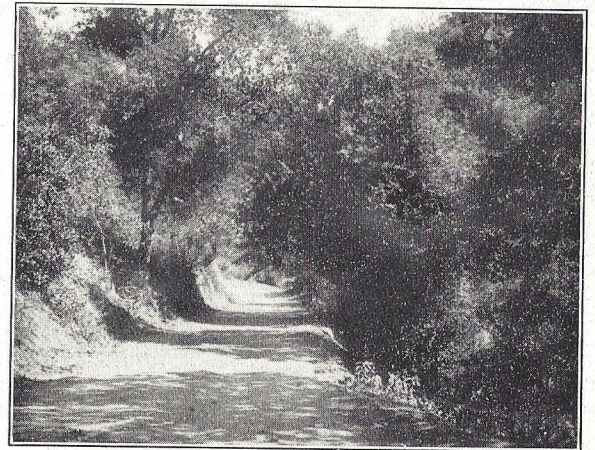
WHERE THE OPEN-AIR LIFE IS DELIGHTFUL



Floor Plan of Bungalow

BUNGALOWS

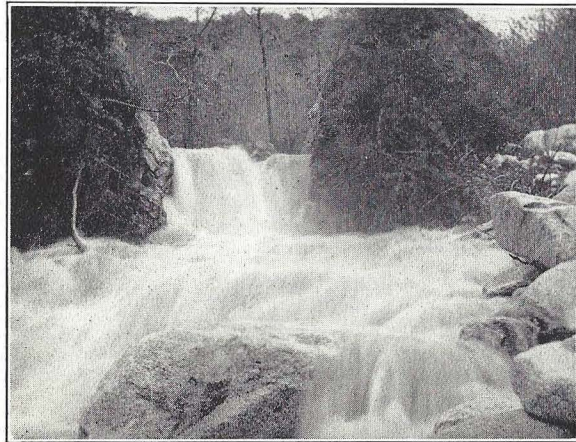
A special feature is the Pottenger Sanatorium bungalow. It affords an ideal method of leading the open-air life without sacrificing the comfort of the patient. Each bungalow consists of a sleeping compartment, a dressing-room with running hot and cold water, a large clothes closet and a front porch large enough for several chairs. The sides are wainscoted to a height of 2 feet 8 inches, with wire screen extending from this to the roof. All inside exposed surfaces



LEADING TO THE CANYON

are smooth and painted. Awnings are provided for privacy and to give protection during inclement weather. The bungalows face south and have three sides open, which affords the fullest enjoyment of the open air and insures a maximum of sunlight.

All bungalows are provided with lavatories and toilets and one-half of them with baths. Bungalows are supplied with heat, although it is rarely required except in preparation for baths.



IN THE CANYON NEARBY



MOUNTAIN VIEW COTTAGES

MOUNTAIN VIEW COTTAGES

The Mountain View group consists of four cottages, each containing four rooms, with a central bath and toilet. A lavatory with hot and cold water is placed in each room. These cottages are beautifully located, surrounded by gardens and have a pleasing view of the valley and mountains.



AWNINGS ARE RARELY CLOSED

COMBINATION BUNGALOWS

The combination bungalows consist of from four to six rooms built in a row and opening on a long porch. These rooms are smaller than those of the individual bungalows and may be obtained at a lower rate on special application.

OUT-OF-DOOR LIFE

The sanatorium is located in the foothills, on the southern slope of the Sierra Madre Mountains, where beautiful surroundings strongly invite the patient to enjoy the out-of-doors, and where living the open-air life is delightful throughout the year. This location being peculiarly free from storms, the windows in the rooms and the awnings of the bungalows are rarely closed. The patients live the out-of-door life with comfort and without exposure. Nooks in the parks are provided with comfortable benches and swings. Trails on easy grades lead to nearby canyons, offering easy and delightful strolls and many opportunities for photographic work.

TREATMENT

The Pottenger Sanatorium is not a mere boarding-house, but a place in which an aggressive plan of treatment is carried out. Patients are seen twice daily by members of the medical staff. While we recognize the importance of the hygienic-dietetic-open-air treatment and apply it in the fullest measure, and attempt to prescribe rest and exercise

according to the needs of each patient, yet we have found that many other measures are of value. Having had years of experience in the use of tuberculin, heliotherapy, artificial pneumothorax and the various surgical procedures, we are able to give our patients the benefits which may be derived from these measures. Vaccines against associated and mixed infections are also employed. We endeavor to give the best that science knows and to restore our patients to health and their maximum efficiency as quickly as possible.

Furthermore, we recognize that tuberculosis is a disease engrafted upon an individual who may have other causes of ill health; consequently we treat the patient as well as his disease, and give careful attention to the circulatory, digestive and nervous, as well as the respiratory system; in fact, we try to relieve all conditions which are inimical to the patient's progress. The psychology of the patient receives special attention. We attempt to help him solve his various problems which may cause worry and unhappiness; to overcome handicaps whenever possible; and to accept those that can not be avoided. The members of the medical staff, with the exception of Dr. Pottenger, reside on the grounds. Dr. Pottenger visits the sanatorium daily and



RESIDENT PHYSICIAN'S COTTAGE

visits all patients three times a week. It is an established rule of the institution that at least one physician shall always be on the grounds, so that patients are never left without immediate care in case of emergency. There is a Nose and Throat Department, where diseases of the upper air passages receive careful attention.



