

Highland Hospital



ASHEVILLE
NORTH CAROLINA

*“Canst thou not minister to a mind diseased,
Pluck from the memory a rooted sorrow,
Raze out the written troubles of the brain,
Cleanse the stuff’d bosom of that perilous stuff
Which weighs upon the heart?”*

Staff

ROBERT S. CARROLL, M. D.
Medical Director
Highland Hospital

RICHARD S. LYMAN, M. D.
Professor, Neuropsychiatry
Duke University

Resident Physicians

R. BURKE SUITT, M. D.
DANIEL J. SULLIVAN, M. D.

R. CHARMAN CARROLL, M. D.
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MISS M. F. PORTER, A. M., R. N.

MISS G. SYKES, R. N.

MISS A. BAILEY, R. N.

MISS E. E. SANDERS, A. B., R. N.

MISS E. N. NESBITT, R. N.

MISS S. ORR

MISS G. WALTER

MR. S. S. SMITH

MR. L. N. RAY, GRADUATE ATTENDANT

MR. DUNCAN DEAN

Psychotherapist
Superintendent of Nurses
Assistant Superintendent of Nurses
Instructress of Nurses
Graduate Dietitian
Dietitian
Avocational Therapist
Head Attendant
Occupational Therapist
Avocational Therapist

MR. H. T. GRANT, Business Manager

MISS SARAH SHEFFLER, R. N., Secretary-Treasurer

A Corps of Over a Hundred Workers

Dean Dr.
Miss

Highland Hospital

(INCORPORATED)

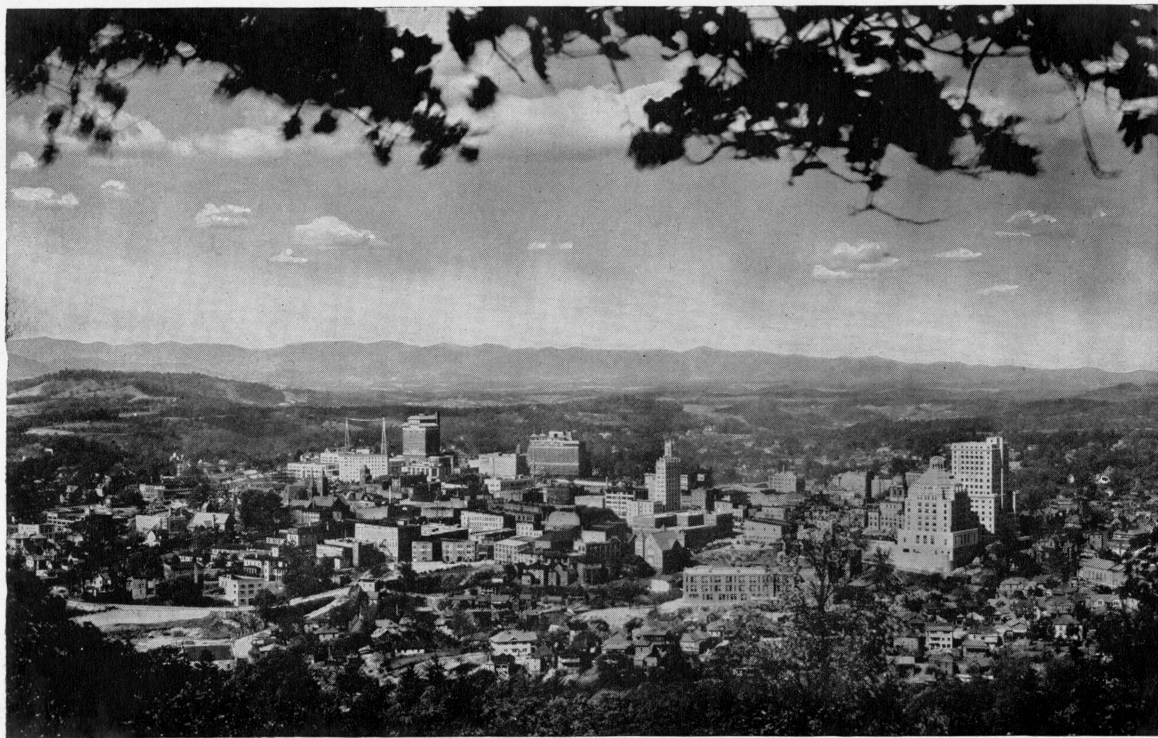
Affiliated with the Neuropsychiatric Department of
Duke University

