

1-1-1916

The Jackson Health Resort: Health For All

The Jackson Health Resort

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The Jackson Health Resort: Health For All

Genesee Valley Historical Reprint Series



Genesee Valley Historical Reprint Series: The Jackson Health Resort

A fascinating glimpse into the past, “The Jackson Health Resort: Health For All” is a pictorial marketing brochure originally published in 1916 to entice potential clients. A menu from the July 4, 1916 dinner is included as an addendum to this reprinted edition. Formerly called the Jackson Sanatorium and also called Castle on the Hill by local residents, the former health resort is located in the Genesee Valley region, on a hill 800 feet above Dansville, NY. Founded by Dr. James Caleb Jackson, “...a man of unusual type and talents...”, the Health Resort was a pioneer in alternative medical treatments such as the water cure, baths, and various electrical treatments in vogue during the nineteenth century. While the pamphlet does not cover the history of the Jackson Health Resort, it is a descriptive guide to the services, facilities, and treatments which the resort had to offer in 1916. The black-and-white photographs depict the landscape, architecture, and layout of the facilities, including dining rooms, cottages, greenhouses, chapel, and treatment rooms, as well as many others.

This work, originally published in 1916, is reprinted by Milne Library at the State University of New York College at Geneseo as part of the Genesee Valley Historical Reprints series. The Genesee Valley Historical Collection is Milne Library’s largest and most accessible collection of local history materials. Its geographical scope covers the eight counties surrounding the Genesee River in New York State: Allegany, Genesee, Livingston, Monroe, Ontario, Orleans, Steuben and Wyoming. For more information, see: <http://go.geneseo.edu/gvhr>.

The Genesee Valley Historical Reprint Series is an effort of Milne Library, SUNY Geneseo.

Editorial Board: Elizabeth Argentieri, Allison P. Brown, Joseph Easterly, Cyril Oberlander

Summary by Katherine Pitcher



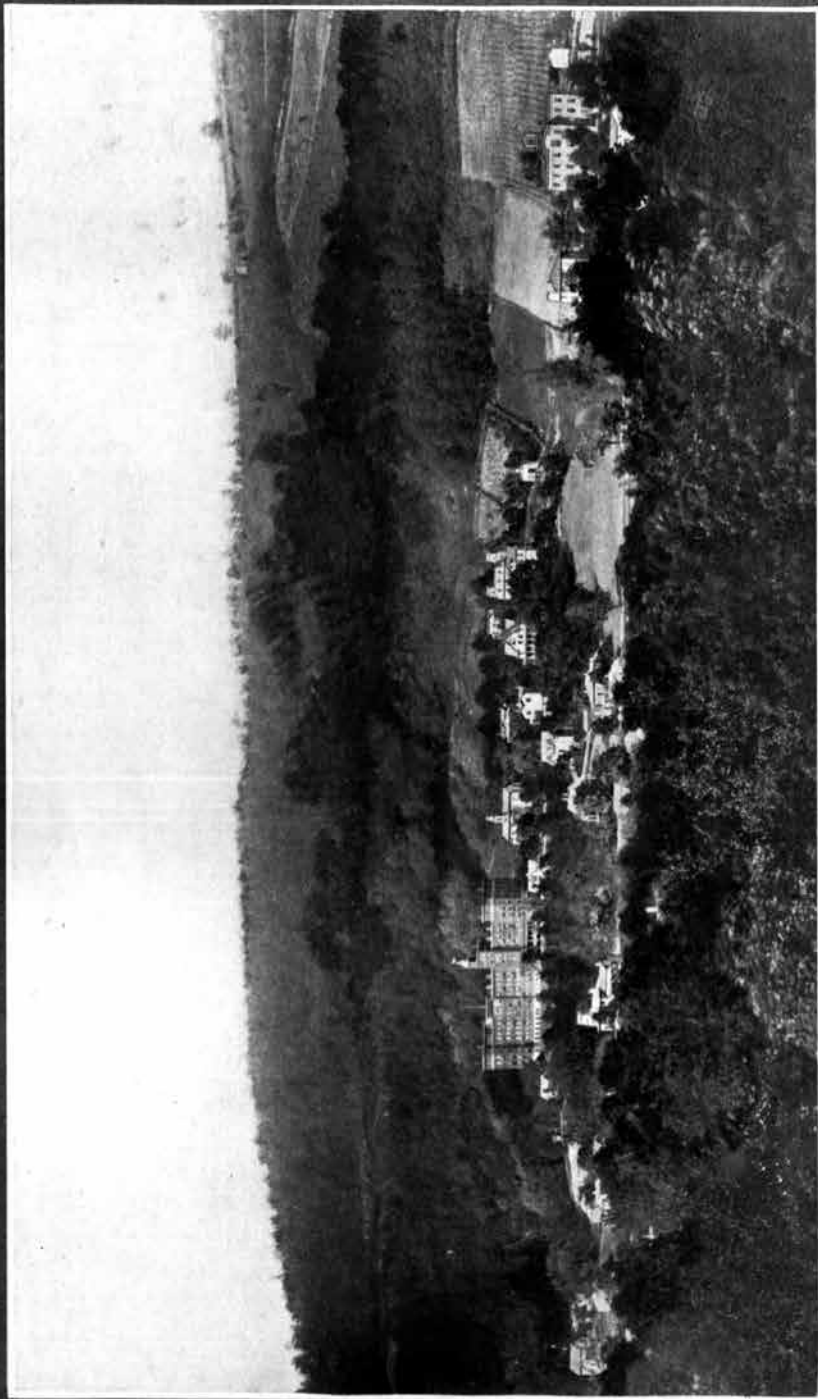
THE JACKSON HEALTH RESORT

DANSVILLE,
Livingston County, New York

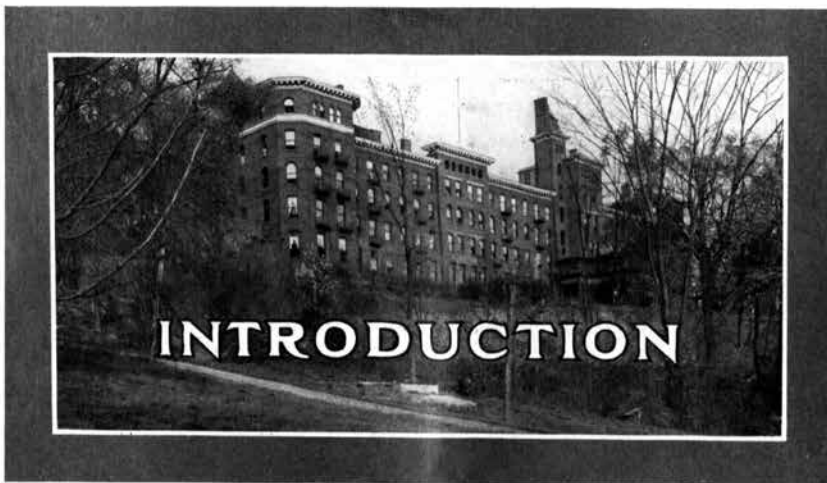
Health for All

1858 - 1916

JAMES H. JACKSON, M. D.,	-	-	-	-	-	President
WALTER E. GREGORY, M. D.,	-	-	-	-	-	Vice President
NEWTON B. GORHAM,	-	-	-	-	-	Managing Director



MAIN BUILDING AND COTTAGES



THE JACKSON HEALTH RESORT (sometime called The Jackson Sanatorium) is located at Dansville, Livingston County, New York and is set upon one of the hills at the head of and overlooking the famous Genesee Valley. It has an elevation of 800 feet above sea level and commands an uninterrupted view for many miles of hills and valley. Nowhere is greater beauty of landscape. The air is exceptionally dry and pure; malaria is unknown. Mountain spring water of great remedial value flows from rocky heights far above any possible source of contamination.

