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The Jackson Sanatorium: The Best Appointed Health Institution in America. Built of Brick and Iron and Absolutely Fire Proof.

James H. Jackson M.D.

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The Jackson Sanatorium

James H. Jackson, M.D.

Kate J. Jackson, M.D.

Walter E. Gregory, M.D.

Genesee Valley Historical Reprint Series



Genesee Valley Historical Reprint Series: The Jackson Sanatorium

The Jackson Sanatorium, dedicated to the “scientific treatment of chronic invalids,” was one of several names given over the years to the famous health resort which operated in Dansville, NY from 1854 through 1971. It can still be seen high on the hill just east of the village. This undated brochure was aimed to entice overworked, nervous, and exhausted persons with the curative promise of Dansville’s mountain spring water, regular lectures on health, lessons of hygiene, and opportunities for social and religious interaction. The Sanatorium, directed by Dr. James H. Jackson at the time of printing, used non-pharmaceutical treatments, focusing on careful regulation of daily life, including diet, exercise, rest, and proper dress. This last must have been of great interest to the trussed up, bejeweled 19th- and early 20th-century women, as the brochure suggests that simple dress will insure “better health, a wider scope for unused powers, and a far greater degree of happiness.” In an early example of celebrity endorsement, a quote from Clara Barton appears in the back of the brochure.

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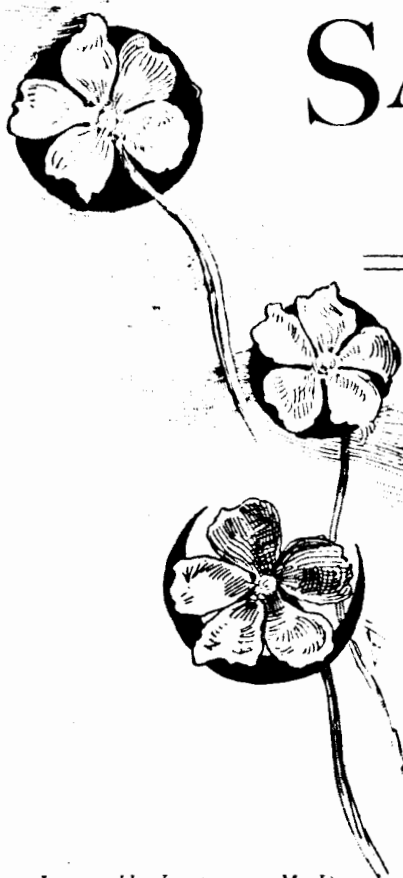
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Summary by Sue Ann Brainard



THE
JACKSON
SANATORIUM



THE BEST APPOINTED
HEALTH INSTITUTION
IN AMERICA.

BUILT OF BRICK AND
IRON AND ABSOLUTELY
FIRE PROOF.

JAMES H. JACKSON, M. D.
KATE J. JACKSON, M. D.
WALTER E. GREGORY, M. D.

MANAGING PHYSICIANS.

MATTHEWS NORTHROP & CO.
BUFFALO, N. Y.



ARTISTIC
ENGRAVING
PRINTING
BINDING

The Jackson Sanatorium.



HIS INSTITUTION, for many years known as "Our Home on the Hillside," was established for the scientific treatment of chronic invalids, and for recuperation and rest in cases of overwork and nervous exhaustion. During the past thirty years thousands from all parts of the American continent, the West Indies and Europe

have here found health, rest and the advantages of a well-ordered home. Even in cases where the underlying disease was incurable the methods here employed have been singularly successful in relieving symptoms and prolonging life, particularly in affections of the heart and kidneys. It is conducted as a distinctively HEALTH INSTITUTION and not as a fashionable resort. Regularity of life and freedom from noise and social excitement prevail, thus securing long periods of rest, while at the same time rational recreation and amusements are amply provided for. Although the comfort and welfare of the sick are the first considerations, there is every opportunity for those who desire it to spend here a pleasant and profitable vacation season. Situated in a hillside park of forty acres of woodland and lawn, laid out with walks on the level and up the hill, the Institution, with its numerous surrounding cottages, has often been likened to a city set on a hill.

At a distance of half a mile is the town of Dansville, with its churches, schools, and railroad facilities. Population 4,500.