*Highland Hospital remains under the personal supervision
of its founder, Dr. Robert S. Carroll, until the directorship
is assumed by Duke University in September, 1944.*

HIGHLAND HALL OAK LODGE CENTRAL BUILDING
BRUSHWOOD BUNGALOW

An Institution Employing All Rational Methods in the Treatment of
Nervous, Habit, and Mental Cases: Especially Emphasizing the
Natural Curative Agents—Rest, Climate, Water,
Diet, Work, and Play

A S H E V I L L E , N O R T H C A R O L I N A



Birds-eye View of Asheville

Asheville needs no introduction to the student of health resorts. Its southern latitude tempers the rigors of our American winters, while its mountain altitude so modifies the heat of summer that Asheville is truly a health resort for all seasons. During the winter months patients from the North find its climate a delightful mean between the extreme cold of the northern states and the enervating warmth of the far South. In the long, hot summers there is no point to which the southerner looks with greater longing than the cool mountain region of Western North Carolina.

Asheville is a city of 50,000 situated in the great Asheville plateau, a spot of scenic beauty where altitude insures an invigorating change from the lowlands, while the undue stimulation of still higher elevations is avoided. With an average of 2500 feet above the sea level, surrounded by oak-, fir-, and balsam-covered mountains rising to 5000, 6000, and 7000 feet, Asheville leaves little to be desired for the nervous sufferer.

Scenery Nature was prodigal in her bounty when she formed this natural park. Many travelers have journeyed through both the Old and New Worlds and returned to Asheville with the firm conviction that this "Land of the Sky" is unsurpassed in those elements which constitute enduring beauty. Mountain peaks and ranges, valleys and coves, leaping streams and dashing rivers, unite to form scenes which speak of Nature at her best.

George Vanderbilt, years ago, chose these picturesque environs for an estate upon which he erected a glorified chateau, surrounded by scenic grandeur extending from Asheville to Mount Pisgah. Our government is now completing park highways traversing the mountain chain from near Washington into the Great Smoky Mountains, Asheville forming the North Carolina gateway to that vast domain of undisturbed mountain wildness.

Water Supply

Asheville's water supply is probably unequaled. The city owns 20,000 acres of the great Appalachian watershed, where hundreds of springs pour forth water from the mountainsides. Protected absolutely from contamination and conveyed by a twenty-mile conduit with a fall of 500 feet, water reaches the city in such quantity and force as to render artificial pressure unnecessary. Its crystalline clearness, perfect purity, complete softness, and cool mountain freshness are unsurpassed.

Location

Highland Hospital is located at the edge of one of the best residential portions of Asheville, facing and overlooking the city and ridges beyond; while rolling away for miles in the opposite direction are mountains with few marks of habitation. The near-by hills, with their soft green slopes, gradually blend with the more distant, rugged ranges till the skyline is broken by the pearly haze of far-off peaks. Touching modern civilization on one hand and looking away to Nature's peaceful hills on the other, the situation of this institution is unique.

Grounds

Immediately surrounding the main buildings are fifteen acres of landscaped grounds: meandering flagstone walks through colorful and fragrant gardens break the lawns, and a large grove of oaks, pines, and chestnuts gives natural contrast.

Highland Park

Adjoining these grounds is picturesque rolling and wooded Highland Park—a historic tract of nearly fifty acres in the midst of which is a series of rifle pits in perfect preservation, peaceful reminders of the early sixties. Winding through the Park, ever green with native pines, are miles of leaf-strewn paths broken by rustic seats and bridges, which make possible daily tramps and climbs in woodland surroundings.

Handsome Brushwood Bungalow stands at the edge of the Park. Deeper in its recesses, with the hills forming a natural amphitheatre, is the athletic field where all out-of-door games and sports are possible.



