

PERRYSBURG—A MECCA FOR HELIOTHERAPY

ROBERT E. FITZGERALD

J. N. Adam Memorial Hospital, Perrysburg, N. Y.

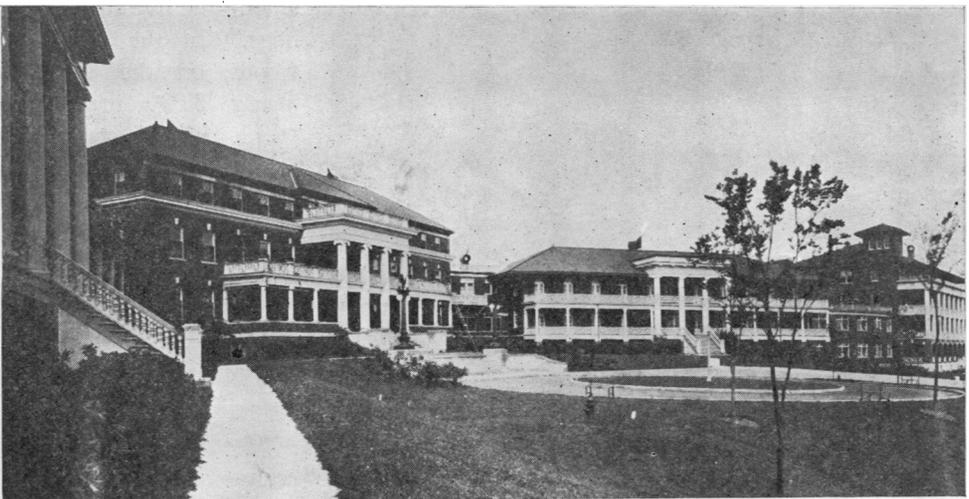
THE J. N. ADAM Memorial Hospital at Perrysburg, N. Y., has the distinction of being the first municipal hospital in the United States to introduce the Rollier method of heliotherapy. Here hundreds of cases come for treatment every year until Perrysburg has come to be to the United States what Leysin is to Europe.

This hospital—where the city of Buffalo cares for its cases of incipient pulmonary and all forms of surgical tuberculosis—is delightfully situated among the Cattaraugus hills about 1,600 feet above sea level. Patients basking in the sun on the pavilion porches have a panoramic view of nearly fifty miles of hills and farmlands. On a clear day the foundry towers and church spires of Buffalo and the Canadian shore creep into the vista. The purity of air—free

from manufacturing dust and smoke—unobstructed sunshine, complete rest and nourishing food give the men, women and children who come to Perrysburg an extended lease on life.

HISTORY OF THE PERRYSBURG HEALTH RESORT

Perrysburg is the result of the altruistic efforts of the late Dr. John H. Pryor and the Hospital Commission of Buffalo during 1909 and the generosity of the late J. N. Adam, at one time mayor of Buffalo. Dr. Pryor and the group of men comprising the Hospital Commission knew the need for a municipal tuberculosis hospital. In the spring of 1909 the bill introduced into legislature authorizing the city of Buffalo to construct, equip and maintain a hospital for the treatment of incipient tuberculosis, be-



ON THESE SPACIOUS PORCHES PATIENTS AT PERRYSBURG REST AND TAKE THE SUNLIGHT CURE

came a law. Dr. Pryor had been instrumental in the introduction of the bill. A few months later the Hospital Commission recommended the construction of such a hospital to the city council.

In the selection of the site Dr. Pryor and those men realized the beneficial health attributes of Perrysburg. When Mayor Adam was approached, he donated the land on which several buildings have since been erected.

HOSPITAL FARM AND ZOO

Originally the hospital grounds covered 293 acres, but as need has arisen, more land has been added and several buildings modernly designed and appointed have been erected. Only recently two large pavilions, accommodating two hundred patients have been opened.

