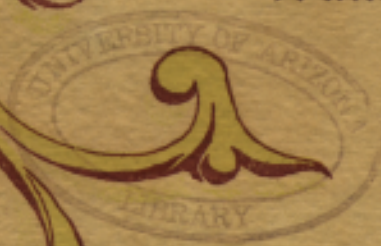




✓ St. Mary's

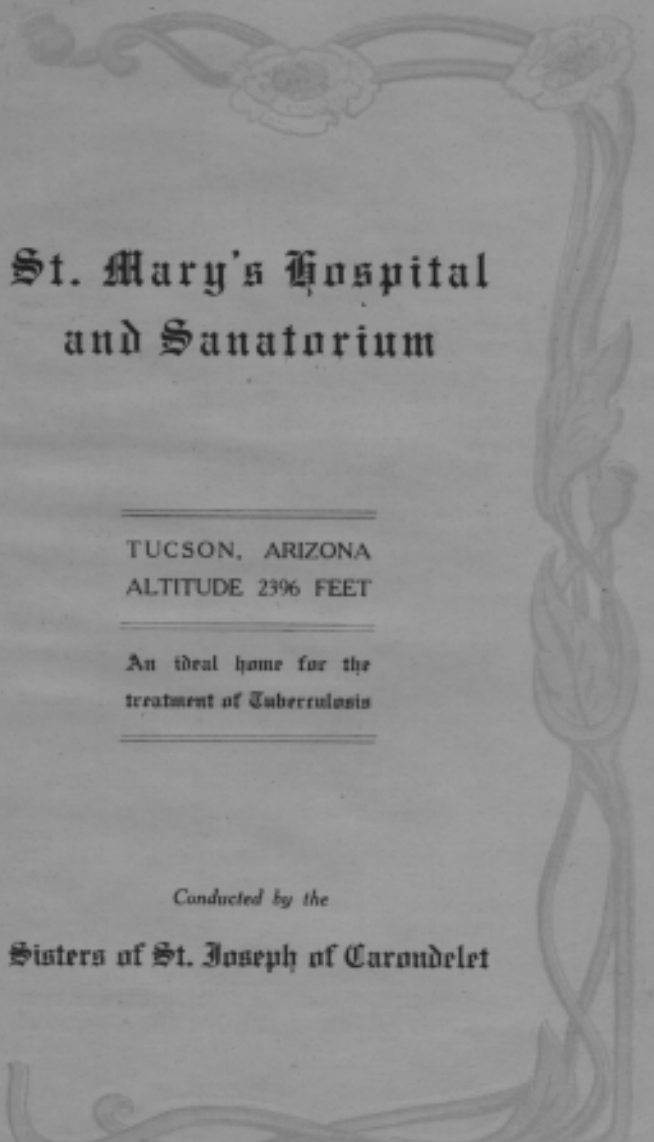
Hospital and

Sanatorium



Tucson

Arizona



**St. Mary's Hospital  
and Sanatorium**

---

---

TUCSON, ARIZONA  
ALTITUDE 2396 FEET

---

---

An ideal home for the  
treatment of Tuberculosis

---

---

*Conducted by the*  
**Sisters of St. Joseph of Carondelet**

18605

## An Ideal Location

Among the foothills, overlooking the City of Tucson which is world renowned for its incomparable winter climate and famous as a health resort, St. Mary's Hospital and Sanatorium is a delightful home in the "Land of life-giving sunshine."

Situated at a considerable height above the city and the surrounding country, the Institution commands an extensive view of the most picturesque portion of southern Arizona, which, if not to be compared with the lofty snow-clad peaks of the Rockies, or the verdant wooded hills of the Adirondacks, furnishes many beautiful scenes to divert the mind of the invalid, and, what is of far greater importance, a moderate altitude with the matchless climate of Tucson. These are advantages eagerly sought for by the invalid as being highly conducive to a rapid convalescence.

To the north lie the beautiful Sierra Santa Catalina, whose rocky peaks are bathed in gorgeous resplendent colors. Particularly at the hour of sunset, when the lights and shadows are playing on the far-off mountains, is this scene one of surpassing beauty. In his reclining chair on the veranda, the patient enjoys nature's magnificent panorama, whose everchanging iridescence defies the skill of the artist, when he endeavors to portray a scene so beautiful and so enchanting.

The Catalina Mountains, on whose slopes are found the live oak, hemlock, spruce and, higher up, the lofty pines, and

through whose beautiful canyons flow the sparkling water of the brooks, are a favorite summer resort for those who wish to remain in southern Arizona during the warmer months, but find the heat of July and August somewhat oppressive.

