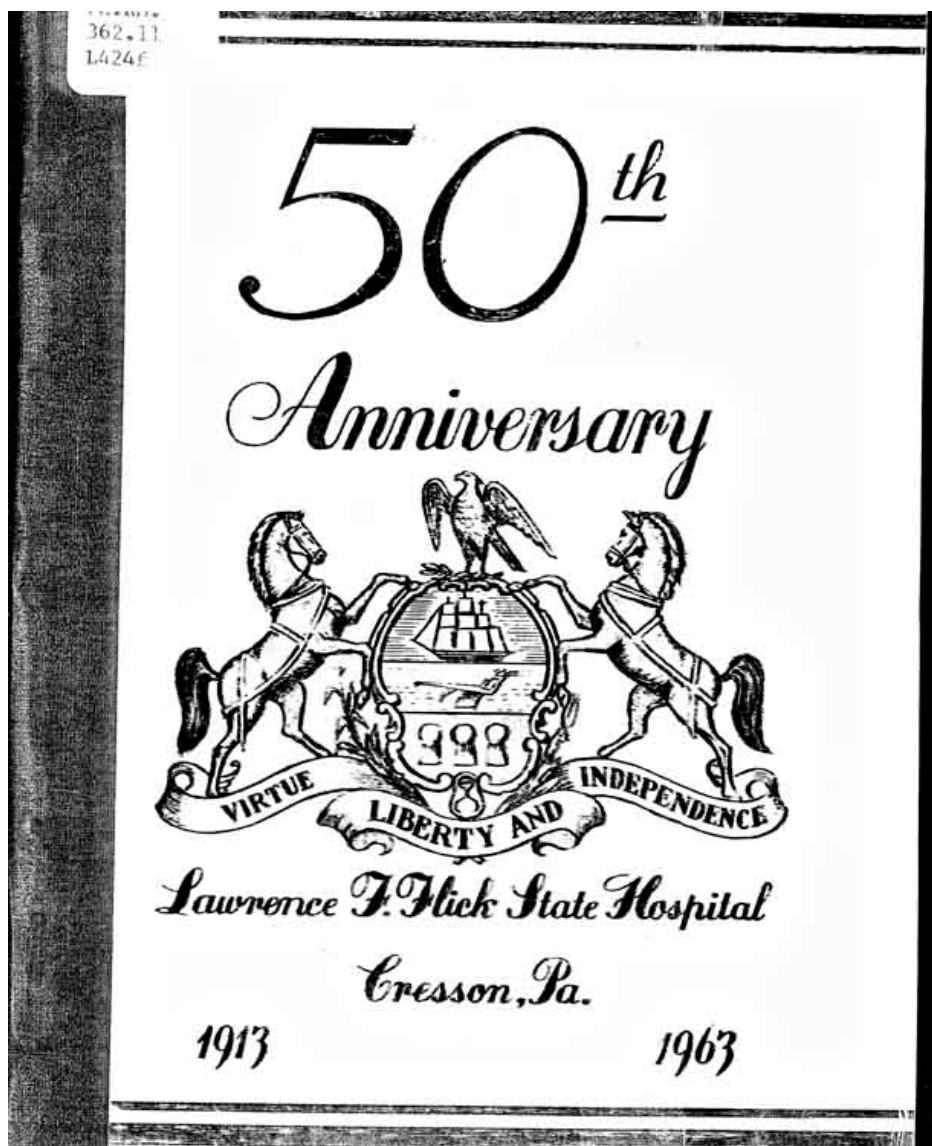


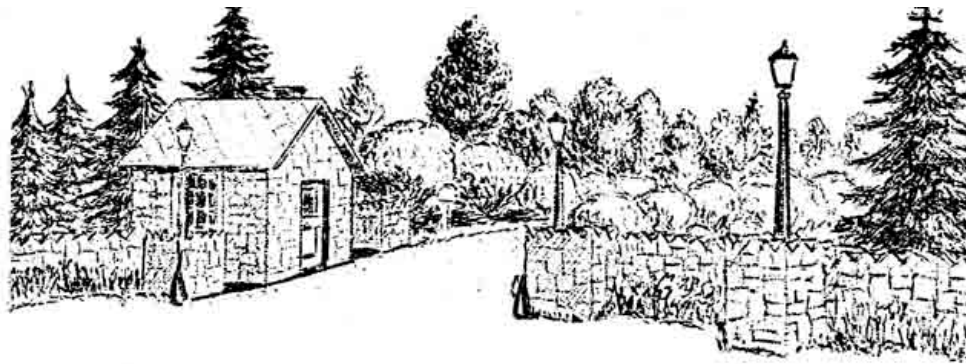
History 2

A brochure for the 50th Anniversary Celebration of the Lawrence F. Flick State Hospital in Cresson, Pa., held in 1963, was graciously sent to me by the Cambria County Library in Johnstown, Pa. It gives a wealth of detail about the history of the sanatorium. As far as I can determine, it is the only officially published version of the sanatorium history.

However, an earlier unpublished version of the sanatorium history was discovered, the text of which is presented on the "History 3" page. Of course, the two historical writeups have much the same factual data, but each contain some unique events and data which complement each other and give a more complete history of the sanatorium.

The 22 page brochure for the 50th Anniversary Celebration of the Lawrence F. Flick State Hospital is as follows:





The Lawrence F. Flick State Hospital is one of four Pennsylvania Department of Health tuberculosis hospitals. It occupies a tract of five hundred acres on the summit of Cresson Mountain, a short distance east of the borough of Cresson. It is on the crest of the Alleghenies, on the divide between two drainage systems. Rain and snow that fall on the east wing of the hospital eventually go to the Atlantic Ocean by way of the Juniata and Susquehanna Rivers; rain and snow that fall on the west wing go to the Gulf of Mexico by way of the Conemaugh, Ohio, and Mississippi Rivers. The altitude is approximately 2600 feet.

Slightly more than fifty years ago the top of Cresson Mountain was a forested wilderness. Narrow trails through the forest were sometimes used as bridle paths by summer visitors to the resort town of Cresson.

A well-known citizen of Pittsburgh, Andrew Carnegie, selected the top of the mountain as the site for a luxurious home for his mother. Before the house had been started, his mother died, and the land then remained idle.

Samuel G. Dixon, M. D., Pennsylvania's first Commissioner of Health, had been looking for a site in western Pennsylvania for a tuberculosis hospital. At that time it was believed that mountain air was especially beneficial in the treatment of tuberculosis. Cresson mountain was one of three sites that Dr. Dixon was considering.