In Highland Park



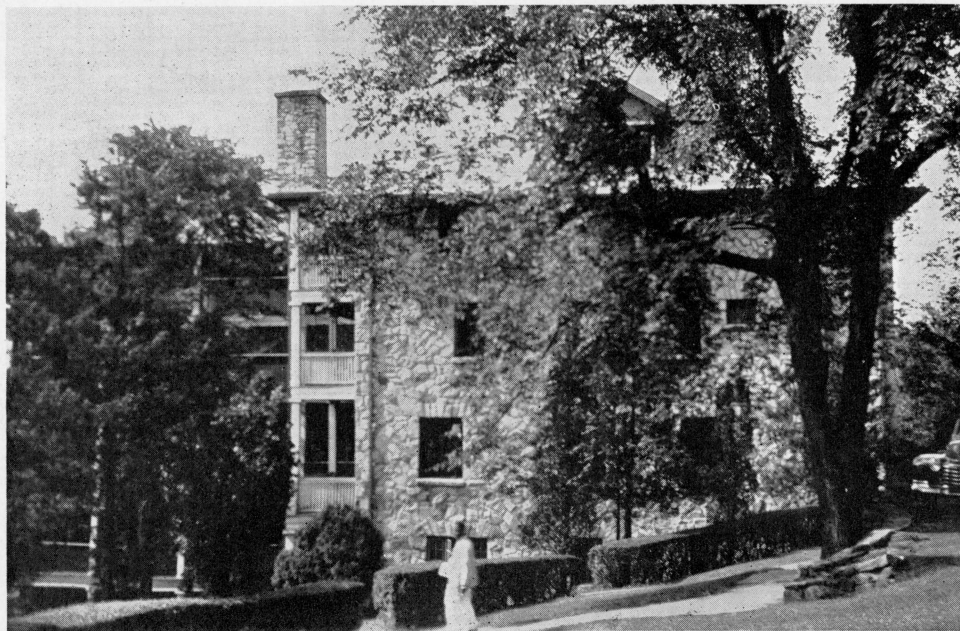
Highland Hall

The Institution Highland Hospital, founded in 1904, was planned to consist of several buildings, each completely equipped for its special use, the group constituting a comprehensive whole. This permits the proper classification of patients and gives an ample selection of accommodations. At present, Highland Hall, Central Building, Oak Lodge, and Brushwood Bungalow are available for patients.

Highland Hall is a handsome Georgian colonial, with generous verandas and an unobstructed outlook. The interior is spacious and fully adapted to meet the desires of patients of taste and refinement. The business and main professional offices occupy the first floor. Patients' rooms and suites are particularly attractive. The number of patients is limited in this building, and only selected cases are received.

Central Building Old Central Building, thirty years used, is being replaced by a granite structure of a hundred rooms which will offer the most modern of the hospital's facilities. In it are the new Assembly Hall, hydrotherapy and culinary departments, superintendent's and doctors' offices, examination and treatment rooms. With the special advantage of modern sound insulation, fire protection, temperature regulation, and over 600 feet of porch space, this building is utilized for various types of women patients. Situated away from traffic, surrounded by the hospital grove and flower gardens, and overlooking the tennis courts, this new building is fully equipped to render classified and efficient service and definitely augments the hospital's usefulness.

Oak Lodge was specifically designed to meet the needs of male patients. It is an artistic modern building of slow-burning construction situated at the edge of the grove. With its stimulating mountain outlook, ample porches, shaded verandas, library, large clubroom with pool table and other games, bath department with complete equipment for all specialized treatments, and numerous private and public bathrooms, Oak Lodge offers unusual advantages for the scientific and comfortable care of patients.



South Wing, Central Building



Oak Lodge

Brushwood Bungalow was constructed in response to a need for exclusive surroundings of high grade. It nestles, nearly out of sight, among the white pines of the Park. Handsomely finished and furnished, the Bungalow is intended for patients occupying independent suites consisting of sitting room, bedroom, and bath. An attractive Common Room and unusual Big Room for work and play, a fully modern diet kitchen, and comfortable quarters for nurses and attendants complete its advantages. Pleasant features of this building are the fireplaces in the private sitting rooms and in the Common and Big Rooms, affording cheer and homelikeness for indoor days.