East of Tucson, and more remote, is the Rincon Range, while stretching far to the southward are the Santa Rita Mountains, whose distant peaks are outlined against the azure sky.

To the west, and but a short distance from the Hospital building, forming a pleasing and an attractive background, are the purple undulating hills of the Tucson Range.

Enclosed by these mountain ranges are the broad, level and fertile plains of the Santa Cruz Valley. These are being converted by the agriculturist into fields and gardens, productive of almost every variety of sub-tropical vegetation.

## The City of Tucson

Tucson, with its historic past, has ever been of interest to the student of antiquity, but of late its fame as a health resort has spread far and wide, and the hundreds of invalids, who each year spend the winter months in Tucson, furnish sufficient proof, that from a climatological standpoint it is of intense interest to the health seeker.

The Tucson of to-day is an agreeable surprise to those who have pictured it as the ancient Mexican pueblo of the desert.

After slumbering underneath the sunny skies of Arizona for more than a century

and a half "The City of Ages" was awakened by Progress in its westward march, to the realization of the possibilities of a glorious future, and while some of the quaint adobe buildings remain as relics of the past, they are in striking contrast with the many beautiful modern homes and public buildings of the city.

What was once the land of adventure, frontier life and wild escapade, is fast becoming superior in culture and commercial activity, and Tucson has passed from a Mexican village to a thriving city—the metropolis of Arizona.

Owing to the moderate altitude, the dry exhilarating mountain air, the blue Italian sky and the glorious sunshine, southern Arizona is a natural sanatorium for those afflicted with diseases of the throat and lungs, and many are the cures effected in this climate.

### Saint Mary's

Amid these favorable environment, in May 1880, the Sisters of St. Joseph of Carondelet, opened a hospital for the care and treatment of medical and surgical cases.

It was the first hospital established in Arizona and for more than a quarter of a century the only one in Tucson. The reputation it has merited for itself, is the best proof of the esteem and appreciation entertained for it by the leading members of the medical profession of the Southwest, and by the thousands whose opinions are based on personal experience.

Located in the suburbs, combining the conveniences of the city with the salubrity of the country, easy of access and supplied with abundant facilities for an outdoor life and recreation, "SAINT MARY'S" has for over thirty years been the "Refugium infirmorum" for the numerous patients who have therein found relief from suffering and restoration of health.

The Hospital grounds comprise some sixty acres. That adjacent to the buildings is tastefully laid out. Flowers and shrubs, lawns and driveways bordered by palms and graceful pepper-trees adorn the grounds. The remaining portion is devoted to the Hospital farm and dairy.

### The Buildings


The constant and rapid growth of Tucson and the ever increasing number of applicants, have necessitated many changes since 1880. The original building, a two story stone structure, has been enlarged and many times remodeled to meet the requirements of constant advancement in modern surgery and therapeutics.

The Hospital proper now contains the following departments: private rooms and wards for medical and surgical cases; the Southern Pacific Railroad Department; a wing, recently constructed, which contains the sterilizing, anaesthetizing, operating and dressing rooms, also a well equipped pharmacy.

The operating rooms are as complete and up-to-date as it is possible to make them. Double glass windows and tightly



ST. MARY'S HOSPITAL AND SANATORIUM, TUCSON, ARIZONA



fitting doors prevent the entrance of dust. Enameled window frames, doors, walls and ceilings, and tiled floors, permit the thorough cleansing of every square inch of surface. The general equipment of glass, nickel and white enameled iron furniture, electric and steam sterilizers, for water, instruments and dressings, make this department all that the most exacting surgery can demand.


To the right, and at a short distance from the Hospital is the Sanatorium. It is unique in structure and complete in every detail for deriving every possible advantage from Tucson air and sunshine. Novel in its style of architecture, it is peculiarly adapted to the sanitary, scientific and successful treatment of tuberculosis.

The Sanatorium is a perfect rotunda of two stories, with an inside open court fifty feet in diameter enclosing a garden.

All rooms open directly on spacious verandas, which surround the building on the inner and outer sides. The rooms are provided with wide double doors and large windows which allow free access of fresh air and sunshine, essentials in the treatment of tuberculosis.

The rooms are large, comfortably and artistically furnished, and no expense has been spared to provide a cheerful home with home comforts. Here as in every department, care has been taken to select such furnishings as can be thoroughly disinfected.