THE ELEVATION OF THE SANATORIUM IS 1,200 FEET ABOVE SEA LEVEL.

NATURAL SANITARY LOCATION.—The region within which Dansville is situated is most salubrious. *It is exempt from malaria*, and the vital statistics justify its claim to favorable distinction in respect to diseases caused, or prolonged, by environment. This is probably due to its elevation above sea-level, swift running streams, dry porous soil, evergreen forest growth, a climate equable and genial for its latitude, and more especially to the exceptional dryness and purity of the air. The atmospheric conditions are advantageous to sufferers from liver, kidney, lung or skin derangements. The nights of the hottest summer days are cool; the winters are exceptionally mild with but little snow. The Meteorological Bureau reports and the weather maps of the Smithsonian Institute, show that the narrow strip of Western New York State, forming the northerly divide of the Alleghany chain draining into Lake Ontario, enjoys a much less humidity and moisture precipitation than the surrounding country; indeed, not until one approaches the pine forests of Northern Michigan or the equally inhospitable dry plains west of the Mississippi River, can be found any such low annual average; of only this small section can it be said in all the region within twelve hundred miles of the Atlantic Coast line.

By a coincidence, or something more, this is also the seat of a highly developed fruit culture; the famous Genesee Valley grain fields, vineyards and orchards, where apples, grapes, berries, tubers and legumes can be had in greatest perfection and in abundance.

These combined influences make it a desirable place of residence for the sick or well.

MOUNTAIN SPRING WATER of great remedial value flows from rocky heights far above any possible source of contamination. Dr. Titus Munson Coan, of New York City, who has made a specialty of treatment by natural mineral waters in this country and abroad, writing of this spring water, says: "It has fallen to my province to visit many a mineral spring, both American and foreign, and to prescribe their waters for many kinds of chronic

fire in a large hotel — no matter whether the outer walls be of wood or brick — in which the beams, floors and ceilings are built after the ordinary manner of wooden construction. The only positive security is complete isolation of each floor by making the intervening medium of fire-proof materials, such as brick and iron. This is the method carried out in the new building. It is as absolutely fire-proof as human skill and science can make it. It *cannot* burn down. Lavish expenditures have been made to render it complete in sanitary appointments, modern conveniences, and the comforts of home. Among its advantages are light, airy, ventilated rooms, heated by steam, and tastefully furnished; open grates in public and many private rooms; safety elevator; electric bells in every room; telegraphic and telephonic facilities; spacious halls and corridors kept at uniform heat; broad promenade piazzas; perfect sewerage, water closets and soil pipes in an annex separate from the building, but connected by corridors, with separate systems of pipes, and drains guarded in the most effective manner. No house can be more free from the possibility of sewer gas infection, as there are no soil pipes in or under the building.

A commodious hydraulic elevator, provided with Ellithorpe's safety air cushion, connects with the ground and all the floors and roof of the main building.

Taking into consideration the commodious new building, planned and constructed to meet every need of the seeker after rest and quiet; the pleasant cottages clustered about it; the location unsurpassed for health and beauty; the entire freedom from demands of society and fashion; the frequent lectures and lessons on hygiene; the provisions for recreation and amusement; the faithful attendance and care of a skilled and experienced staff of physicians, and the services of trained and competent helpers, — the Sanatorium unquestionably offers an unequalled combination of sanitary appointments and therapeutic appliances for the restoration of the sick and recuperation of the exhausted.

THE MEDICAL DEPARTMENT. — The managing physicians are James H. Jackson, M. D., Kate J. Jackson, M. D., and Walter E. Gregory, M. D. For the past fifteen years Dr. James H. Jackson has been at the head of the medical staff. This permanent corps, assisted by from three to five experienced

physicians, have constant personal care of the medical department.