Its founder, Dr. James Caleb Jackson, was a man of unusual type and talents, known throughout America and internationally, as a great leader in his profession. He was the pioneer in certain methods of treatment then rarely administered but now universally accepted and recognized as the most efficacious in a large number and diversity of humanity's curable ailments. Sixty-nine years ago he established the first important health institution in the world. Many have patterned in greater or lesser degree after it. Some have had more or less success along certain lines first followed by Dr. Jackson. No other institution has ever included in its curriculum of treatments so comprehensive a plan of health-giving administrations; nor has any other achieved as much or so widely extended its influence in its chosen field.

He it was who first gave emphasis and impetus to the Psycho-Hygienic treatment, which he described to be the "bringing the whole man—body, soul and spirit—into the right relationship to the Divine plan for human life on earth." "It is based," he said, "on the recognition in man of the power of mind over matter—of the spiritual over the material." This cornerstone laid by him, has never been removed from the foundation of the great work he started.



Dr. James H. Jackson, son of the founder, was associated with his father from the beginning until the latter's death. During forty years he has been a member of the faculty and for thirty-five years its Chief of Staff and Medical Director. He is now the president of the corporation.

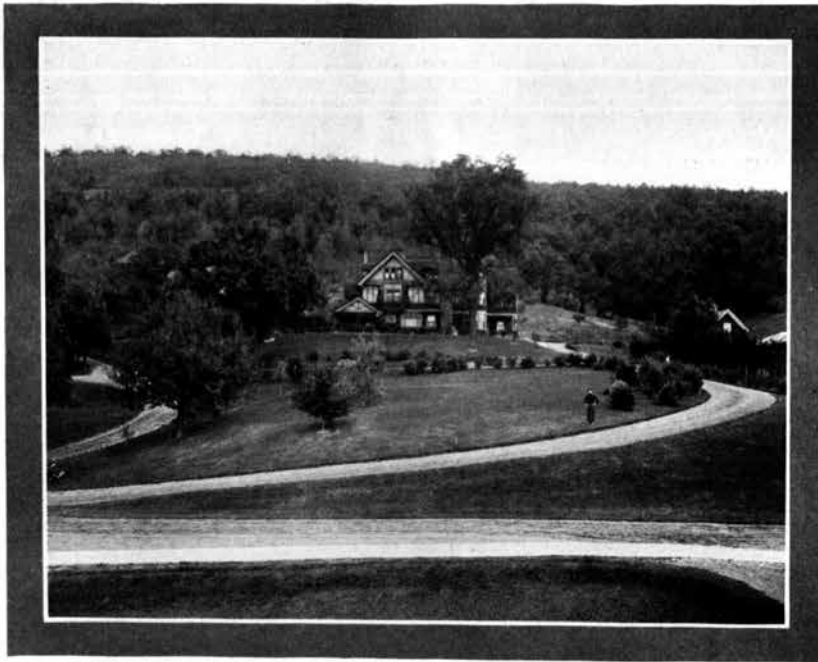
Other members of the faculty are: Dr. Kate J. Jackson, Emeritus, Dr. Walter E. Gregory, Dr. William T. Barger and Dr. Allen W. Holmes.

Former publications have given the history of the institution and life of its founder. It has been deemed wise to make this largely descriptive and pictorial.

It is needless to say that the aims, purposes and plans of the institution projected by the founder have been wisely preserved, if also amplified and modernized, by his gifted son and successor, Dr. James H. Jackson.

Physicians are urged to visit the institution. Many come as patients. We are glad to entertain those who accompany their patients, and if they will, have them spend a few days with us.

While distinctive in methods and character, this institution is also ethical in all its relations. We are glad to co-operate with the home or family physician in every proper case and report to him as often as helpful. Their suggestions, counsel and visits are welcome always.



ALTA VISTA,—RESIDENCE OF DR. JAMES H. JACKSON





WEST FACADE MAIN BUILDING

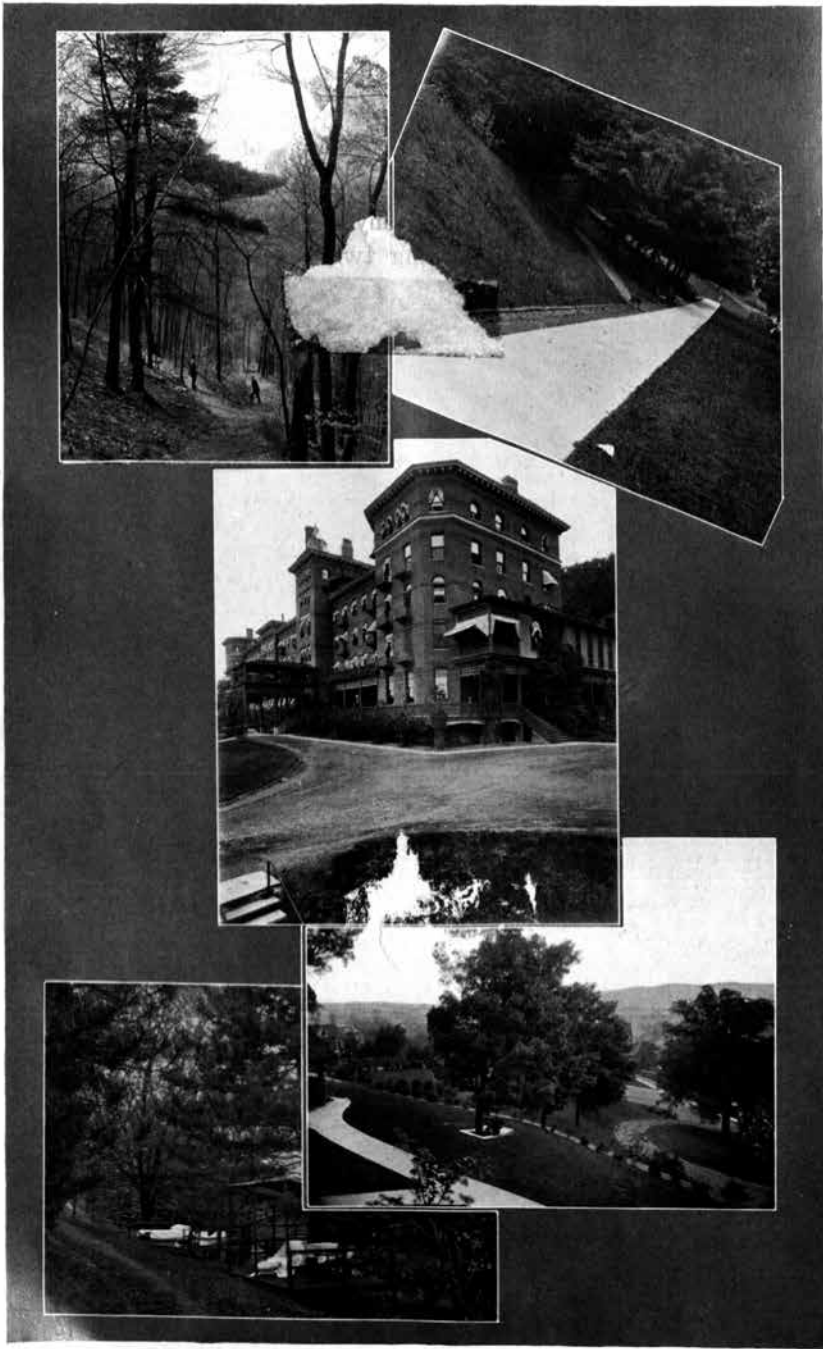
Founded on a rock. For suffering ones and weary
A home, secure from worldly care and strife,
Nature, the healing mistress, tends its portals,
Beckoning with gentle hand to paths of life.