When approached by Dr. Dixon as to his willingness to sell the land to the Commonwealth of Pennsylvania, Mr. Carnegie stated that if the Pennsylvania Department of Health would build a tuberculosis sanatorium on the land, he would gladly donate it for that purpose. The land therefore passed to the Commonwealth under an Act of Legislature in 1911 at a cost of one dollar.

Dr. Dixon himself furnished the ground plan of the buildings, and the architect elaborated the general scheme. In building the hospital, a departure was made from what was then considered good practice. A majority of the beds would be in hospital wards rather than in outlying cottages. It was at that time believed that tuberculosis could best be treated under camp conditions.

The first buildings erected were the administration building, dining building, and east wing, all connected by corridors; the power house and laundry; twenty cottages; four open pavilions; barn; poultry houses.

From the day the hospital was opened, there has been continuous change. Great changes have taken place in the treatment of tuberculosis, and at the same time additions and improvements have been made in the physical plant.

In 1912, treatment for tuberculosis consisted of fresh air, nourishing food, and bed rest. Often years were required to arrest the disease. Later, pneumothorax treatment was instituted--the partial or complete collapsing of a lung by the introduction of air into the pleural cavity--giving the affected lung a chance to rest and heal. Since the development of various drugs available to treat the disease, recovery has become much more rapid. New techniques in chest surgery, and antituberculosis drug therapy, have minimized surgical risk and speeded recovery.

The average age of adult patients has risen from 33 years in 1945 to 54 years in 1962. This indicates that tuberculosis is no longer a disease of youth. Because of improved methods of case detection, few children now develop the disease.

As the years have passed, and what was once a sanatorium has become more and more like a general hospital, the work of administering such a hospital has become increasingly complex. It has therefore been necessary to add to the administrative staff, in order to relieve the Medical Director of some of the burden of looking after all business details. A Business Manager was appointed in 1947, and a Personnel Manager, who also serves as Assistant Business Manager, in 1956.