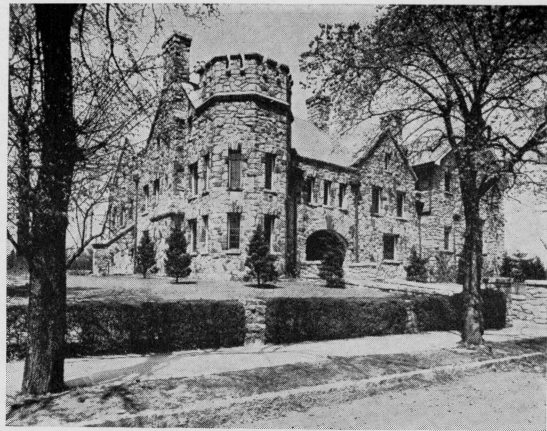
Adjacent to Brushwood Bungalow is an interesting example of the activities of one patient who gained lasting benefit from the construction of a model greenhouse. Since its completion therapy groups find instructive and satisfying occupation in planting and caring for growing beauty, and in the pleasure elicited among the hospital family by the colorful, fragrant products of their labor. Many of our patients have never before enjoyed the thrill of digging with their hands into the fruitful earth and watching seeds, which they themselves have put there, burst into leaf, bud, and blossom.



Brushwood Bungalow

Homewood which provided occupational projects for more than five years, evolved into an unusual structure of massive masonry. Its refined Norman style is impressive. Although it is the medical director's residence, Homewood houses the Play Room and the Music Room, capable of seating an audience of 250. This room reveals surprisingly brilliant acoustic values, and a score of outstanding artistic events are presented yearly. The attractive Play Room is reserved for select entertaining—convalescent patients often participate in the dances and games enjoyed in this spacious room from time to time. The dignified social atmosphere adds richness to the institution's many helpful influences.

Homewood's interesting furnishings have been gleaned from a score of lands, and are reminiscent of various extensive travels to interesting and unusual spots in this hemisphere, numerous trips to Europe, and several journeys to the Far East, traversing a score of lands. These expeditions are planned for convalescing patients who can profit from the vivifying stimulation of re-educational opportunities at once unique and appealing which combine daily classwork and lasting memories. Meanwhile they receive the special benefits of close and informal observation by physician and nurses under conditions remote from hospital supervision.

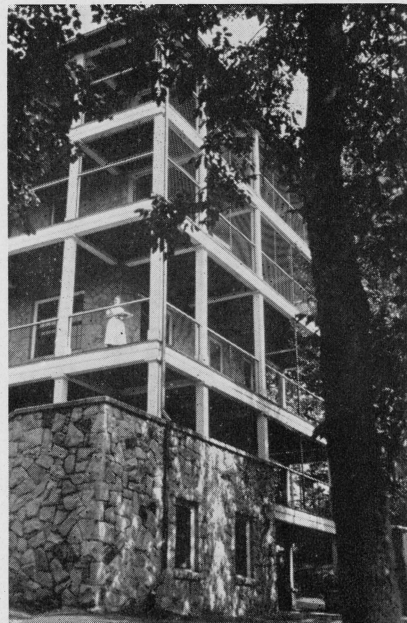


Homewood

Provision for Treatment . In addition to the usual hospital equipment, large and practical provision has been made for the most modern treatment of nervous and mental disorders.

Central Building and Oak Lodge have complete bath departments—sanitary as skill, concrete, enamel, and the highest type of plumbing can afford—where vapor, Turkish, Russian, electric light, sitz, shower, needle baths, and therapeutic packs and massage are given. Carefully taught and thoroughly administered massage is a specialty.

Interesting, diverting, and productive occupation has long been accepted as a major factor in the rehabilitation of the nervous. Asheville was selected as the site of Highland because it annually contributes 330 out-of-door days. The hospital's spacious grounds were primarily developed in order that the unquestioned value of the sun's radiant energy could be daily utilized through open-air activities. To this end the greenhouse, scores of flower gardens, the nursery for ornamental trees, multiplied acres of woodland where forestry is taught and practiced, extensive vegetable gardens whose products assist in making possible the exceptionally reasonable charges for such expert professional care, as well as outdoor recreation and sports, have been planned. All these contribute to the patients' restoration.

