

## Battle Creek Sanitarium,

-MICHIGAN, U.S.A.

AMERICA stands pre-eminent in hotels, sanitariums and hospitals. Institutions and asylums there assume almost palace-like proportions, and the amount of money spent on decorations and "finishings" is quite on a par with everything else in that country of "magnificent distances" and vast plains and mountains. The Battle Creek Sanitarium, situated some two hours by rail from "Porkopolis"—otherwise known as Chicago—is one of the finest in the country, and is capable of receiving some 600 patients. It is a most beautiful resort for invalids, and is constructed on the very latest hygienic and sanitary principles. The ventilation of the place is, in itself, a crystallised science, the main building being supplied with 30,000 cubic feet of warm air each minute. Every room has a separate ventilating shaft. In winter, the air, taken at a distance from the building, and at a sufficient height above the ground to ensure freedom from contamination with ground-air, is received through a mammoth tunnel into large rooms, where by means of immense steam heaters placed in the warming chambers, it is warmed and moistened in winter to a degree sufficient to give to it the natural softness of the air of June. From the warming rooms the air is distributed to the building by means of an elaborate system of ducts, through which the air is forced, when necessary, by two powerful fans. The whole building is lighted by the Edison incandescent system, by which danger from fire is much obviated, and the vitiation of the air prevented.

The word "sanitarium" originally meant a resort for invalid soldiers, but it has now come to have a much wider significance. The central and fundamental theory of the Battle Creek Sanitarium is, "that health-getting is not a matter of magic or of pill-swallowing, nor in most cases one of climate, but rather a matter of training and education," which simply means that illness is the result of breaking Nature's laws, while health consists in the keeping of them. This institution boasts "that it employs no secret methods, claims to possess no panacea, does not even own a mineral spring, but that it is simply a place where, by the aid of all the helps afforded by modern ideas of hygiene, sanitation and rational medicine, the patient is trained and educated out of his morbid state into a condition of health." It is a place devoted to "health culture," and an aim is made to cure the *patient*, not simply his malady. The prospectus says, "a large share of the patients who visit the sanitarium have been 'cured' again and again by patent medicines and nostrums of various sorts. Their diseased kidneys have been many times cured by 'kidney cures' and various vaunted specifics. Their indigestion has been treated scores of times by 'stomach tonics' guaranteed to cure 'without attention to diet.' Their nerves have been toned up and toned down by the most powerful specifics advertised in almanacs and newspapers. Nevertheless, they are still ill, and have not infrequently reached a condition in which their jaded livers, kidneys, stomachs or nerves, have ceased to react to the remedies swallowed, and the once highly-prized mixtures no longer give even temporary relief."

The efficient Training School for Nurses, in con-

nection with the Sanitarium, is one of its chief features. The regular course extends over a period of two years, but an "advanced course follows this preliminary period, and so brings the training to the three years' standard. During this last year the Nurses are thoroughly instructed in hygiene, chemistry, bacteriology and microscopical work, and in fact, go through very much the same course as the first year medical student.

For many years a Cooking School has been maintained in connection with an "experimental kitchen," for the benefit of the Sanitarium Nurses and Cooks. Recently through enlargements in this department, it has become possible to admit patients to these cooking classes, and it is common enough on certain days of the week to see well-born and fashionable ladies and gentlemen of good social standing, with white caps and aprons, and with sleeves rolled up, working hard at kneading delicious breads, solving the mysteries of delicately flavoured soups, and learning how to make beef-tea and peptonised arrowroot. The Sanitarium is supervised by a staff of highly qualified men and women, and much scientific research into the causes of disease are being carried on there.

One of the leading doctors there says, "Mental and moral means are not forgotten. The nervous patients must not only receive a suitable prescription for diet, &c., but must be trained to self-control. The woman who takes an inventory of her symptoms every morning lest one should have disappeared over night, must be jostled out of her invalid ruts, and must be inspired with a wholesome hatred of disease, and an earnest determination to escape from its thralldom. A man with a bad stomach or weak liver must be taught how to give his stomach and liver an easy time. The chronic pill-swallower must be weaned from his doses, and the peripatetic valetudinarian must be inspired with an ambition to become something better than a travelling museum of maladies. The neurasthenic must be taught how to conserve nervous energy, and how to cultivate nerve tone. The hysterical and hypochondriacal must be convinced of the dangers arising from self-inspection and self-centring of the mind, and must be cajoled into a healthy activity of mind and body."

It is an interesting point that the Training School is now entirely devoted to the training of missionary Nurses. These missionaries go far afield, many of them being now at work in the West Indies, South America and the Sandwich Islands. A mission in connection with the Sanitarium has been founded in Chicago, in the dark slums and pestilent by-ways of which city the Nurses find full scope for their missionary enthusiasm. Battle Creek itself is reserved for the better classes, and many of the inmates pay very high fees for the curative privileges of the establishment. After all working expenses are paid and the staff duly rewarded for their work, the surplus gained is devoted to foreign and home medical and Nursing missions. The dwellers in the slums of Chicago have reason to be thankful to the promoters of the Battle Creek Sanitarium. Among other "missions" is the establishment of warm baths and the providing of clean clothes to the waifs and strays of Chicago—that city of terrible contrasts, the city of wealth, and of abject squalor and wretchedness.

(To be continued.)

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