

Welcome to the City of Sunshine!

Colorado Springs Pioneers Museum • Tuberculosis in the Pikes Peak Region



Colorado Springs
PIONEERS MUSEUM

STEP 2

PREPARE STUDENTS

Vocabulary

- **Artifact**: Interesting objects made by people that tell stories about the past.
- **Disinfect**: Clean to destroy bacteria, like tuberculosis (often using chemicals).
- **Disquieted**: Worried or anxious.
- **Detrimental**: Can cause harm.
- **Elaborate**: Took lots of planning with special details.
- **Fumigation**: Similar to disinfect – deep clean.
- **Malady**: Illness
- **Primary Source**: A first-hand, original account, or evidence about a person, place, object, or an event. Oral histories (interviews with people), objects (artifacts), photographs, and documents such as newspapers, diaries, and journals are primary sources.
- **Quartette**: A group of four people playing music or signing together.
- **Sanatarium/Sanatorium**: A hospital for Tuberculosis patients.
- **Secondary Source**: An account, record, or evidence from an original or primary source. Textbooks are secondary sources.
- **Sputum**: Thick mucus or spit which tuberculosis patients can have an overabundance of.
- **Tuberculosis**: A serious disease also known as TB, the White Plague, and consumption.
- **Welfare**: A health or happiness of a person or group.

Background Information

What is Tuberculosis?

- In the nineteenth century (1801-1900), tuberculosis (a dangerous lung disease) was the main cause of death in both Europe and the United States.
- This serious disease, also called the “white plague,” killed thousands each year.

Signs of Sickness

- High fevers
- Fast pulse
- Night-sweats
- Cough
- Weight loss



We cannot see tuberculosis unless we put it under a microscope.

Why Colorado Springs?

- Colorado Springs became a city in 1871 and promoted itself as a great place for the treatment of tuberculosis.
- Our area was well known for its beautiful scenery, sunshine and mild weather.
- People sick with Tuberculosis across the country and around the world were encouraged to come to Colorado Springs and enjoy the healing powers of our over 300 days of sunshine a year.
- By the year 1900, about 20,000 tuberculosis patients moved to the southwest each year in search of health.
- 1/3 of all Colorado residents came to the state in search of a cure for themselves or a close family member.

How was Tuberculosis **treated** before we had modern medicines?

- **Rest** – Patients were told to get up to 8 hours of rest a day.
- **Sunshine** (*Heliotherapy*) – Sunshine was thought to cure Tuberculosis so patients spent a lot of time in the sun.
- **Fresh Air** – Patients spent time outdoors to get lots of fresh air and living in individual huts that had lots of air flow.
- **Diet** – “Rare, Raw, and Rye” – rare beef (only cooked a little), raw eggs (not cooked!), and rye bread would help patients gain weight.

IDA GWYNN GARVIN TIMELINE

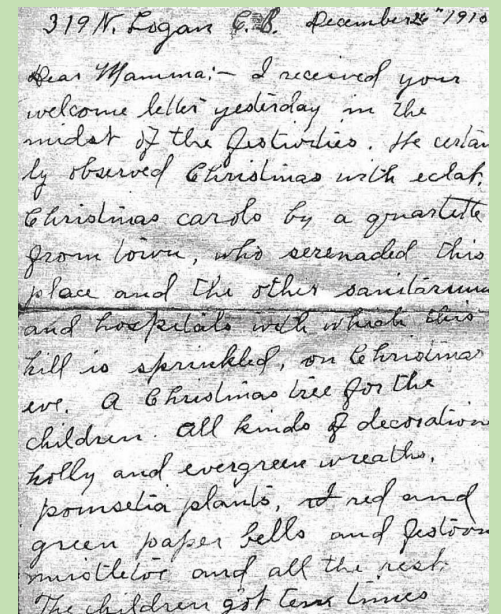
- **1915** - Ida moved to Colorado Springs to get tuberculosis treatment at a sanatorium (hospital) called **Nob Hill Lodge**.
- **April 1916** - Ida was worried about the money it cost to stay at Nob Hill and decided to move to Montana to live with her brother.
- **November 1916** - Ida became a homesteader in Montana (she applied to own and improve a section of land in the state). She was still very sick, so her family helped her to work the land so they could afford to live.
- **December 1916** - She went back to Nob Hill Lodge to “chase the cure” during the cold Montana winter. She finally left Colorado Springs in the spring of 1917.
- **January 29, 1921** - Ida died of tuberculosis.



STEP 3 - What is a Primary Source?

How could someone learn about your life without talking to you? They could look at pictures, read your diary, or even look at your report card. When we want to learn about people, places, and events from long ago, we often have to look at similar things for clues. We call these items created by people during events in the past **primary sources**.

- Original records of historical periods or events made by people during an event.
- Sources give you first-hand, or eye witness, information about things that happened in the past because the authors were actually there.
- Journals, Letters, Photos, Objects (Artifacts)



319 N. Logan St. B. December 1910
Dear Mamma:- I received your
welcome letter yesterday in the
midst of the festivities. He certainly
observed Christmas with eclat,
Christmas carols by a quartette
from town, who serenaded this
place and the other sanitariums
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hill is sprinkled, on Christmas
eve. A Christmas tree for the
children. All kinds of decorations
holly and evergreen wreaths,
poinsettia plants, red and
green paper bells and festoon
mistletoe and all the rest.
The children got two times

Ida Gwynn Garvin Letter & Transcription

319 N. Logan C.S. December 26, 1915

Dear Mamma:— I received your welcome letter yesterday in the midst of the festivities. We certainly observed Christmas with eclat, Christmas carols by a quartette from Iowa, who serenaded this place and the other sanitariums and hospitals with which this hill is sprinkled, on Christmas eve. A Christmas tree for the children. All kinds of decorations, holly and evergreen wreaths, poinsetia plants, rd red and green paper bells and festoons mistletoe and all the rest. The children got ten times

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Our every day menu is not so substantial elaborate as the above, but we have plenty of substantial food - about every thing you could think of, first and last. Milk is served with all meals and you can have as much between meals as you want to pay for. I do not take any extra so far as three square meals are all I can take care of, without exercise, I have not spent a cent for extras, except postal supplies since I have been here. Of course I have had to buy some

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up two dollars for a hot water
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to supply jugs. This is snowy
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PAGE 5

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Nob Hill Lodge Brochure Page

Each patient should provide himself with a hot water bag, a clinical thermometer, a steamer rug, a sweater, a bath robe and a laundry bag. The first two articles may be gotten to advantage after arriving.

All laundry should be plainly marked with initials and last name.

The management reserves the right to dismiss any patient who is detrimental to the welfare of the institution.

All guests upon leaving are required to pay two dollars to cover cost of fumigation and disinfection.

All lunches, and milk and eggs taken as extra diet, are charged at retail prices. (Milk is served with all meals.)

Bills are payable strictly in advance.

To arrive at Nob Hill Lodge, take Printers Home and Nob Hill car at postoffice to Logan Avenue.

Prospective patients are requested to make arrangements in advance, with the Superintendent.

Applications or requests for information should be addressed to

FLORENCE E. STANDISH, Superintendent.

Nob Hill Lodge, 319 North Logan Avenue.

Colorado Springs, Colorado.

ARTIFACT

Spittoon



PHOTOGRAPH

Ida Gwynn Garvin



PHOTOGRAPH

Nob Hill Lodge



Photograph

Children Playing at Nob Hill Lodge