That Flick State Hospital has performed its task well was made evident in November, 1948, when the hospital was fully accredited by the Joint Commission of the American College of Surgeons and the American Medical Association.

When the first Medical Director, William G. Turnbull, M. D., arrived at the hospital, together with a small staff of assistants, conditions were rather raw and unfinished. Some of the buildings had not been completed, and the dirt driveways around the grounds were often deep in mud.

Although the hospital was not officially opened until January, 1913, the first patients were admitted in December, 1912. Since construction work was not completed, these patients were admitted to the present kitchen and dining room. By June, 1913, cottages and wards were completed and in service.

The open pavilions were used for "taking cure." Camp patients had to spend several hours of each day there, sitting in canvas chairs known as "cure" chairs. This took place regardless of

weather. In very severe weather it was, according to report, almost impossible to wrap up sufficiently to be comfortable. Whether because of the treatment or in spite of it, patients of that day did recover and return to their homes.

For some years the medical staff at Cresson Sanatorium was small, consisting of four physicians--the Medical Director, the Chief of Staff, and two staff physicians. The increasing number of patients and the higher average age of patients, which inevitably means a greater number of complicating diseases, together with the development of new techniques in the treatment of tuberculosis, have combined to necessitate a greater number of physicians.

The present medical staff consists of the Medical Director and eight other physicians. The medical staff is supplemented by a consultant staff, who are called to the hospital when consultation is requested. Each is a specialist in his own particular branch of medicine or surgery. Some hold clinics at the hospital regularly. The majority of the consultants come from either Altoona or Johnstown.

The medical staff have kept abreast of the latest developments in the field of tuberculosis, and patients have always been assured of being under the care of physicians who are well qualified through education and experience. At the present time, as for some years past, staff conferences are held weekly. Each patient's case is presented at staff conferences periodically.

Originally, Cresson patients approved for thoracic surgery were transferred to Hamburg State Sanatorium, or to Philadelphia or Pittsburgh hospitals. Since 1950 Flick State Hospital has had a consultant surgeon. Chest surgery is now performed routinely.

Since tuberculosis requires a relatively long period of hospitalization, dental problems are certain to arise among patients. Decayed, aching teeth would prevent a patient from resting properly, and could seriously interfere with his nutrition. For this reason, a full-time dentist is employed at the hospital.

Comprehensive nursing care is essential in the treatment of tuberculosis. Through the years patients at the Flick State Hospital have been fortunate in the quality of nursing care provided.

In the fall of 1912, Eliza C. Allison, R.N., came to prepare for the hospital opening. In January, 1913, she was appointed to the position of Director of Nursing. Miss Allison served in this capacity until her retirement in 1935. It was her task to set the pattern, and she did this well, building a spirit of loyalty and devotion among nurses and among other employees as well. Much could be written about her self-sacrificing work and genuine interest in the welfare of every patient. It can be summed up briefly in words on a bronze plaque dedicated to her memory in 1941: "Fearless, efficient, resourceful, devoted to the welfare of those entrusted to her care."

From its beginning until a few years ago, the hospital nursing staff benefited from the consultant service of Alice O'Halloran, R. N., LL. D., first Director, Bureau of Public Health Nursing. She, too, arrived with the group who made preparations for opening the hospital. Her long years of service with the Pennsylvania Department of Health and to the Flick State Hospital were rewarded in 1951, when the nurses' residence, O'Halloran Hall, was named in her honor.

The initial staff of nurses was small, but as the sanatorium grew, the number of nursing personnel increased. In 1919 a training school for

practical nurses was established to augment the services of registered nurses. The training school was discontinued in the early 1950's.

For the improvement of tuberculosis patient care, the Department of Health has provided the nursing staff of Flick State Hospital with opportunities for professional growth. Included in the nursing education program are university courses, seminars, conferences, workshops, and continuous in-service education.

Nutrition is an important facet of the therapy of the tuberculosis patient. Meals are planned to provide a well-balanced diet which is high in ascorbic acid, vitamin A, and protein. The blood levels of these three nutrients have been found to be low in patients with tuberculosis.