—K. J. J.

THIS institution is not a hospital in any sense; nor does the word “sanatorium” or “sanitarium” correctly describe its purposes or achievements. Rather, it is a great health institution established for the scientific treatment of invalids, especially those seeking rest and recuperation in cases of overwork or nervous exhaustion. The class of persons treated includes those suffering from a great variety of physical ailments. Notable success has been had in the treatment of all forms of nerve, heart, liver and kidney affections as well as diseases of the digestive organs. The institution is especially equipped for treatment of ailments peculiar to women. No tubercular or objectionable cases are taken.

The word “resort” used in the name of the institution was selected to mark a distinction between this and those institutions called “sanitariums,” which in so many instances are limited to the treatment of mental, tubercular and incurable cases. The word should be given its true meaning. “Health Resort” means a place where those seeking improvement in health conditions go in search of the benefits and advantages of the health-giving and health-improving treatments.





PARKS AND GROUNDS



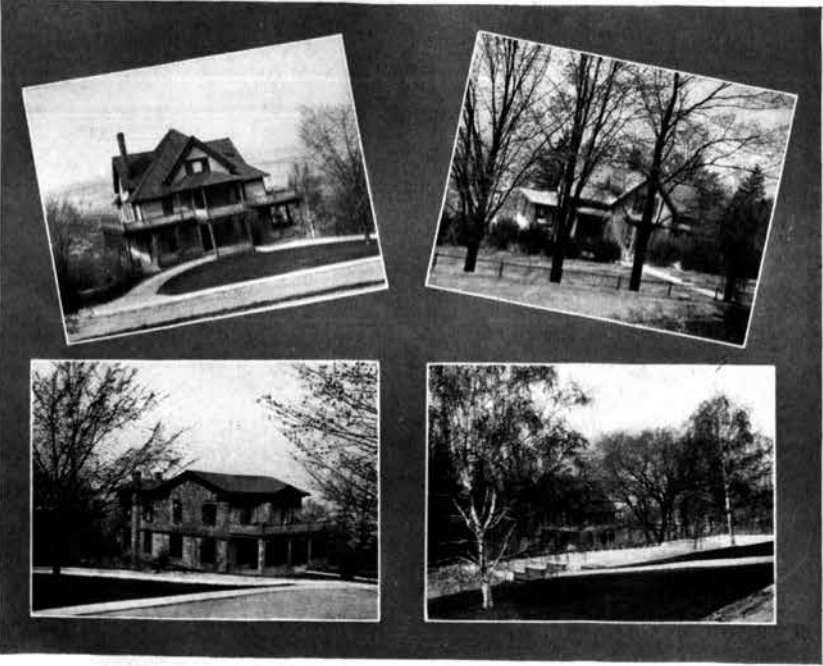
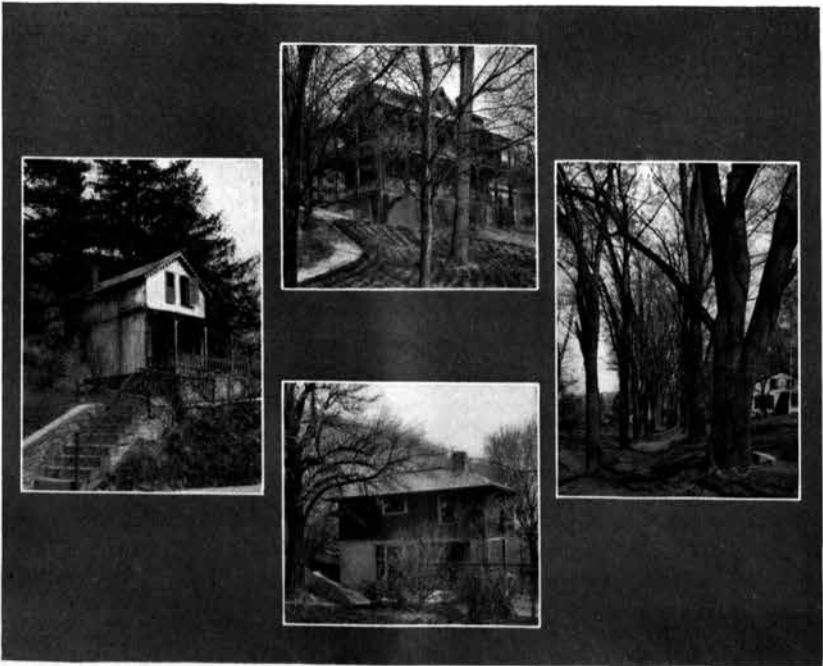
While the institution receives many who are really invalids the atmosphere of invalidism is never apparent. The large majority of the patients and guests are those able to be up and about, take their meals in the public diningroom, attend the lectures, musicals and entertainments provided; play golf, tennis, croquet, if they wish; walk, drive, motor or otherwise enjoy themselves out of doors, seeking rest and up-building in cases of lagging physical force.

The institution, accommodating one hundred persons, is large enough to require and provide a modern method of up-to-date, modern therapeutic advancement but not so large as to have become commercial in any sense. Each case is treated individually; each has its physician. There are no wards; no clinics; no objectionable features. A smaller institution could not offer so much; a larger one would lose the advantage of the spirit of good will and good cheer which gives the atmosphere of the institution its happy and homelike quality. "Homelike" is the word so often used by our guests and patients to describe the spirit of the place. Nowhere we believe, is this atmosphere so manifest. Whether one occupies the most luxuriantly furnished suite of rooms or the least expensive, he receives the same medical care, attention of nurses, identical treatments and shares all of the privileges and advantages of the institution. Those who dread the thought of going to a "sanitarium" need have no such fear in coming here. There is nothing "institutional" about The Jackson Health Resort. "If you come you will be at home."