THE TREATMENT comprehends a careful regulation of daily life, including diet, exercise, rest and recreation, with cheerful and helpful social and religious influences. All the most approved forms of baths are employed, notably the Molière Thermo-Electric, Turkish, Russian, and Electric, together with Massage, Swedish Movements, Inunction, Electricity, Light Gymnastics, etc., as indicated in each individual case. Massage, an important measure of treatment here, is given by experienced masseurs. Drugs are not relied upon *for curative purposes*, but are used conservatively, as it is believed that better and safer means are available. This Institution is not a water cure, nor a diet cure, rest-cure, air cure, nor movement cure, for the reason that not any one of these names expresses *its leading idea*. It is a Hydrotherapeutic Establishment and Sanatorium, in which all the natural agencies, as air, water, food, sunlight, electricity, exercise, rest and recreation are brought into use for the restoration of the sick, and where obedience to the laws of health is enjoined as one of the first requisites to recovery. As regards physical agencies we ride no hobby, but adapt therapeutic measures to each case according to its conditions and needs.

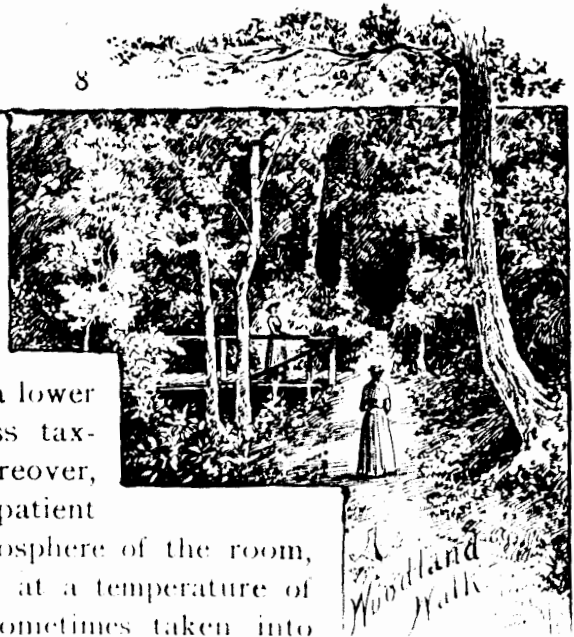
The apartments and apparatus for treatment are extensive and most complete, occupying a series of rooms on the second and third floors in the front of the main building, light, airy, and commanding beautiful views. The bath rooms for gentlemen and ladies are on different floors and are also so constructed as to secure entire individual privacy.

Special departments for throat, eye and ear, and gynecological treatment.

THE MOLIÈRE THERMO-ELECTRIC BATH.—The therapeutic claims made for this bath are: First, its remarkable power to equalize the circulation, making it of special value to those who suffer from congestion and inflammation of internal organs. Second, its unrivaled efficiency in removing waste material from the system. Thus in ~~ne~~ neuralgia, rheumatism, gout, catarrh, and malarial affections, it is one of the most effective measures of treatment. Again in many organic diseases, this bath greatly relieves suffering and often prolongs life, as in Bright's disease. For persons weary and debilitated by care or overwork it is a most

luxurious and strengthening bath.

In its general therapeutic effect, the Molière resembles the Turkish, but owing to the combination of electricity with heat, perspiration is induced at a lower temperature, and with less taxation to the system. Moreover, in the Molière, the patient breathes the ordinary atmosphere of the room, while in the Turkish, air at a temperature of two hundred degrees is sometimes taken into the lungs, which in some cases is undesirable.



ELECTRICITY in its various forms is given by skilled administrators. Electro-Thermal Baths, with stationary batteries, also portable Galvanic and Faradic batteries are employed. A superior Holtz machine is used for the administration of Statical Electricity.

SWEDISH MOVEMENTS.—Apartments for these were planned and furnished by the leading authority in this specialty, Dr. George H. Taylor, of New York. They were constructed and set up under his personal supervision, and acknowledged by him as his best work.

PHYSICAL CULTURE.—This attractive department is under the personal charge of Mrs. Walter E. Gregory. The Delsarte system is taught and practiced, and is found invaluable in its adaptation to the needs of invalids. The old and the young, the student and the teacher, the weak and the strong, of both sexes, find benefit in the practice of these exercises, which, as applied to health, mean the strengthening of the nerve centres, gaining poise and self control, relieving the nervous strain or tension from which the majority of Americans suffer, inducing sleep, and conserving the vital force instead of dissipating it. Physicians of all schools give this system cordial reception and support. Young men and women should acquire it as a part of their education, especially those of feeble constitution and delicate nervous organization.