Approximately 1425 meals are served daily. Hospital patients are served a selective menu from modern food trucks which refrigerate one-third and heat two-thirds of each tray. In this system of centralized food service, foods are kept at the peak of palatability with high retention of nutrients. Patients choose the foods they desire, specifying size of portion, by marking menus. This is the only state institution in Pennsylvania to serve a selective menu to bed patients. Ambulant patients are served in a large cafeteria. The menu is the same throughout the hospital, with the exception of the modified diets. An average of fifty varied diets are served at each meal.

The Dietitian participates in the educational program of the hospital, instructing patients individually and in groups on the rudiments of their diets. This educational program includes monthly group meetings for diabetic patients and their families and all personnel involved in the care of these patients.

The pharmacy and the laboratory have each been moved several times before taking up their present quarters in Medical Service Unit. Their work is much the same as in any hospital. Physicians' prescriptions are filled, and drugs are dispensed by the pharmacist. Work performed in the laboratory covers routine sputum tests, urinalyses, serology, blood counts, sedimentation tests, blood typing and matching.

So vital is the part played by x-rays in the diagnosis of tuberculosis that today it is difficult to imagine a hospital without x-ray equipment. Records indicate that the x-ray department of Flick State Hospital was initiated in 1921. The hospital now has a completely modern x-ray department.

The Social Service department was started at this hospital in February, 1950. It is based on the premise that in order for a patient to recover in the shortest possible time he needs not only the best physical care possible but also freedom from worry. Mental attitude affects physical recovery.

The social worker, through interviewing and counseling, aids patients in working out their own problems. Problems may be personal, financial, family, or interrelated. Over the years, as needs have arisen, help from federal, state, or local agencies has been secured. At the present time, there are resources for almost every possible need of the patient.

Spiritual welfare of patients is cared for by a Protestant and a Catholic Chaplain. Chaplains conduct services in the Chapel, visit patients in the wards, and are on call at all times. Sacraments are administered in the wards to those unable to attend services in the Chapel.

Religious services were first held in the patients' dining room. The need for a chapel soon became apparent. The Reverend J. S. Helm, D. D., pastor of Cresson Presbyterian Church and Protestant Chaplain of Cresson Sanatorium until 1922, assumed leadership in the drive for funds to build a chapel. He won the interest of Mary Copsey Thaw, a wealthy Pittsburgh woman whose summer home was at Cresson. She contributed generously to the fund. With this help and with the united efforts of Catholics and Protestants, the beautiful stone chapel which stands in the midst of the hospital buildings was erected in 1914. Grace Chapel is so constructed that both Catholic and Protestant services can be conducted. Chapel services are broadcast to the hospital patients.

The interior of the chapel was completely refinished in 1947, and in 1949 an addition was built providing an office for the Chaplain and access to a tunnel connecting the chapel with other buildings. About this time a new electric organ was installed.

The Rehabilitation department was established September 1, 1950, with the appointment of a Rehabilitation Counselor with a degree in psychology. The principal function of the department is to restore patients to the fullest vocational and economic usefulness of which they are capable.

Many patients, upon recovery, are physically able to return to the work they were doing before becoming ill. Others are unable to do so, because the work is too strenuous or is otherwise unsuitable.

The counselor administers various tests to patients to determine the vocation for which each is best suited. Before the patient is discharged his case may be referred to the Pennsylvania Bureau of Vocational Rehabilitation for assistance

in vocational training, advanced education, or in job placement. A full-time representative of the bureau is assigned to Flick State Hospital.

The concept of rehabilitation is not new at this hospital. From the beginning patients have been rehabilitated within the hospital and have been employed by the hospital, many holding key positions.

Adult education is carried on under the supervision of the Rehabilitation department. With the discontinuation of the children's department, school facilities were put to use for adult education. Adult education was not something completely new, for there had been adult evening classes in typing and shorthand for some years, and several adults had been helped to complete their high school courses.

Under this program, high school students are able to keep up with their classes. Persons who have not finished high school have an opportunity to do so. Credit for high school work may be obtained by taking the High School Equivalent Examinations given three times a year at Flick State Hospital by the Pennsylvania Department of Public Instruction. Courses are offered in typing and shorthand, and in many other subjects, for those who wish to continue their education.