Rest. How many there are who need rest. Rest is often sufficient to work a cure. It is generally prerequisite to the employment of health remedial agencies. But rest must be as intelligently directed as work. The best results are obtained when the facilities for it and the environment are under medical control. Every physician will testify to the advantage of getting away from the care and worry and environment of business and the anxieties and impositions and surroundings of the home life.

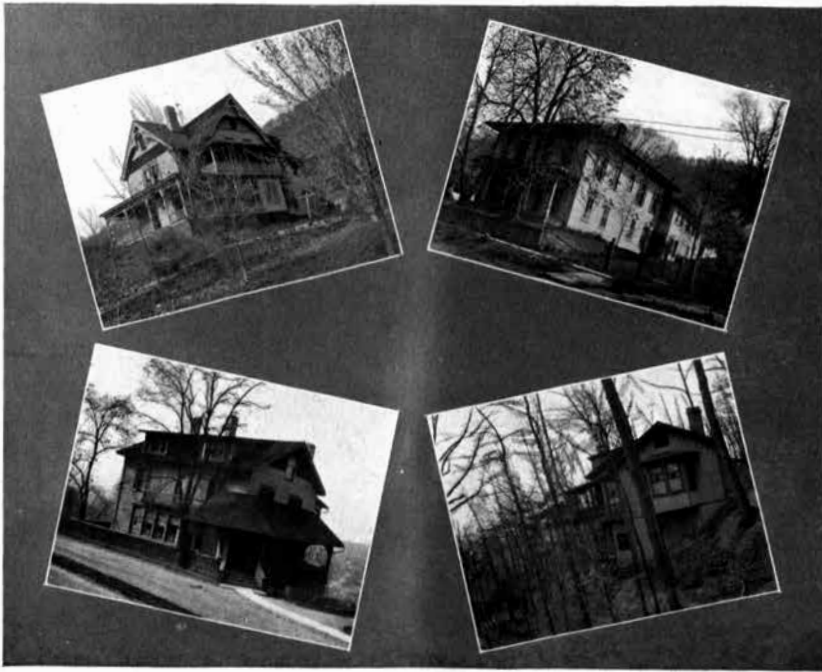
Diet. The subject of diet is given its important place. A well-equipped diet kitchen was long since established, in charge of a graduate dietitian. In this way the diet of every patient may be regulated and is controlled by the physician in charge in those cases where special diet is deemed advisable or necessary. This does not mean however, that persons visiting this institution are limited to a dietary originated to emphasize any particular fad or advertise any special





COTTAGES



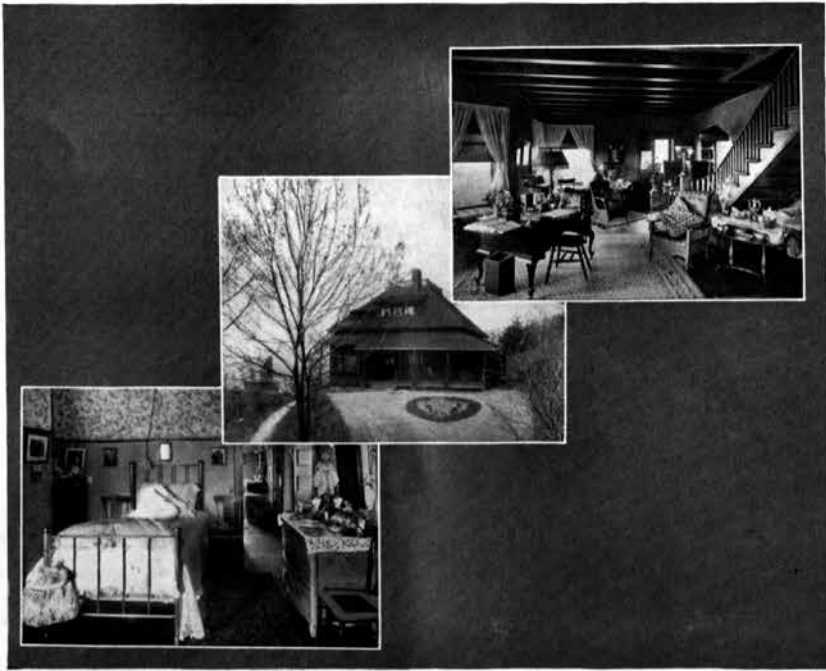


COTTAGES

line of food products. On the contrary, it has been said that we have the best American-plan table in the state of New York. Copies of our menus are widely distributed by our guests and obtainable upon request. It is deemed better that those whose diet does not require limitation and self-denial have not these restrictions imposed upon them, while those cases requiring special foods obtain them under the advice of our physicians and dietitian.

Dress. We are often asked, "What shall we bring in the way of clothing?" and we answer, "Use your own judgment." Ours is a democratic family. Some women and some men wear evening dress on occasions and at dinner; most of them do not. Whether one will or not, depends upon himself. In those cases requiring dress discipline, our physicians advise and direct, but in this respect, as in diet much is left to the patient. What you shall bring and wear may therefore be determined as you will, having in mind the seasons, the length of stay and your own physical comfort. We do not accept the theory of those institutions which find the road to health only along lines of discipline, strict rules and self-denial. We deem it wiser that





THE BUNGALOW



ONE OF THE GREENHOUSES





MAIN OFFICE

intelligence as expressed in the individual, have its share with wise medical supervision, advice and direction.

Chapel. Our catalogue shows a picture of our chapel. This has often been called, "The Heart of the Place;" we do not know a better name for it. It has been enriched by the offerings of many friends; has a large, beautifully toned pipe organ, also a fine piano; and as is shown in the picture, an altar, pulpit, reading-desk, font, etc. In the arched recess is the beautiful Christ window (Tiffany) placed there by a number of patients and friends of Dr. James Caleb Jackson; Rarely does one see so beautiful a window. On the walls are memorial tablets, tributes of loving friends who thus testify to the lives and characters of some who have gone from us.

Here on Sunday regular church services are held in the morning and in the evening, song service. On other days those who wish attend for a brief period of morning worship consisting of a song, Bible-reading and prayer by one of the members of our faculty or visiting clergyman. These gatherings are all non-sectarian; representatives of all faiths and churches attend but no obligation to do so is imposed upon anyone.