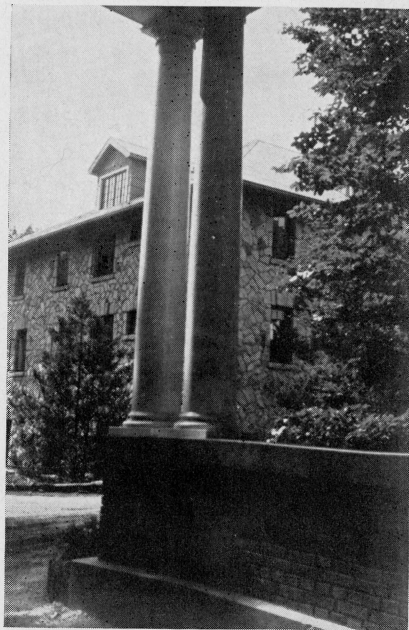


West Wing, Central Building

Highland Farm's 400 acres spread over a mountainside, and from valley to peak and ridge the terrain is covered with a long undisturbed growth of deciduous woodland. Outdoor activities of wholesome, simple days regularly spent there culminate round the camp fire. The Farm is in easy access of the hospital—five miles—and is located on the Asheville Scenic Highway.

Indoor therapy, utilized especially for certain types and during inclement weather, is under the direction of trained avocational therapists. Among the men, therapeutic work in woods, repairing, decorating, and leather and metal tooling may stimulate the development of later recreational hobbies. For the women, the entire gamut of needlework from simple seams to needlepoint, knitting, embroidery, and weaving results in handicraft so attractive that exhibits are open to the public once or twice yearly.

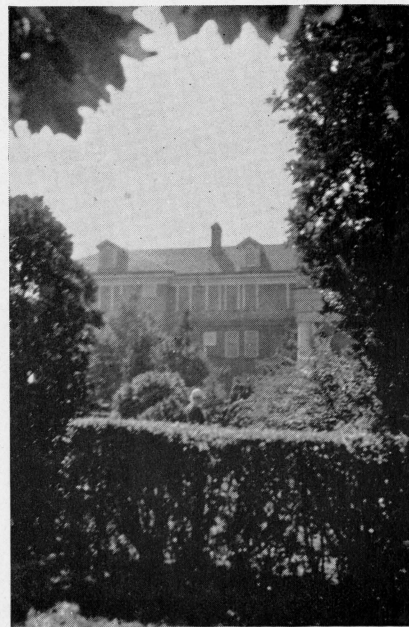
The benefits of directed mental activities are outstanding. Hence teachers prepared to direct classwork from the primary grades through college are employed in the psychotherapy department; while others professionally trained in art and music conduct private or group studies in the arts. Practically every patient receives special private instruction in applied psychology, using textbooks specially written for such re-educational purposes.



Central Building from Highland Hall

Diet

To substitute mental for physical work is an inherent tendency in modern progress. Food requirements for manual and nervous workers are fundamentally distinct. Few realize that ignorance in adapting food to work is one of the most prolific causes of nervous breakdowns. The diets prescribed at Highland Hospital are thoughtfully ordered, and while no dietary extremes are advocated, pride is taken in serving a rational, scientific, wholesome, vitamin-rich, yet dainty, dietary. Besides the central kitchen—a model of completeness, convenience, and sanitation—diet kitchens are maintained in each building where specially ordered menus are prepared. A well-organized tray-service furnishes graduated diets for all patients, and convalescents are frequently entertained in the main dining hall and at buffet suppers on the lawn in summertime. Food is supplied at intervals so spaced that no reason exists for overeating, while the damaging habit of harmful piecing between meals is discouraged by carefully planned, hunger-satisfying meals adapted to the individual needs of each patient. Asheville affords an excellent market and a variety of the best classes of foods is constantly available, though in all cases the ultimate welfare of the patient, rather than the whims of his palate, is considered in prescribing food.