There are no inside rooms or halls in which may lodge the pernicious germ of tuberculosis, and all regulations for the




preservation of cleanliness and the avoidance of infection of any kind are rigorously enforced. The non-observance of these rules, either regarding the patient in his own room, or on the grounds, is sufficient cause for his dismissal from the institution.

From the spacious entrance to the first floor one enters the large reception room, which, attractive and homelike, gives the correct impression of the Sanatorium—a home rather than a hospital. A sunny dining-room, in which are served the guests and special nurses of the patients, is also on the first floor.

On the verandas are a number of lounging chairs, couches and tables for the comfort of the patients who spend the greater part of the day in the open air.

The solarium is a favorite place for indoor games and friendly gatherings. The spirit of sincere friendship, mutual assistance and encouragement prevails among the numerous members of "Saint Mary's" family. All are made to feel at home, and the "loneliness of hospital life" is forgotten amid the cheerful surroundings.

One of the essential factors in the successful treatment of tuberculosis is nourishing food. Realizing the importance of this fact the cuisine is a matter which receives special attention. Each department has a well arranged diet kitchen where the nourishment for each patient is carefully prepared. The daintily arranged trays are served the patient in his room, as this method is believed to be more conducive



to the comfort and welfare of the patient than dining-room service.

In speaking of the Sanatorium, the tent-houses and sleeping-out-porches should be mentioned as being of particular interest to many who prefer them to Sanatorium rooms.

In the construction of the tent-houses the idea of procuring the comforts of a private room and the advantages of a tent was realized by having the floors and lower portion of the sides of hard wood; the upper portion of the sides of fine wire screening, outside of which are canvass flaps adjusted on hinged frames, which with cords and pulleys are easily raised or lowered as desired. The roofs are covered with "paroid" which is rainproof and reflects the rays of the sun. These tents are neatly and comfortably furnished, lighted by electricity and heated, in winter, by wood fires.

Some distance from the group of Hospital buildings, is the Isolation Hospital, in which are treated those patients who are suffering from acute contagious diseases, the nature of which excludes them from admission to the hospital proper. The patients are attended by special nurses and no direct communication with the other hospital buildings is allowed until the attending physician has given the nurse or patient such permission, after the fulfillment of his orders for disinfection.

To the left of the Hospital is the Convent and Chapel. While none are obliged to attend religious services in the chapel, all who desire to do so will be accorded

that privilege. Patients, irrespective of creed or nationality, are admitted to the hospital. They may be visited by clergymen of their own selection and their wishes for any particular rites will be granted if possible.

All physicians of good reputation are allowed to send their patients to the Hospital or Sanatorium. Patients who have not, before their admission, consulted a physician are, any time after their admission allowed to choose their own medical adviser, whose orders for treatment will be faithfully executed.

There can be no general rule for treatment, but each patient is advised, treated and cared for according to the individual exigencies which his case presents.

Among the members of the Hospital staff and visiting physicians are found the most prominent physicians and surgeons of Tucson, who rank with the foremost of the west. It is a matter of particular interest to those suffering from tuberculosis, to know that the Sanatorium is visited daily and even more frequently if necessary, by the leading lung specialist of the Southwest, who has won for himself an enviable reputation by his successful treatment of tuberculosis.

Each department is under the personal supervision of a Sister and only graduate nurses are employed in the care of the patients, as there is no training school for nurses in connection with the Hospital.

All buildings are heated by steam, lighted by electricity and provided with electric call bell and telephone service.

Telegrams and cablegrams may be sent from, or received at the Hospital.

Carriage service may be engaged at the depot, or other points in the city. The regular fare to St. Mary's Hospital from the depot and every other point within the "Limits" is one dollar for one passenger, one dollar and fifty cents for two passengers, at any hour between 6 a. m. and midnight. Any driver demanding higher rates should be reported to the Hospital authorities, the number of his carriage being carefully and accurately noted.

### Schedule of Rates

	By the week.
Sanatorium Private Rooms..	\$15.00 to \$20
Private Tents .....	15.00
Double Rooms or Double Tents .....	10.00
Hospital Private Rooms...	12.50 to 15
Wards .....	10.00
Operating Room .....	5.00
Special Nurse .....	25.00
Board for Special Nurse...	5.00

These rates include board and general nursing. An extra charge, depending on duration of illness and special nursing required, will be made for surgical cases not attended by a Special Nurse.

Medicines and dressings will be furnished patient at actual cost to the Institution.

All bills are paid weekly in advance, the day of entering and day of leaving being counted full days.