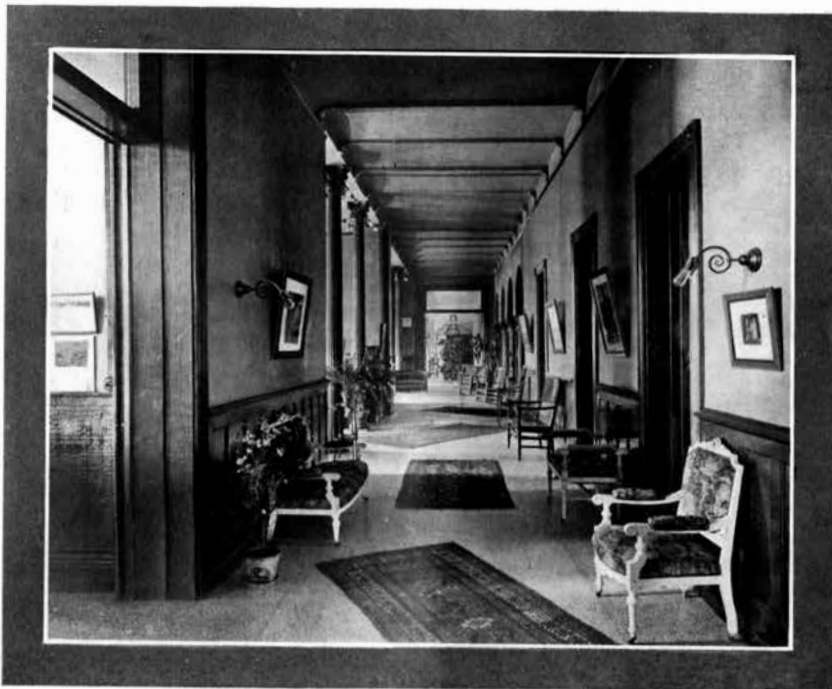


SOLARIUM



RECEPTION ROOM





CORRIDOR LEADING FROM PARLOR TO DINING ROOM

Library. Leading to the chapel is a spacious corridor and reading room, the walls of which are lined with book cases containing many thousands of volumes of the best literature; also daily, weekly and monthly periodicals, all available to the guests. Photographs of these are shown on page sixteen.

Amusement Room. Here are provided shuffle-board, billiard and pool tables; adjoining this is the smoking room, also barber shop.

Ideal Social Life. Reference has been made to the spirit of the place and its homelike quality. Anyone who has been here will tell you that the first impression made upon his arrival was the "atmosphere of the place," that it was different from anything he had observed before; that at once he "felt at home." Indeed, we are one large family and every effort is made to promote harmonious and helpful relations among its members. Courtesy without formality; thoughtfulness without officiousness; special kindness to strangers; moderation in all things; self-discipline; courage and patience during Nature's sure processes of relief; intelligent diversion—these are some of the principles here inculcated which tend to "Health by Right Living."



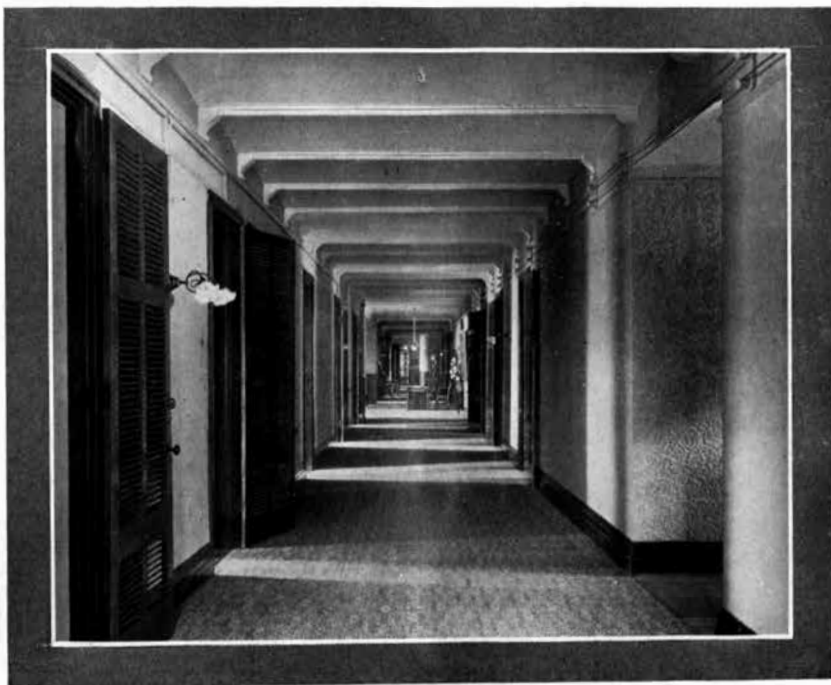


DINING HALL



CORRIDOR LEADING TO PHYSICIANS' OFFICES





ONE OF THE BEDROOM FLOORS

Outdoor Life. This important feature is given encouragement and is intelligently directed. Opportunity for golf, tennis, croquet and hikes and shorter walks are provided.

Special emphasis may be laid upon the beauty and attractiveness of our golf course which is said to be one of the finest links anywhere.

Paths are laid through the park and woods and are of endless beauty and variety.

Roof. A unique feature for the invalid is the flat tile roof covering the large main building. This is reached by two elevators and is available at all times of the year. Attendants and nurses care for the patients. Warmly wrapped and tucked in chairs or cots many guests spend hours daily in the pure air. A part higher and separate is known as the "silent roof" and here inviolate quiet is enforced at all times. Portions of the roof are covered and these are used in unpleasant weather.

Woods. From the roof a bridge leads directly to the forest-covered hillside. Through the woods are platforms, hammocks, cots and





CORRIDOR LEADING TO READING ROOM AND CHAPEL



PART OF READING ROOM AND LIBRARY





CHAPEL

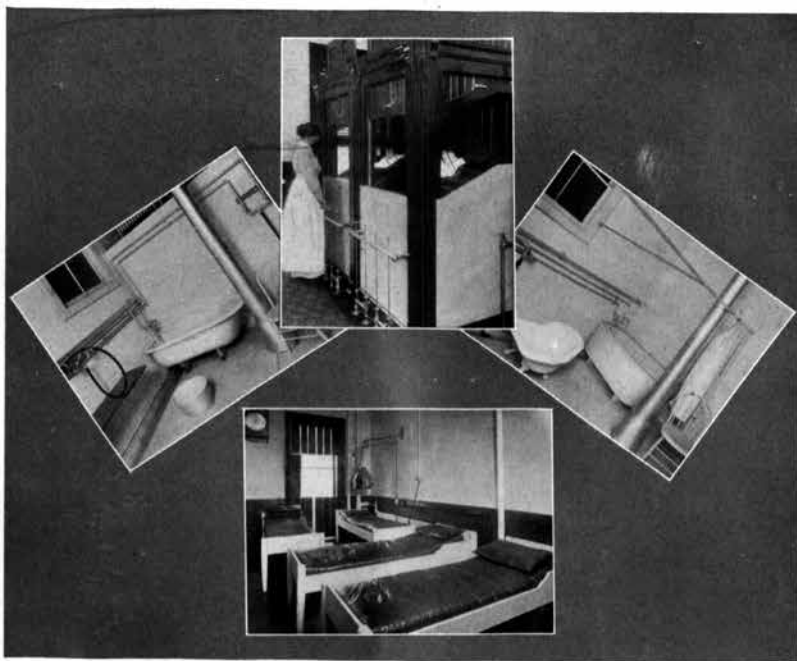
easy chairs; the rarest opportunity for rest and quiet. The platforms are rented to the guests and each may have his own and go and come when he will in undisturbed possession. Many spend the greater part of the day on their platforms, and those who wish have their meals served there.