Looking Toward Highland Hall

Scope of the Work

Nervous Cases Every community and many homes contain sufferers from nervousness in some form. It is difficult to recover nervous stability in the midst of home and business tensions, and the modern physician sends his patients where new scenes may dissipate the worries and renewed strength replace the weaknesses which are incident to the stress of living.

In Highland Hospital the number of patients is limited and a social atmosphere maintained, while each patient receives the personal care of specialists who limit their practice to nervous and mental illnesses. Those suffering from nervous or psychic breaks, hysteria, neurasthenia, psychasthenia, and physical disturbances causing nervous affections and amenable to helpful surroundings and skillful care, are received.



Lookingglass Falls in Pisgah National Forest

Addictions For many years the treatment of the victims of habit was in the hands of irregular practitioners. It is but recently that a few members of the regular profession have realized the great need of these sufferers for scientific and specialized medical attention. Ten weeks is requisite in the treatment of the average morphin case, though many months may be necessary in badly broken-down individuals, not in discontinuing the drug but in restoring the body to its former vigor. Abuse of other drugs—as alcohol, barbiturates, bromides, tobacco, and cocain—forms habits which may render special treatment necessary. Such help is offered by this institution.

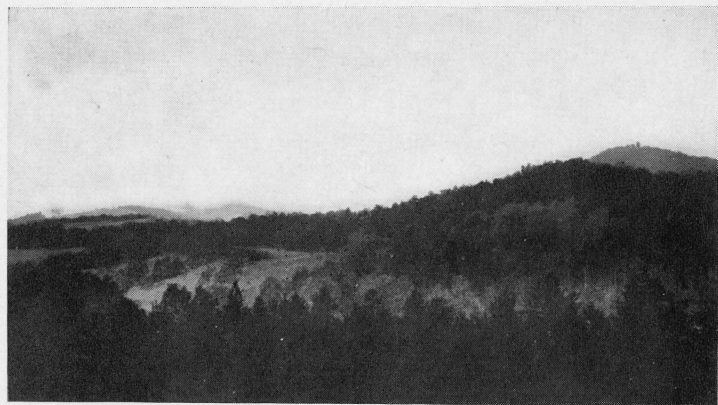
In Dr. Carroll's recently published volume *What Price Alcohol?*, will be found a complete study of habit disorders and an outline of the scientific approach to and handling of the various groups of habit cases. A minimum treatment period of eight weeks for men and ten weeks for women is requisite for benign cases of alcoholism, drug, tobacco, and barbiturate addictions. Ten weeks is the least period of residency needed for any patient who has become dependent upon opium or its various alkaloids, and laudanum and paregoric. For problem and certainly for pathologic cases, treatment periods of from six to eighteen months may be required to restore the body and mind to that protective vigor and developed resolution which make for the accomplishment of the only safe standard of living for neurotics in relation to any drug use—total abstinence.

Not infrequently the perverting influences of narcotics, stimulants, or hypnotics have so robbed the patient of the power of decision that he is literally unable to undertake treatment. These patients must be compelled to get well. Such compulsion can be exercised most kindly in a special hospital licensed to receive patients under legal commitment for a prescribed period of restoration.

Mental Disorders Inherited tension, physical disease, and nervous neglect may result in mental disturbances which under early and wise care may be relieved and the sufferer protected from lasting mental illness. The private hospital with its special equipment, skillful and interested personal care, and protection from publicity offers a real help. The grouping of patients affording the largest benefit to the individual case is always considered.

Highland Hospital is licensed by the State of North Carolina to receive cases which, when advisable, may be committed for the necessary period of treatment. It is gratifying to note the increased percentage of recoveries from mental disorders which result from insulin, drug, and electric shock and sub-shock treatments reinforced by modern occupational and re-educational therapy. The hospital staff includes physicians whose training in therapeutic shock represents years of experience in both Europe and America.

Cases of mental depression, hypochondriasis, the early stages of schizophrenia (dementia praecox), confusional states, and defective volition are amenable to treatment.



