Welcome to the City of Sunshine!

Colorado Springs Pioneers Museum • Tuberculosis in the Pikes Peak Region
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.
- **Sanatorium/Sanatarium**: 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 C.S. December 26, 1915

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Dear Mamma: – I received your welcome letter yesterday in the midst of the festivities. We certainly observed Christmas with eclah (?). 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, red and green paper bells and festivus (?) mistletoe and all the rest. The children got ten times
as many presents as they know what to do with. The dinner was fine – roast turkey, cranberry sauce, dressing, mashed potatoes, sweet potato, boiled onions, lima beans, celery, ice cream and chocolate cake, and egg-nog! Miss Standish certainly blew herself. I don’t think she made many presents except to the children but altogether she did as much or more than could be expected of one person. Then after dinner she let all the help go home so every one had a part in the celebration. Our everyday menu is not so elaborate as the above, but we have plenty of substantial food – about everything 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
drugs which the doctor ordered – all for external use – and any laundry bill is extra. As for sleeping out doors that is all the way to do when you get used to it. Of course the porch has curtains which are partly drawn at night, and on storming days, and one or two cold windy nights have been entirely closed. My cover is entirely woolen single blankets of which I possess seven. I hardly ever use more than four – two of them doubled, with perhaps another folded over my feet. The nurses say I take less cover-
ing than any other person on the grounds. Then at night and on cold days, I have a jug of hot water. I was afraid to tell them the first day that my feet were cold, as I expected they would say, “Please pass up two dollars for a hot water bottle.” But it seems the custom to supply jugs. This is snowy blowy day one of the most disagreeable we have had. It is not cold — about 30° I think. Yesterday was fine. I feel somewhat disquieted by the news about Irma. I think her lungs
and sputum had better be examined at once, as we don’t want to take any chances with T.B. as the dread malady is called in sanitarium circles. Then I think the house had better be disinfected, that is the downstairs bedroom and the south room upstairs. I will write Quincy to get the health officer after it. I thought I was careful but I did not exercise the care that we are obliged to, here, and then if they have each room, with the bed and blankets, disinfected as soon as a patient leaves. I will be weighed again Tuesday as it will be the second since I was weighed before. Then on Tuesday after I came here I weighed 104 ½; then two weeks after, I weighed 110, which was going some. I am sure I am still gaining but perhaps not so rapidly. I will have to close for this time as I have already stayed up over time. I am getting up to two meals now with the hope that it will bring my board bill down $4 per. Hoping to hear from you soon.

Ida
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