



THE MAINE STATE SANATORIUM ASSOCIATION FOR THE PREVENTION  
AND TREATMENT OF TUBERCULOSIS

HEBRON, MAINE, June 26, 1913

Wm. L. Cousins M. D.,  
Portland, Maine.

Dear Sir:

The Trustees of the Maine State Sanatorium Association for the treatment of tuberculosis, earnestly desire the medical profession of the State to understand the facilities afforded by the Institution, for the effective performance of the work for which it was established. We believe that an appreciation of the situation by the physicians of Maine will greatly augment the usefulness of the Sanatorium by extending its beneficent influence to many sufferers, who do not now consider its services available to them.

The Sanatorium is located in Hebron, and has a situation which combines all the hygienic advantages needed by such an establishment. Its buildings are new, and constructed on plans which much experience has shown to be best adapted to the purpose intended. The treatment is strictly in accordance with the most approved modern methods, each case receiving the personal attention which is especially adapted to its requirements.

It is the hope of the Trustees ultimately to offer the privileges of the Sanatorium to all who need them, without cost; but this is impossible at present, and will become practicable only when a large endowment has been procured. The existing fund amounts to only \$275,000, and it is obvious that many times that sum is necessary to support even the number of patients that can now be accommodated. Until a permanent source of income can be provided, it will be necessary to depend largely upon payment by patients of the cost of their treatment. With seventy patients the operating cost to each per week is \$14; with less than that number, the per capita cost is increased; with more it is diminished.

It has been alleged by certain persons who are not conversant with the facts, that the cost

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Description: Sanatorium Association letter to physicians

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could be reduced to one-half, or even to a third, of the present rate. But it must be remembered that tuberculous patients, more than any other class, require special feeding, and that their dietary must include a great quantity of foods of the highest nutritive value and readiest digestibility, especially eggs, milk and cream. If the attempt to economize is displayed by niggardliness in this direction, all the other efforts at cure are made of no avail, and the result is disaster to the patient. The proper treatment of tuberculosis is necessarily expensive--a fact completely demonstrated in the observation of every experienced specialist in this disease. So much emphasis has been laid on the necessity of fresh air that the impression is prevalent that little else is required, but this is a grave error. Fresh air, indeed, is essential, but so, also, are other things, and only by a combination of these can recovery be achieved in most curable cases. These essentials are provided in a well-equipped Sanatorium, and can hardly be obtained elsewhere; and it may be confidently declared that sanatorium treatment is the best, the surest, the quickest and the cheapest way of conquering tuberculosis.

Another mistaken belief is that sanatorium treatment is unnecessary in summer. The truth is that pulmonary tuberculosis is apt to progress more rapidly in that season, and consequently, then requires particularly the watchful care of a well-managed institution. The Sanatorium has more unoccupied beds in the summer than at any other part of the year.

The State is giving the Sanatorium annually \$12,500, a sum which enables the Institution to care for between thirty and forty patients at the rate of seven dollars a week.

Last year the Sanatorium expended \$22,000, in the treatment of patients over and above the amount received from patients.

The charges made to patients cover the cost of bed, board general nursing and medical attendance; thus it is clear that the Sanatorium is not a money-making concern. It is a philanthropic institution, in which, on account of its insufficient endowment, it is necessary to charge patients with part of the

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actual cost of maintenance, but for all that it is strictly philanthropic, because its fine equipment, existing fund and large experience, are at the service of the patients, and it affords them facilities not obtainable elsewhere at the same price. If physicians who have tuberculous patients in environments contrary to their recovery, will call their attention to the opportunities at Hebron, a notable service will be done to the sufferers, and the Sanatorium will be enabled to extend its usefulness to a much larger number of beneficiaries.

We wish, if possible, you would visit the Sanatorium, so you may be better able to understand the work that is being done at Hebron, as we feel it may be helpful to you in directing the tuberculous sufferers who come under your observation.

Yours very truly

MAINE STATE SANATORIUM ASSOCIATION

By

President.

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By

President.

[letterhead carried over from first page]

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