Motoring and Driving. We have our own garage where guests' cars may be stored without charge. Scenically there is no part of the beautiful Genesee Valley more attractive than that part in sight of our buildings. All of western New York is easily accessible by all state roads leading directly north to Rochester, fifty miles; west to Buffalo, ninety miles; south to Elmira, seventy miles and east to Canandaigua fifty miles.

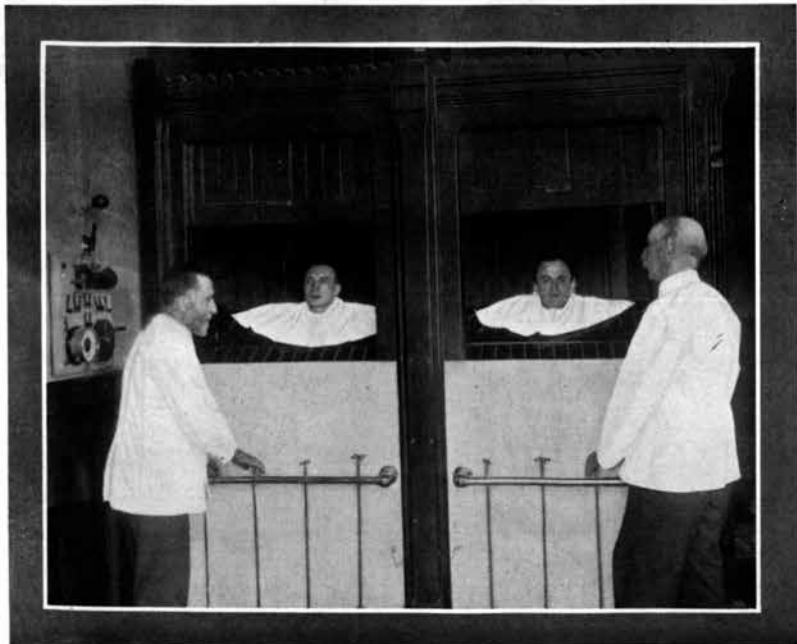
Livery. We have an excellent livery with rigs of all kinds.

Greenhouses. Nearby and connected with the institution are our six large greenhouses. These provide the Resort and guests with an abundance and great variety of the choicest flowers the year through. The generous use of flowers and plants is a notable and delightful item among those which distinguish ours from the hospital or sanitarium.



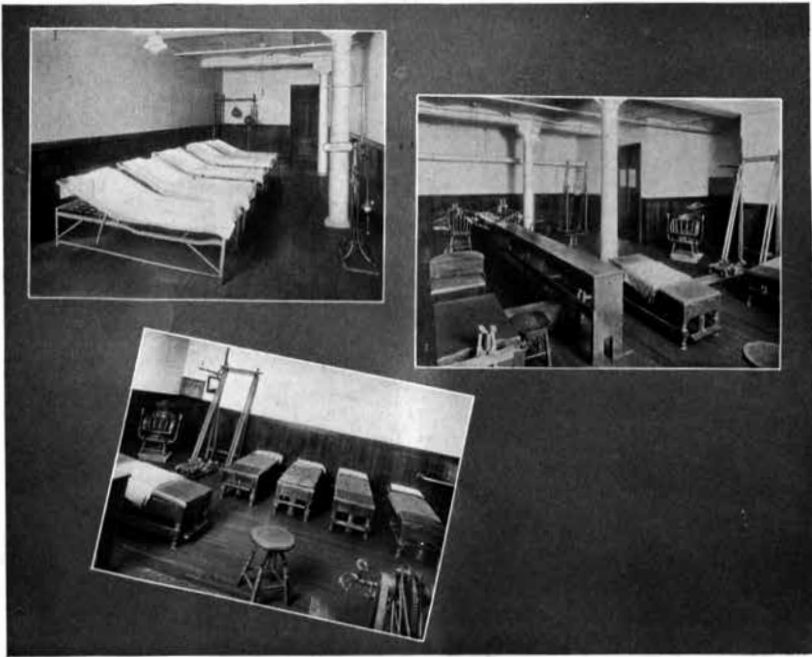


CORNERS IN TREATMENT ROOMS



TWO OF MOLIERE THERMO-ELECTRIC BATHS





SWEDISH VIBRATING MACHINES

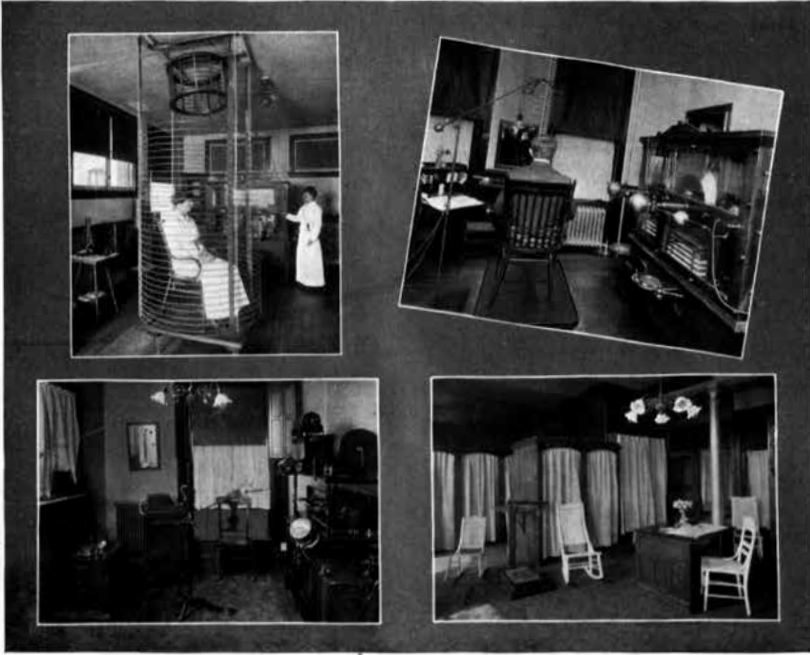
TREATMENTS

The most approved forms of bath, electrical and mechanical treatments given anywhere are here administered.

The Moliere-Thermo-Electric Bath, which is the most efficacious in a large variety of health treatments known is successfully given only here, and has been for thirty-five years. It is also a delightful treatment. The institution has four of these. See illustrations. It has remarkable power in equalizing the circulation, is invaluable to sufferers from congestion or inflammation of the internal organs, and has unrivalled efficiency in cases requiring elimination. It is given in neuralgia, rheumatism, gout, catarrh, malarial affections, disturbances of digestive organs, Bright's disease and kidney affections, with splendid results. For persons weary and debilitated by care or overwork it is a most luxurious and strengthening bath.