REST.—Everywhere are to be found overworked men and

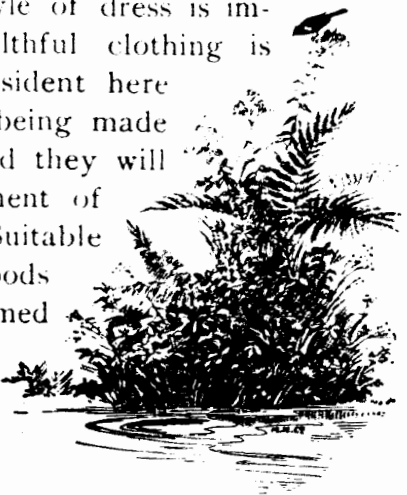
women, who, by timely intervention may avoid permanent invalidism. The majority of Americans get up tired and are never rested, because they do not observe regular periods of rest. Few men or women know how to rest. They understand how to work, how to toil hard, how to expend power; but they do not know how to re-gather strength and so recover from fatigue of body and weariness of spirit.

Nowhere are surroundings more conducive to healthful repose and the conservation of vital power. Everything unites to give freedom from care, relief from the vexing impositions of fashion, from social dissipation, irregular habits and tendency to overwork, while at the same time all the arrangements, exterior and interior, lead to the cultivation and attainment of thorough mental and physical rest.

At noon, from 12.00 to 1.30, the house is kept quiet for "rest hour."

DIET.—Impaired nutrition is a feature of nearly all cases of chronic disease or exhaustion, and the value of nutritive treatment so long advocated and practiced in this Institution, has, within the past few years come to be recognized by the medical profession generally. The selection and preparation of foods adapted to the various conditions and necessities of invalids, are now accorded their rightful and prominent place in medical science and practice. The dietary of patients in the Sanatorium is under medical supervision. This does not imply a meagre or monotonous *menu*. The table is bountifully supplied with the best that the city markets and country farms afford, skillfully and appetizingly prepared, and well served. Sudden changes of dietetic habits are seldom advised.

DRESS.—Although no particular style of dress is imposed upon patients, simple and healthful clothing is urgently recommended. The ladies resident here dress physiologically, their costumes being made in a variety of becoming styles, and they will gladly assist any one in the arrangement of both under and outer garments. Suitable materials can be purchased at the dry goods stores in Dansville, and persons accustomed to fitting and making can be reasonably employed. Unphysiological dress ac-



counts in great measure for the premature fading and loss of health of American women. The physicians discourage changing the dress for mere appearance, during the day, since the obligation to do so often proves a heavy burden to a feeble person, and seriously interferes with the recovery of strength. It is advisable, therefore, that all should avail themselves of the opportunity here afforded to dress healthfully. Only a very simple wardrobe is needed in this home. All articles not required for the comfort of the wearer, especially costly jewelry, are only a care in a household where there is no attempt at fashionable display. To many over-dressed, nervous, invalid women, the adoption of a simpler toilet would alone insure better health, a wider scope for unused powers, and a far greater degree of happiness.

SOCIAL AND RELIGIOUS OPPORTUNITIES. The influence of mental conditions upon the body, or the power of mind and spirit when rightly directed to aid in overcoming disease is recognized, and every effort is made to promote harmonious and helpful relations between the members of the Sanatorium family. At the same time kindly restrictions are placed upon those who are inclined to overtax themselves socially. Courtesy without formality, thoughtfulness of others without officiousness, especial kindness to strangers and to those in any way peculiarly unfortunate; moderation in all things; self-discipline, enabling one to resign care and anxiety; courage and patience to await Nature's slow but sure processes; hopefulness; the use of whatever tends to recreate or pleasantly divert the mind,—all are earnestly encouraged and cultivated by those having the responsible care.

The patients as a rule are chronic invalids, a large number remaining here many months. It is a little world in itself, and provision is made for the religious, as well as for the social and recreative wants of the household.

The beautiful chapel, enriched by offerings of many friends, with its sweet-toned pipe organ, stained glass, and profusion of flowers at all seasons, has aptly been called "the heart of the Institution." Here, each morning after breakfast, the family assemble for worship, a privilege which is appreciated by feeble persons, who in their own homes have been unable to attend church services. Christian Union and other religious meetings,

always unsectarian, are held here during the week, and regular services on Sunday.