This hospital has always had some form of occupational therapy. In the early days of the hospital there were classes in basketry and wood-working. Embroidery work, crocheting, and knitting were encouraged, one patient teaching another. Someone started leather work and others soon became interested in it. Some patients made costume jewelry. In the late 1940's a ceramics class was started, with two volunteer teachers.

An organized Occupational Therapy department was started in 1950, with a trained Occupational Therapist in charge. This department provides an opportunity for learning various kinds of needlework, crocheting, knitting, weaving, ceramics, leather work, metal work, wood work, and the making of jewelry. An effort is made to provide every patient with some type of occupational therapy, as part of his treatment. Visitors are welcome during working hours to see the work on display in this department.

In view of the long-term hospitalization required for tuberculosis patients, it is necessary to provide some form of recreation. A library was started soon after Cresson Sanatorium was opened. Books were donated by individuals and by organizations. The library has grown until today a good-sized room is required for its well-filled shelves, with books to suit every interest. A number of magazines are received regularly. Each ward is visited once a week by the librarian and his bookmobile. The library is open during certain hours of the morning for those who wish to select reading material.

In the early years, before radio and television were available, one evening a week was designated as "Social Night." Ambulant patients went to the Community Hall for cards. Refreshments were served, both in the Hall and in the wards. Such activities were under the direction of a group known as the Patients' Social Committee. There was always a Hallowe'en party, a custom still carried on. Movies were shown from time to time.

Today the wards are provided with television, and each bed has earphones for radio. Movies are shown in the wards one evening a week during the winter months. Parties are held from time to time. A Recreation Therapy Aide is in charge of all recreational activities.

Located at the main entrance of the Administration Building, the telephone office may well be termed the "nerve center" of the institution, as it is the focal point for all hospital communications and the receiving department for packages, flowers, and other articles delivered to the Hospital for patients and personnel.

Operators, who must be familiar with the physical plan of the hospital and with the functions of all departments, serve as representatives of the hospital in dealing with the public. The work is not limited to PBX operating, but also includes reception duties; operation of master radio for the entire hospital, as well as the public address system for Chapel services and other special programs of this nature over our own WSNM station; channeling music to patients' and staff dining rooms during meal hours.

The hospital has its own post office, a branch of the Cresson Post Office. Such a large number of persons away from home as are included in the patient population of the hospital results in a large volume of mail.

The Community Store provides an important service for both patients and employees. The store had its origin in the early days of the sanatorium, when one of the patients obtained permission to keep a stock of goods from which the other patients could make purchases. His supply, which consisted chiefly of notions, stationery, thermometers, apples and oranges, was kept at his bedside. With a basket on his arm, he went from ward to ward selling his wares.

When the business was abandoned by its originator, it was taken over by another patient, a Miss Porter. She was given a small room in which to keep her store, which came to be spoken of as "Porter's." Several assistants of Miss Porter

went through the wards taking orders, which were delivered to the wards in baskets. The assistants received a ten per cent commission. Camp patients and employees went directly to the store to make their purchases.

When Miss Porter gave up the store around 1919, it was decided that it should no longer be a private venture, but rather a community enterprise for the benefit of all. Several persons advanced the capital needed to purchase the merchandise. The Community Store, as it came to be known, later bought out their interest in the business.

It would be impossible to list all that the Community Store has done and is doing for the benefit of the patients, but a few of the services for which it is responsible may be listed: films and movie equipment; central broadcasting and public address system; television sets for the wards; redecorating the Community Hall and the patients' dining room; carpet and other equipment for Grace Chapel; flowers for Chapel services; attractive furnishings for solaria; typewriter tables and posture chairs for typing class; corn for feeding deer in winter.

When Cresson Sanatorium was opened in 1912, the only transportation was that provided by several mules brought from Mont Alto. At that time patients usually came to Cresson by the Pennsylvania Railroad. They were met at the station and brought to the sanatorium in a wagon or sled drawn by two mules. Practically all equipment, supplies, and mail came to Cresson by railroad.

The first motor vehicle owned by the sanatorium was a 1913 Model T Ford. The next was a big Alco truck. Some time after this, two cars, a Pierce Arrow and a Packard, were donated by Mrs. Thaw.