In its general therapeutic effect, the Moliere resembles the Turkish but has the advantage of the combination of electricity with heat, so that perspiration is induced with less taxation to the system. The



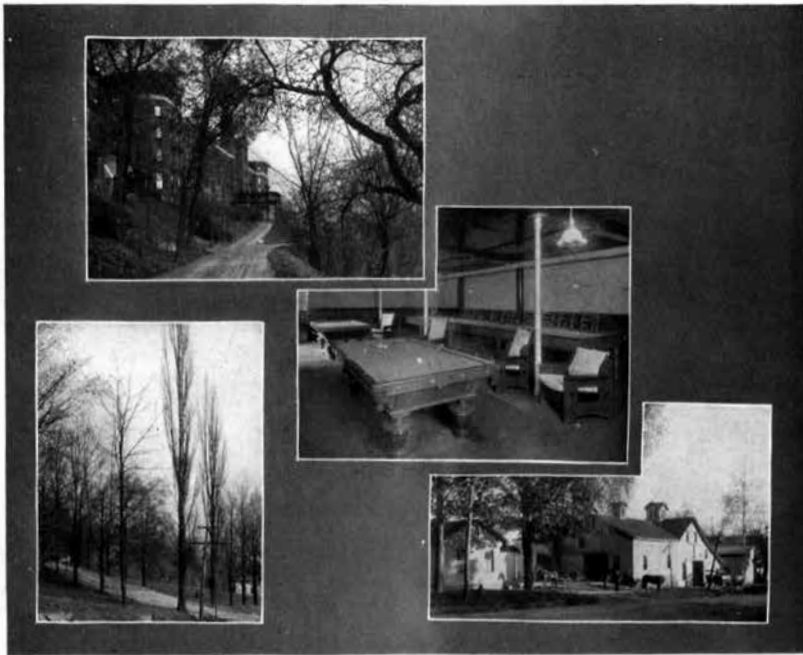


ELECTRIC TREATMENTS



SURGICAL AND NOSE AND THROAT ROOMS





patient's head and face being exposed, he may breathe the atmosphere of the room, which to many constitutes an advantage over the Turkish.

The Nauheim Bath so well known to all physicians and justly celebrated for its efficiency in certain heart affections, has been given here for many years with marked success. No other institution in America is better equipped to give this administration than our own.

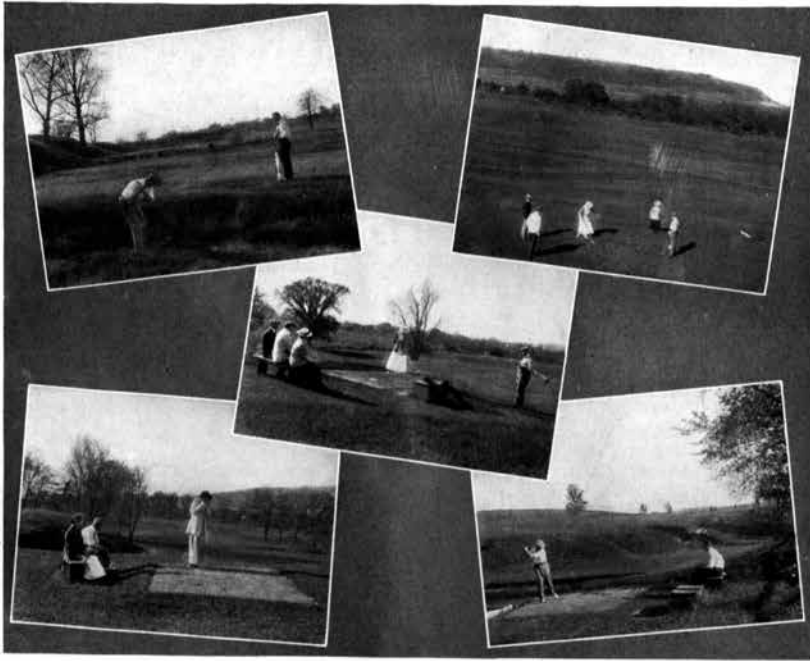
The Turkish Bath. This well known form of treatment is administered here by an expert of many years' experience. We confidently assert that a better Turkish Bath is not given anywhere.

Other baths include the Russian, Electric Light, Salt and Sulphur. Fomentation treatments for local congestion are given; also all forms of packs.

These constitute the most complete system of bath treatments known.

Electricity. The institution has kept pace with the great advances made in the scientific applications of the various forms of electrical





VIEWS ON J. H. R. GOLF GROUNDS

treatments and is fully equipped for the medical administration of this remedial agency in all cases where indicated. The equipment here is quite unusual for its completeness, including Statical Machines and Coils. We also have the high frequency electric current, now known to be of great value in the treatment of Arterio-Sclerosis, enlarged prostate glands, diseases due to auto-intoxication, high blood pressure and many other ailments. Some have regarded this discovery as one of the most important in medical therapeutics in recent years.

The Electric Treatments also include the Electric Light Bath, the Leucodescent Light, the D'Arsonval method of auto-conduction cage, and condensation couch; and high frequency Morton Wave currents.

The X-Ray Equipment is in charge of a physician who has made a special study of this important therapeutic agency.

The Swedish Movements or Vibrating Machinery is recognized as one of the best means of giving rest to tired nerves, dissipating aches and pains and stimulating sluggish organs.

The apartments for these were planned and the apparatus fur-



nished by the leading authority in this specialty, Dr. George H. Taylor, of New York. They were constructed and the machinery installed under his personal supervision and acknowledged by him as his best work.

Water. Analysis of the All-Healing Spring—Grains per gallon :

Sulphate of soda, . . .	0.750	Chloride of magnesium, . .	0.544
Sulphate of lime, . . .	0.432	Silica,	0.344
Carbonate of lime, . .	5.246	Alumina and iron, . . .	0.106
Chloride of potassium .	0.117	Volatile & organic matter,	0.641
Total solids,		8.180	

The marked value of the All-Healing spring water has been demonstrated in cases of rheumatism, gout, gravel, neuralgia and neurasthenia. The free drinking of this water tends to prevent or antidote excess of uric acid. Late investigations show the great value of waters containing high percentages of carbonate of lime in solution, which are free from objectionable mineral ingredients. The water supply of The Jackson takes front rank not only because of its freedom from objectionable mineral substances and organic matter and its low percentage of mineralization but as well for the special value of the chief mineral substance held in solution.