Connecting the chapel with the main building is a spacious corridor finished in native wood, lighted by numerous windows, beautified by many flowering plants, and made cheerful by an open fire-place. Here are found tables supplied with all the principal daily, weekly and monthly periodicals, and a library of choice volumes.



INSTRUCTION.—The influences of the hillside life are educative, both as to the philosophy and application of the methods employed. Lectures on health and how to regain and preserve it, are frequently given and are of great value in instructing, encouraging, and vitalizing the sick. In this way incalculable benefit is often realized from information gained, which has enabled hundreds of persons to live without sickness, and to insure good health to their families. Feeble guests are made comfortable during lecture hours, in easy chairs. Wheel-chairs are at the service of those who do not feel able to walk.

To create the best conditions for the recovery of the sick, to increase popular knowledge on sanitary subjects and add to the general intelligence in regard to the laws which govern healthful growth and development, to point out right ways of living, and warn against the false and fatal,—this is the purpose of those having the Institution in charge.

OUTDOOR LIFE.—A characteristic feature is the outdoor life led by patients here, who are encouraged to get out-of-doors at all seasons,—in the winter on the roof and piazzas, and in summer under the shade trees, on the mountain side, swinging in hammocks, lying on cots or blankets on the grass. These regular periods of open-air life have a curative value not easily estimated. Those who need it have help in getting out and in, and are made comfortable by attendants.

A subsoil of gravel and sand, causing the ground to dry rapidly after rain, and making the air, both night and day, singularly free from chill and dampness, renders life out-of-doors entirely practicable, without risk of inducing or aggravating throat, lung, rheumatic, or other like affections.

The roof, readily reached by the elevator, is the most popular and populous part of the Sanatorium in pleasant weather. Even the coldest days of winter do not deter the most courageous and determined, warmly wrapped and tucked into cots, from spending hours here daily, during the entire cold season. Soon after breakfast, life begins on the top story, and continues, with the intervals of treatment and dinner, until the sun drops below the western hills. And here the sick and weary breathe the pure air of this upper region, resting tired bodies, and refreshing soul and spirit with long, uninterrupted periods of repose. Steamer chairs with gay rugs, set to take in some lovely picture, and the presence of a few promenaders who take prescribed exercise by a certain number of turns up and down - ten times across making a mile suggest a comparison to the deck of an ocean steamer.

Croquet, lawn tennis, and other outdoor games, with riding and driving, are enjoyed in summer; at all seasons of the year, home games, frequent concerts, stereopticon exhibitions, amateur theatricals and other entertainments, furnish in-door amusement.

EXPENSES depend upon the size and location of the room occupied, and range in the main building from \$16 upward to \$35 per week, while in the cottages they are from \$12 upwards to \$35 per week. *Rooms for \$12 are club rooms in cottages and should be engaged by letter in advance.* The price of rooms includes all ordinary treatment, board at the public table, and the usual medical supervision and care.

The main building contains suites of rooms for those who desire them. The least expensive bedroom is light and airy, and its tenant is entitled to all the privileges of the house, to the same care and attention of the physician, to every courtesy of the attendants, enjoyed by the occupant of the most luxurious suite of rooms.

As only three-hundred guests can be accommodated, rooms should be secured by letter in advance. No extra charge is made for Molière, Turkish, Russian, and Electric Baths, Massage, Electricity, Swedish Movements, etc. In this respect the Sanatorium

will be found to differ favorably from the majority of other and similar institutions where an additional fee is charged for many forms of treatment.

For night service, special nursing, baths, meals or fires in private rooms, a reasonable extra charge is made. Steam heat and lights are *not* extra.

CHILDREN needing treatment are charged the same as adults. If they are boarders only, they are charged according to age — under five years, \$3; from five to twelve, \$5; from twelve to fifteen, \$7 per week, if they occupy rooms with their attendants; above fifteen, same as adults. Mothers bringing young children, should, to avoid being unduly taxed, provide attendants for them.

BOARDERS will be received at \$10 per week, exclusive of room, which may be had in neighboring cottages.

ALL bills are settled weekly, as no credit is given.

MEDICAL CONSULTATION.— The consultation fee is \$6 whether or not the person remains for treatment. Persons having been under treatment will, if desired, be furnished with written prescriptions for home treatment for \$3.