Gas and water wells have been drilled on the grounds adjoining the hospital and the most modern implements have been added to the farming equipment. The farm of 500 acres managed in connection with the hospital is one of its valuable economic assets. About 250 acres are



SOMETIMES WORK IS PLAY

workable, furnishing the fresh, seasonable vegetables for the patients and fodder for the cattle. The remainder of the tract which is woodlawn is occupied by the chicken houses and stables. Practically all the milk and eggs needed for the patients are obtained from the 60 Holstein-Fresian cows and the 2,000 white leghorn hens. Listed among the livestock are 100 hogs. In the acreage of woods on the farm are nearly 3,000 maple trees which furnish more than an adequate supply of maple syrup for the hospital tables.

The J. N. Adam Memorial Hospital boasts of another unique feature—it is the only hospital in the



THE JUVENILE TENDERFOOT AT PERRYSBURG IS UNKNOWN. UNDAUNTED BY SNOW AND FREEZING TEMPERATURE THE YOUNGER PATIENTS ENJOY WINTER SPORTS UNENCUMBERED BY HEAVY OVERTHINGS

world having a zoo for the entertainment and pleasure of its patients. Each year several different species of animals have been added, so that now child patients have an unusual opportunity to study animal life at first hand.

**PLAY AND AMUSEMENT—RESTORATIVE
FEATURES**

In summer the children play and frolic over the extensive hay fields and woodlands. In winter, with only the protection of a loin cloth, they ski, coast and toboggan on the snow covered farm hills—their delicate, sick bodies in the meantime being rebuilt and hardened by exposure to the direct sunlight. Forests of beds by day and by night occupy the pavilion verandas and despite the severity of the weather the patients sleep out of doors.

Bed patients who are still unable to stroll to a favorite haunt for their daily sun bath are made quite happy in their

porch bed by radio concerts during the day as well as in the evening. Earphones have been placed at every bedside so that patients at Perrysburg by a simple tuning-in gesture are whisked off to a concert in Memphis or a prize fight in New York. For the more active patients, there are motion pictures every weekend and musical and dramatic programs are given frequently for adults and children. Every conceivable scheme is employed to free the hospital of the usual institutional atmosphere.

Since its establishment the successors to the office of the late Mayor Adam have given their official coöperation and personal attention to the management and development of the hospital. Today Perrysburg is a mecca for doctors and nurses from various sections of the United States and Canada who are seeking scientific information of the practical application of heliotherapy. Visitors to Buffalo are welcome at Perrysburg.

MILK SANITATION *

SIGNIFICANT progress has been made in the national unification of milk control. During the past three years the following 10 states have adopted the U. S. Public Health Service milk sanitation program: Alabama, North Carolina, Texas, Virginia, Tennessee, South Carolina, Missouri, Kentucky, Arkansas and Louisiana. Within the same time 90 cities in these states have adopted the standard milk ordinance. Both these acts on the part of the states and their cities have resulted in the improvement in milk

sanitation and an increase in market milk sales.

A careful measurement of results of the application of the standard ordinance has been made in Alabama. In Montgomery, Florence, Selma, Tuscaloosa, Mobile, Huntsville, Gadsden, and Albany-Decatur, there has been an average increase of well over 80 per cent in milk sanitation since the passage of the milk ordinance. The average production improvement in these 8 cities has been 66.9 per cent and the individual ratings for all except one of the 8 cities are now well over 90 per cent. This fact signifies that production sanitation in these 8 cities has been brought to a high level within a comparatively short time.

When the work began, pasteurization ratings in these 8 cities were practically

* Abstract of the Report of Progress on the National Unification of Milk Control accepted by the U. S. Public Health Service which was prepared by the Committee on Milk Sanitation of the Conference of State Sanitary Engineers and read at the Seventh Annual Meeting of the Conference of State Sanitary Engineers, June 7, 1926, at Buffalo, N. Y. The report was prepared by Leslie C. Frank.