SURROUNDED BY VEGETATION OF A SUB-TROPICAL NATURE

While our institution is devoted particularly to tuberculosis of the lungs and throat, we admit those suffering from other types of tuberculosis and also such nontuberculous affections as asthma, pulmonary abscess and chronic bronchitis, with or without bronchiectasis. While we prefer early cases, yet we do not deny our services to any who offer reasonable chances of amelioration or cure.

CHEST CLINIC

The Pottenger Sanatorium clinic is devoted to the study of all diseases of the chest, such as tuberculosis, chronic bronchitis, bronchiectasis, lung abscess, malignancies, emphysema and asthma. In those instances in which close observation is required, and for the convenience of others who come from a distance, residence in the sanatorium may be arranged for during the time of examination and observation.

NURSING

A corps of trained nurses is provided to carry out the orders of the medical staff; and unless the patients' needs

are great enough to warrant special nursing, our regular nurses can give them all necessary attention.

FOOD SERVICE

The Dietary Department is under the supervision of a trained dietitian, who sees that the best food obtainable is prepared in the most appetizing manner and properly served. Special diets are prepared for those who require them.

The kitchen is light, airy and well ventilated, constructed so as to facilitate cleanliness and equipped with modern culinary and food service apparatus.

Realizing that exercise is extremely dangerous for patients suffering from active pulmonary tuberculosis and that probably there is no other factor which militates so strongly against cure, we treat all cases of active, clinical tuberculosis with bed rest until the patient has reached such a stage of quiescence that exercise is no longer harmful. Therefore, we serve all meals in the patients' rooms and bungalows. There is no extra charge for this service. By the use of our



THE KITCHEN, WITH TRAYS READY TO SERVE

special steam-heated tray-wagons we are able to serve meals promptly, the food reaching the patient hot and in an appetizing condition.

A printed menu is provided for each meal, from which patients who are not on special diets have a variety of foods from which to make their own selections.



THE LABORATORY

LABORATORY

A well equipped laboratory for the scientific study of the bacteriological, pathological and chemical aspects of tuberculosis occupies a building especially constructed for this purpose.

POWER PLANT

A power plant of 75 H. P. boiler capacity furnishes hot water throughout, steam for cooking purposes and for heating the main buildings. The weather at Monrovia is such that patients are comfortable nearly every day of the year without fire; however, ample provision is made for heating if required. We also have our own refrigerating machinery and ice plant.

WATER SUPPLY

An abundant supply of pure water is piped directly to the grounds. Besides protection offered by the City Fire Department, the sanatorium has its own fire apparatus.

GARDENS

The happiness and contentment of patients is a most important factor in their cure. The grounds, through which a natural ravine runs, contain many beautiful native live oak trees and have been further beautified by a variety of flowers which are in perpetual bloom, and attractive shrubbery and lawns through which winding walks have been laid out. These add to the delight of patients when on exercise. More than forty varieties of birds are native to our grounds.

CLOTHING

Aside from ordinary clothing, patients should provide themselves with bathrobes, warm jackets and a steamer rug for use during cool or rainy weather.

SANATORIUM EXPENSES

Unlike hospital charges, where everything is extra except room, meals and general nursing, our weekly rates include medical care, all examinations except the first, pneumothorax treatments, ordinary medicines, laboratory and X-ray service and tray service.

Under exceptional circumstances a special nurse is necessary; and at times expensive remedies such as insulin, salvarsan, liver extract and adrenal hormones; expensive dressings; and surgical operations are required. These are extra and are paid for by the patient.

The only necessary expenses for the average patient which are not included in the weekly rate are those of a personal nature such as personal laundry, newspapers, magazines, thermometers, heating pads and toilet articles.



SURROUNDED BY TREES, SHRUBS AND FLOWERS



A PLEASANT NOOK

THE THOMAS AND HANNAH POTTENGER
MEMORIAL FUND

This fund has been established for the purpose of aiding a selected group of patients whose limited funds otherwise would prevent them from availing themselves of the benefits which our institution offers. Special application is required to obtain the advantages under this fund.

TELEPHONE AND TELEGRAPH

The Western Union and Postal Telegraph and local and long distance telephone systems are connected with the sanatorium.

MEDICAL STAFF

FRANCIS M. POTTENGER, A.M., M.D., LL.D., F.A.C.P., *Medical Director.*

JOSEPH E. POTTENGER, B.A., M.D., *Assistant Medical Director and Director of Laboratory.*

FRANCIS M. POTTENGER, JR., A.B., M.D., *Resident Physician.*

LEROY T. PETERSEN, M.D., *Radiographer and Assistant Resident Physician.*

For further particulars address:

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MONROVIA, CALIFORNIA
TELEPHONE 156

LOS ANGELES OFFICE: SUITE 1214 WILSHIRE MEDICAL BLDG.
TELEPHONE FITZROY 0698

NEUNER PTG. & LITHO CO., L. A.