SPECIAL CASES.— Patients confined to their rooms by chronic ailments, or affected with hysteria, melancholy or epilepsy, and persons endeavoring to break off the use of narcotics or stimulants, cannot be received into the Sanatorium except by special arrangements, which may require, for a time at least, the presence of a friend or attendant. Cases of confinement, in addition to the ordinary patients' rates given above, are charged a special obstetrical fee of \$50. Such patients are required to furnish their own nurse. Good nurses for adults and children can be procured in the town. Trained nurses from Buffalo or Rochester can readily be secured.

Contagious and infectious cases are not received.

THE TREATMENT OF HEMORRHOIDS AND OTHER RECTAL DISEASES IS MADE A SPECIALTY, FOR WHICH THE EXTRA CHARGES ARE REASONABLE.

ARTICLES FOR INDIVIDUAL USE.— Patients are required to provide half a dozen towels, two or three bath sheets (linen preferred), a comfortable or woolen blankets. A head cushion or pillow, covered with some colored material and provided with straps, for ease in carrying, will be found very convenient. These

articles are not for bedding, but are needed in taking various baths, or out-of-doors on cots and hammocks. If not convenient to bring them they can be purchased at reasonable rates in the Institution; also cots and hammocks. It is desirable to bring one or two small flower vases and other little ornaments for one's room.

THE AUTUMN AND WINTER MONTHS are considered the most favorable for treatment.

ROUTE.

FROM NEW YORK CITY take the Delaware, Lackawanna & Western Railroad, *direct to Dansville, without change of cars.* Less direct, by the Erie.

FROM THE EAST to Albany, thence by New York Central Railroad to Rochester, thence by Erie Railroad to Dansville.

Or— from Albany by Delaware & Hudson Canal Railroad to Binghamton, thence by Delaware, Lackawanna & Western Railroad to Dansville.

FROM THE WEST to Buffalo, thence by the Delaware, Lackawanna & Western Railroad to Dansville without change.

FROM THE SOUTH to Baltimore, thence by Northern Central Railroad to Elmira, thence by Delaware, Lackawanna & Western Railroad to Dansville.

FROM THE SOUTHWEST to Pittsburgh, thence by Pittsburgh & Erie Railroad to Buffalo, thence to Dansville.

Or— by Western New York & Pennsylvania Railroad to Buffalo, thence to Dansville.

ON ARRIVAL of all passenger trains at Dansville, an omnibus will be found at the depot. Fare to the Sanatorium, twenty-five cents.

LETTERS.— For medical advice, circulars and other detailed information, and for specimen copies of "The Laws of Life, a Family/Health Journal," issued by the Sanatorium Publishing Co., address (enclosing stamp) either of the managing physicians, or **J. ARTHUR JACKSON**, Corresponding Secretary and Business Manager, Dansville, Livingston County, New York.

The kindness and gentleness of the attendants cannot be excelled. The skill of the physicians and nurses has the successful history of years for its endorsement. REV. CHARLES S. ROBINSON, D. D., New York City.

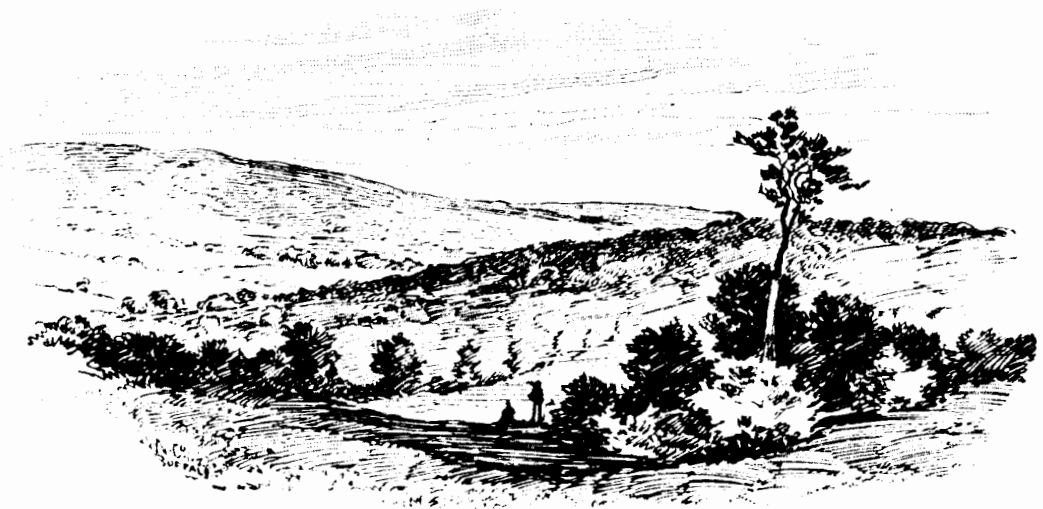
Use my name for anything which can serve the interests of the Sanatorium. Do I not owe to it all that I am? CLARA BARTON, Washington, D. C.