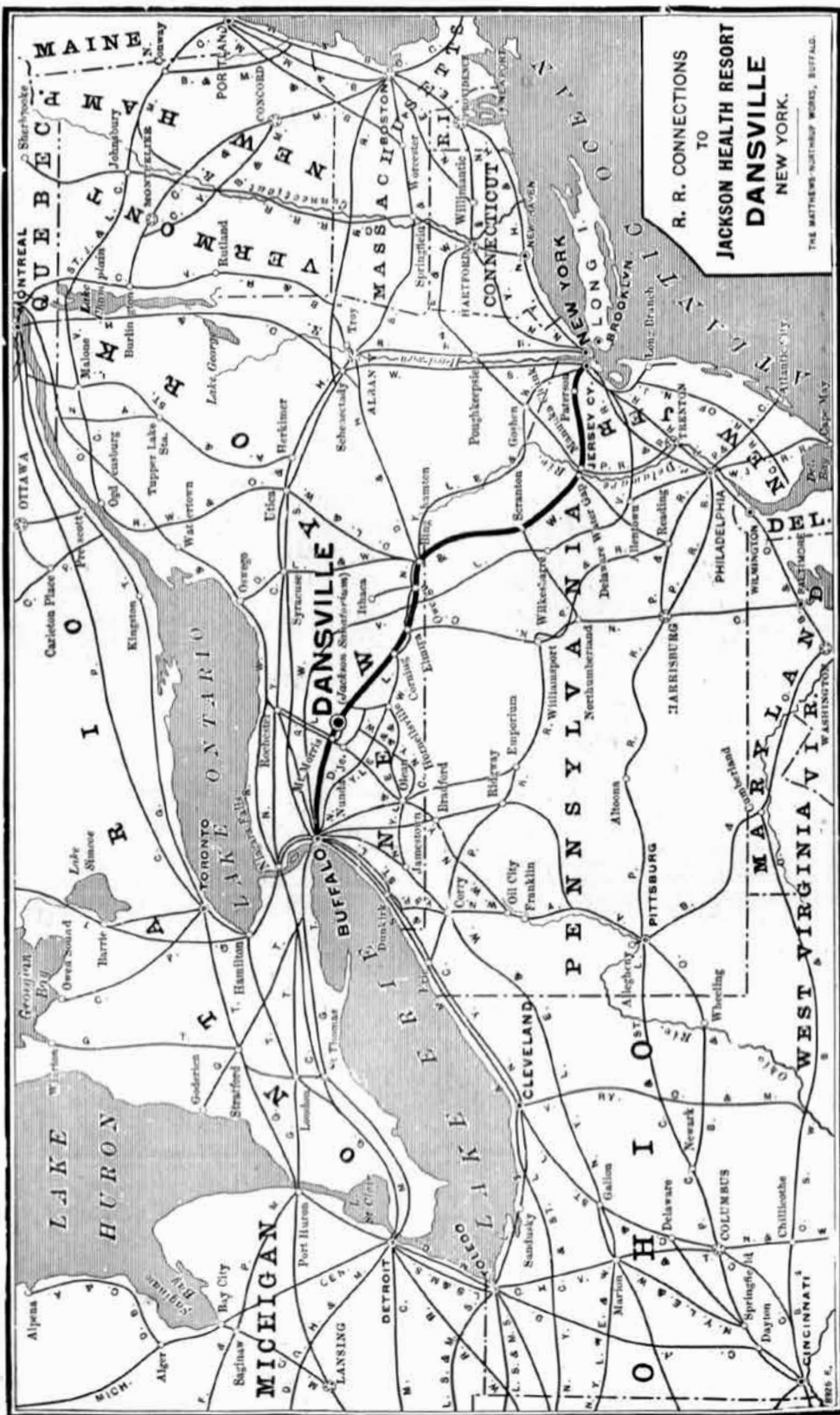
Other Departments. The Surgical Department includes a fine operating room, with the usual instruments, apparatus and equipments. The institution does not specialize in operative cases but has made provision to care for them when they arise. Many outside physicians take advantage of this opportunity and find ours an ideal place for patients during convalescence.

The Gynecological Department is fully equipped and in charge of a physician of many years' experience in the treatment of pelvic diseases.

The Laboratory is in charge of a trained expert. Here every up-to-date device and apparatus for accurate analytical diagnosis is provided and used. These aids to the treatments given are of incalculable value and afford a very great advantage over the institutions which do not possess like equipment or emphasize this important department.

The Pharmacy is adequately furnished and in charge of a Graduate Pharmacist. The best modern thought and practice as to the use of drugs is the standard for the guidance of the medical faculty.





R. R. CONNECTIONS
TO
JACKSON HEALTH RESORT
DANSVILLE
NEW YORK.

THE MATTHEWS-NORTHROP WORKS, BUFFALO.

Nurses. The institution has a staff of trained nurses on duty at all times. Patients may bring their own when they prefer or the institution will provide them. Non-graduate attendants of experience are also available.

Nose and Throat Department. This is in charge of one of our physicians and is found to be of great assistance in connection with the other treatments in many cases.

Moving Pictures. The institution has installed a complete moving picture equipment. Fine programs are given two or three times each week. These, with other entertainments, afford rational diversion and helpful variety to the life of our guests.

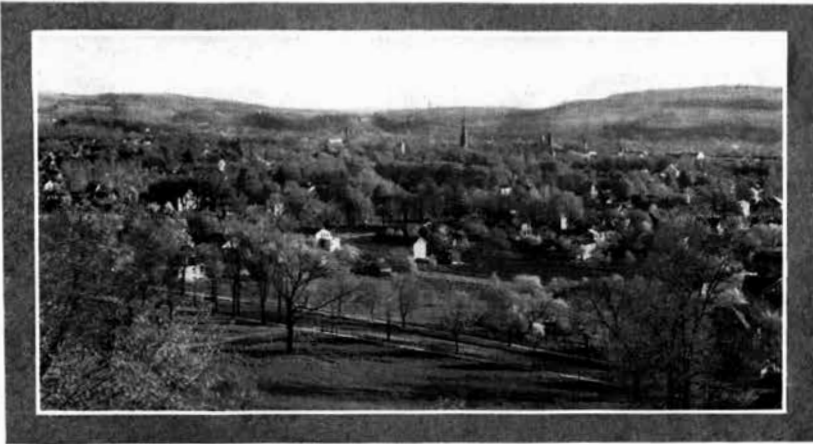
Dancing. Provision is made for occasional dances; these are held in the parlors on the main floor.

Transients. Fine accommodations for those who would come to spend a day or two with friends, are available. We are glad to have transients come, and take good care of them for a longer or shorter stay.

Motorists are made welcome.

Rates and Expenses. Rates and further information will be given upon application. Address,

NEWTON B. GORHAM, Managing Director,
Dansville, N. Y.



ROUTES AND OTHER INFORMATION

FROM NEW YORK CITY take the Delaware, Lackawanna & Western R. R., *direct to Dansville without change of cars.* This road is equipped with Pullman Vestibule Drawing-Room and Sleeping Cars.

FROM THE EASTERN STATES come either via New York City, or via Albany and Delaware & Hudson Canal R. R., to Binghamton, thence by the Delaware, Lackawanna & Western R. R., to Dansville.

Or by the New York Central R. R. system to Buffalo, thence by Delaware, Lackawanna & Western R. R., to Dansville.

FROM THE WEST via St. Louis, Chicago and Buffalo.

FROM THE SOUTHWEST to Cincinnati and Buffalo.

FROM CANADA via Grand Trunk or Canadian Pacific R. R. to Buffalo.

FROM BUFFALO take only the Delaware, Lackawanna & Western R. R. to Dansville.

FROM THE SOUTH via Pennsylvania R. R. system to Stroudsburg or Elmira, thence only by Delaware, Lackawanna & Western R. R. to Dansville.

AN OMNIBUS meets every train arriving between 7:00 A. M. and 9:00 P. M. Parties arriving upon other trains should notify us in advance.

Accommodation or Automobiles Furnished Free of Charge.







July 4th, 1916