North View from Highland Hall

Predisposing Causes

In our land of plenty, ease of accumulation has mingled a mania for work with a frenzy for pleasure. The simple life has been displaced by an emotional stress conducive to nervous tension. Arterial diseases, auto-intoxication, incipient Bright's disease, disturbed thyroid activity, hepatic insufficiency, the anemias—all predispose to mental or nervous breakdown. Pains-taking examinations are the basis of treatment; the present disorder and its causative factors are ascertained, and treatment for the removal of both cause and effect is ordered.

Admission of Patients

No patients can be received suffering with tuberculosis, acute contagious diseases, or who after careful examination offer no hope of benefit. In all chronic and habit cases, arrangements must be made in advance for such duration of treatment as will render satisfactory results possible. No patients can be admitted who are unwilling, when able, to undertake the prescribed out-of-door therapy so essential to the most rapid development of nervous stability and lasting physical ruggedness.



North View from Central Building

General Treatment

Unquestionably change to a higher altitude stimulates the forces of metabolism which are the source of our vitality. It is also true that beauty of scene, through its exhilarating influence on the higher centers of the mind, is helpful to the whole man. These advantages Asheville affords all comers. In addition, Highland Hospital encourages in every possible way the business of regaining health. All patients are expected to co-operate as well in the careful, systematic, and seriously planned routine of rational living as in their individually prescribed treatment.

Highland Hospital is in no sense a fashionable resort where pretense at regaining health forms an excuse for indolence. Medicines are employed as indicated. Regulated diets are necessary in controlling digestive errors. Hydrotherapy offers an aid in ridding the system of poisons and produces tonic reactions otherwise not easily obtained. Lasting health and strength cannot be achieved without muscular exercise; and as most Asheville days are out-of-door days, this too often neglected element of health restoration is fully utilized in all suitable cases.

Specific Treatment

The benefits of scientific treatment have been strikingly enlarged these last years through the introduction of insulin, drug, and electric shock treatment—each offering special helpfulness in various types of mental disorder. For the first time in the history of medicine, the early stages of what formerly were looked upon as hopeless mental illnesses now offer a gratifyingly large percentage of early arrests and cures. The Highland Hospital staff of physicians and nurses makes wise and efficient application of the most modern approaches to mental benefit. Such specific treatment, followed by an adequate period of physical and emotional re-education, accomplishes degrees of restoration previously unknown.

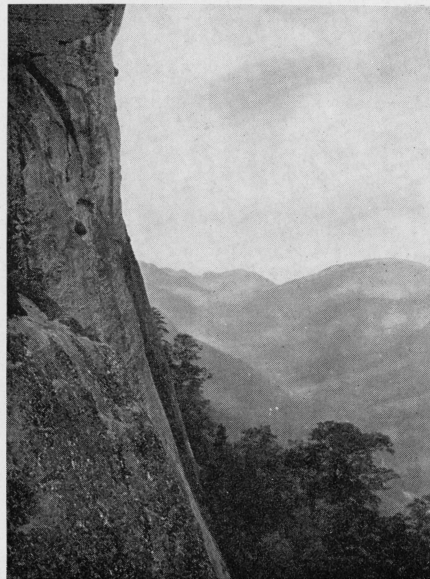
It is good to note that in obscure and complicated cases the combined facilities of the neuro-psychiatric departments of Duke University and Highland Hospital are available for both comprehensive and specialized treatment reference.

Rest Cure

Dr. Weir Mitchell long since demonstrated the unequaled results which follow the rest cure in selected cases of tension and exhaustion. We are realizing today the essential value of vitamin deficiencies in many nervous patients. We are learning, too, that intensive administration of mass doses of this or that laboratory-prepared special vitamin often yields but passing benefit. During the rest-cure weeks scientific feeding—starting from the infant's needs and developing the patient's capacity to utilize the complete vitamin chain—offers a fundamentally sound and efficient approach to lasting recovery.

The services of a special nurse who has had training and experience in the psychic, physical, and dietetic care of the nervous sufferer are essential to detailed rest therapy. Isolation from all the old causes of irritation and worry, intelligent overfeeding, ample massage, and nervous re-education, together with true relaxation, are the principles underlying scientific rest cure.

Among those who profit specially by this regimen are certain nervous patients apt to fall under the influence of mental and religious healers. Such sufferers, never permanently benefited by fads, need directed mental discipline and wholesome, rational, individualized treatment; and they respond to salutary moral suasion and sane, reasonable mental surroundings.