The Sanatorium is the best place this side of Paradise for the tired and sick. REV. J. A. TRIMMER, Pompton, N. J.

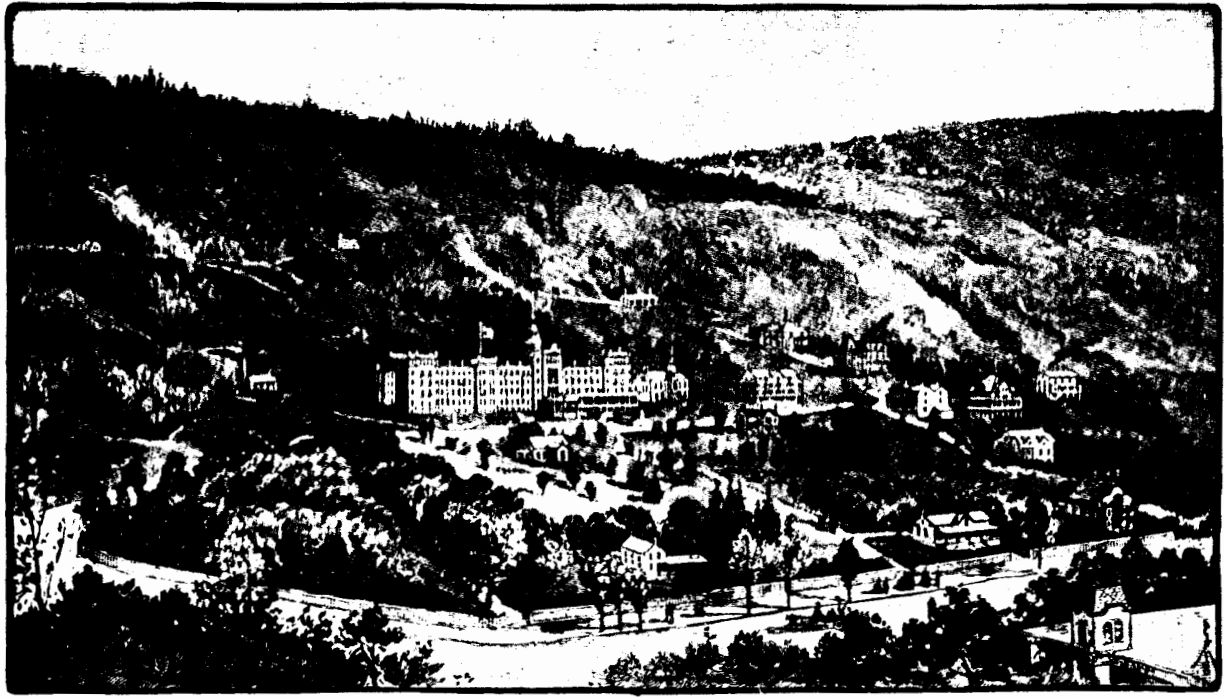
I am always glad to stand for the Sanatorium and to tell abroad its good name. THOMAS W. BICKNELL, Editor Journal of Education, Boston.

I never lose an opportunity to say a good word for the Sanatorium. PROFESSOR R. H. THURSTON, Cornell University.

SEND FOR ALBUM OF ALBERTYPE VIEWS OF THE SANATORIUM AND GROUNDS. PRICE 50 CENTS.



FROM SUNSET POINT.



Footed on rocks. For sheltering pine and wind,
A home, come from wilds, and and strife,
Nature, the healing mistress, tends its portals,
Beckoning with gentle hand to paths of life