Even after automobiles had come into use, it was often necessary to use the mules, or horses, in winter. By 1914 stone has been placed on the driveways, eliminating the mud, and later the Highway Department added blacktop. However, the sanatorium had no snow plow and had to depend on the Highway Department to keep the driveways open in winter. When this service was delayed, there was a return to the horse-drawn sled. In the early 1940's the horses and sled disappeared from the scene.

Today Flick State Hospital has its own snow plows and snow removal equipment, as well as a fleet of cars and trucks equipped to meet all the needs of the hospital.

Many changes and improvements have been made in grounds and buildings since 1913. For some years the water supply was a problem. This was solved by purchasing water from the Pennsylvania Railroad Company, and pumping it to the hospital reservoirs.

A tree planting program, started in 1917, resulted in the planting of thousands of seedling pines, spruces, and hemlocks on the grounds. Practically all of the large evergreens on the grounds are the result of this program.

The first major addition to the hospital was a west wing, which was built in 1915 and 1916. At the same time an addition was made to the dining building, giving more kitchen and dining space, as well as additional quarters for nurses. At this time, too, a residence was built for the Medical Director, who had been occupying a cottage on the Mountain House grounds near Cresson. A few years later an addition was made to the east wing, which provided a solarium on each floor.

Construction during the 1920's included the Community Hall, hospital porches, garage, a "playhouse" for the children, and two four-room schoolhouses.

Children's House, now Unit III, was completed late in 1931, and opened in April, 1932. During the 1930's the work of remodeling the children's playhouse, a large stone building, into the present Surgery was started.

World War II put an end to construction, but as soon as materials were again available, work was started on two cottages for doctors, two units for patients, a nurses' residence, an addition to the Chapel, and an addition to the power plant. A few years later three additional cottages for doctors were built. The staff dining room was remodeled and enlarged in the late 1940's.

Medical Service Unit, opened in the fall of 1932, houses the X-Ray Department, Clinical Laboratory, Pharmacy, Dental Clinic, Social Service Department, Admission Office, Employees' Dispensary, and Out-Patient Department on the ground floor and on first floor. On the second floor there are rooms with a capacity of twenty-seven patients.

An addition to the Administration Building in 1952 provided a conference room for the medical staff; office space for the Business Manager; a staff office for the doctors; and a room used for group meetings, lectures, and films. An attractive entrance to the Administration Building was completed in 1962.

In 1951 alterations were made to four wards, converting each into one- and two-bed rooms and a small ward. About the same time, the cumbersome elevators that had been installed originally were

replaced by automatic elevators. With the completion of Units I and II, the cottages of Men's and Women's Camps were no longer needed and were dismantled.

The laundry has been expanded and new equipment has been added to meet the growing needs of the hospital. The most recent addition to the laundry, completed in 1962, makes possible more efficient operation.

The first recreation hall was built around 1915. Miss Allison, Chief Nurse, was instrumental in raising funds for this purpose. When one of the organizations interested in the hospital contributed five hundred dollars, construction was begun. The money was used to buy lumber, a sawmill on the grounds provided additional lumber, and the sanatorium carpenters erected the building. The hall was used for movies, entertainments, home talent shows, parties, and similar activities. Eventually, it was outgrown, and became a plumbing shop.

The present Community Hall was built in 1925. It was completely renovated in 1951. The interior of the building was redecorated by a nationally known firm of decorators, stage curtains were hung, and theater seats were installed.

In time it became more economical for the hospital to buy some of the things it had once produced. Improved roads and the development of poultry farms in the area led to the abandonment of poultry raising in the early 1930's.

In 1957 the hospital began to buy its electrical power. Electrical power can still be produced here, but is maintained only as a standby.

There are no longer children at Flick State Hospital, because today few children need hospital treatment for tuberculosis. At one time the hospital had more than two hundred fifty children as patients. Only a few of them were active cases of tuberculosis. For the majority, the hospital served as a preventorium. All had been exposed to the disease, usually in their own homes, and were therefore potential victims. Under a regimen which included rest, good food, fresh air and sunshine, together with correction of such physical defects as infected tonsils, dental caries, and defective eyesight, the children were built up to resist tuberculosis.

