

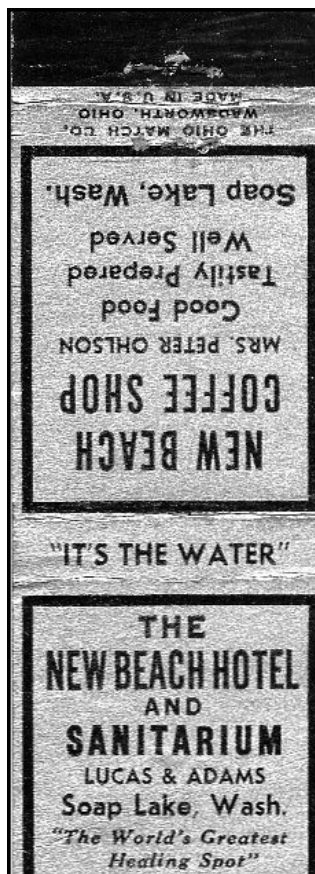
Sanitariums

A sanatorium (also spelled sanitarium or sanitorium) is a medical facility for long-term illness, most typically associated with the treatment of tuberculosis (TB) in the late-nineteenth and early-twentieth century before the discovery of antibiotics.

The first suggestion of sanatoria in the modern sense was likely made by George Bodington, who opened a sanatorium in Sutton Coldfield in 1836. His novel approach was dismissed as "very crude ideas and unsupported assertions" by reviewers in the *Lancet*. The rationale for sanatoria was that a regimen of rest and good nutrition offered the best chance for the immune system to "wall off" pockets of TB infection. In 1863, Hermann Brehmer opened a sanitorium in Görbersdorf, Silesia (Poland). Patients were exposed to plentiful amounts of high altitude, fresh air, and good nutrition. Tuberculosis sanatoria became common throughout Europe from the late-19th century onward.

The Adirondack Cottage Sanitarium, established in Saranac Lake, New York, in 1885, was the first such establishment in North America. When the National Anti-Tuberculosis Association (Canada) was founded in 1904, its members believed that a distinction should be made between the health resorts with which people were familiar and the new tuberculosis treatment hospitals: "So they decided to use the Latin verb root 'sano', meaning to heal, and adopted the new word 'sanatorium'."

Switzerland used to have many sanatoria, as health professionals believed that clean, cold mountain air was the best treatment for lung diseases. In Finland, a series of tuberculosis sanatoria were built throughout the country in isolated forest areas during the early 1900s. In Portugal, the Heliantia Sanatorium in Valadares was used for the treatment of bone tuberculosis between the 1930s and 1960s.



In the early 20th century, tuberculosis sanatoria became common in the United States. The first of several in Asheville, North Carolina was established in 1871. In the early 1900s, Arizona's sunshine and dry desert air attracted many people suffering from tuberculosis, rheumatism, asthma, and numerous other diseases. Wealthier people chose to recuperate in exclusive TB resorts, while others arrived penniless. TB camps in the desert were formed by pitching tents and building cabins. During the tuberculosis epidemic, cities in Arizona advertised the state as an ideal place for treatment of TB. Many Arizona sanatoria were modeled after European away-from-city resorts of the time, boasting courtyards and individual rooms. Each sanatorium was equipped to take care of about 120 people.

The first sanatorium in the Pacific Northwest opened in Milwaukie Heights, Oregon, in 1905, followed closely by the first state-owned TB hospital in Salem, Oregon, in 1910. Oregon was the first state on the West Coast to enact legislation stating that the government was to supply proper housing for people with TB who are unable to receive proper care at home. The West Coast became a popular spot for sanatoriums. The greatest area for sanatoria was in Tucson with over 12 hotel-style facilities in the city. By 1920, Tucson had 7,000 people who had come for treatment of tuberculosis.

With the discovery of streptomycin in 1943, by the 1950s TB was no longer a major public health threat. Hence, sanitariums declined. *[wikipedia]*