As the number of children admitted to the sanatorium increased, the need arose of providing them with some schooling. A small frame structure, heated by a coal stove, was erected in 1915, and a patient who had been a teacher was placed in charge. The first textbooks were donated by Johnstown Public Schools.

After the west wing was opened, with children occupying ten of the twelve wards, a playground was laid out, the little schoolhouse was moved there, and two others like it were built, together with an open pavilion for play. In time the three little schoolhouses were replaced by two four-room schoolhouses. From 1921 on, the school followed the course of study used by the public schools. Eighth grade pupils took the high school entrance examinations given by the County Superintendent of Schools.

School hours were somewhat unusual, in that sessions were conducted in the morning and in the evening, so that the children could have their free time in the afternoon, when they could play outdoors. Morning sessions of school were held the year round, but evening sessions were discontinued in summer.

The children's playground was equipped with a variety of play equipment. Located on the side of a hill, it provided a fine sledding and skiing area. All playground activities were under the supervision of the teachers.

With the opening of Children's House in 1932, the services of the hospital were for the first time made available to children under six. A nursery was established to care for children under six.

The number of children needing treatment gradually decreased, and in 1950 the children's department was discontinued. Children's House became Unit III, a hospital building for adults. One of the two schoolhouses was used for other purposes, and the other is still in use for adult education.

In December, 1956, Cresson Sanatorium became officially the Lawrence F. Flick State Hospital. In giving the hospital this name the Department of Health paid honor to a native of Cambria County who was for many years a leader in the fight against tuberculosis. Dr. Flick founded the first anti-tuberculosis association in the United States and established in Philadelphia the Phipps Institute, which has pioneered in research in tuberculosis.

During the first fifty years of Flick State Hospital's existence, more than thirty-eight thousand persons have received treatment for tuberculosis. The majority of them have been able to return to society and lead normal lives.

An employee starting work in this hospital in the early 1920's was told by a member of the medical staff that within ten years the hospital would be used for a different purpose, because tuberculosis was so nearly conquered. That expectation

was not realized, but there is now good reason for the hope that in the near future tuberculosis will be completely eradicated.

No one can predict with certainty what the next fifty years will bring, nor what purpose this hospital will be serving when it observes its one hundredth anniversary. One can be certain that progress will continue in the next fifty years. The Lawrence F. Flick State Hospital will be in the forefront, alleviating suffering, promoting health, and keeping abreast of the latest developments in the field in which it serves.

MEDICAL DIRECTORS

William G. Turnbull, M. D.	1912-1923
Thomas H. A. Stites, M. D.	1923-1935
Louis A. Wesner, M. D.	1935-1939
Thomas H. A. Stites, M. D.	1939-1943
B. Franklin Royer, M. D.	1943-1947
Harry W. Weest, M. D.	1947-

NURSING DIRECTORS

Eliza C. Allison	1913-1935
Irmela M. Witke	1935-1936
Nellie J. Boyle	1936-1945
Agnes McLane	1945-1948
Dorothy M. Rivers	1949-1952
Rachel A. Neill	1952-1961
Eleanor McHail	1961-



The Lawrence F. Flick State Hospital, which is administered by the Pennsylvania Department of Health, through the Division of Tuberculosis Control, is a fully accredited hospital. It was named in honor of Lawrence F. Flick, M.D., a native of Cambria County, who was a pioneer in tuberculosis control.

Through the efforts of Samuel G. Dixon, M.D., Pennsylvania's first Commissioner of Health, the land on which the hospital is built, comprising 500 acres, was donated to the Commonwealth by Andrew Carnegie, for the sum of one dollar.

Program

- Presiding Harry W. Weest, M.D.
Medical Director, Flick State Hospital
- Invocation Rev. Walter B. Purnell
Hospital Chaplain
- Selection Altoona Kiwanis Choir
Under direction — Howard W. Lindaman
- Introduction of Guests Harry W. Weest, M.D.
- Address of Welcome Hon. Charles L. Wilbar, Jr., M.D.
Secretary of Health, Commonwealth of Pa.
- Anniversary Address Hon. John P. Saylor
Congressman 22nd District
- Selection Kiwanis Choir
- Announcements Harry W. Weest, M.D.
- Benediction Rev. Father Walter Byrne
Hospital Chaplain