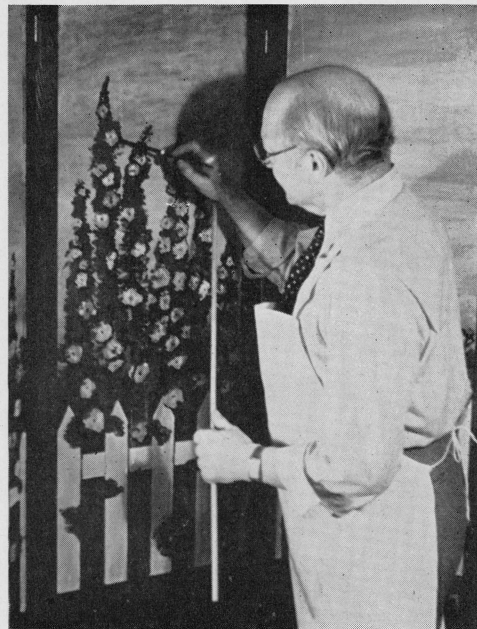


A View from Chimney Rock

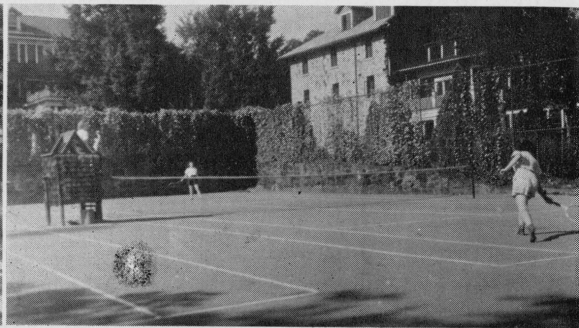
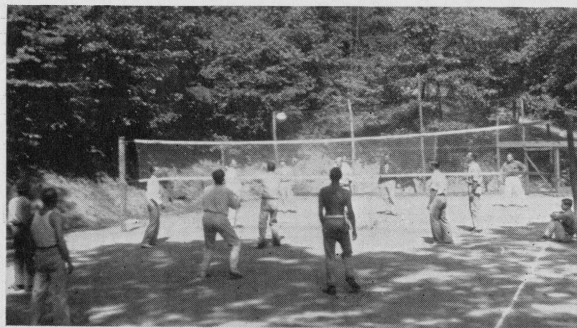
Work Cure No patient is received for rest treatment unwilling to follow the weeks of quietude by an adequate length of time devoted to rendering the body hardy, acquiring endurance, and developing self-mastery. This is accomplished by the work cure which consists of graduated exercise beginning with walking, setting-up gymnastics, climbing, and competitive games, followed by productive work, including gardening in vegetables and flowers, terracing, landscaping, concrete construction, simple masonry, rustic building, transplanting trees, shrubs, and vines, road- and pathmaking—and for stronger patients, practical forestry at the farm.

This work therapy has proven a more wholesome and helpful means of health restoration than the various forms of indoor employment necessarily utilized in less favored climates. Many patients who do not need rest cure are permanently benefited by the wholesome routine and self-discipline which result from the change from mental to muscular work.

Indoor craft work is provided both men and women for inclement days. Medicine ball and indoor games are temporary substitutes for open-air activities.



Avocational Therapy



At Work and Play

Psychotherapy Much is being written today on suggestion, the subconscious, psychoanalysis, and psychic care. The interdependence of mind, body, and spirit is fully recognized in the work of this hospital. Fads, however, are carefully avoided. Physical disorders are modified through well-established laws. Mental disturbances are subject to benefit through the application of the principles of modern psychology, while sick souls need the healing touch of understanding. For many patients the daily helpfulness of private or group classwork—in which the principles underlying emotional and mental normalcy are clearly and efficiently taught by trained psychotherapists—fills a gap too long unused in many types of therapeutic approach.

Wholeness of health is sought in a system of treatment which recognizes that suffering may have other than physical causes—still the basis of a healthy mind is a healthy body.

Re-education The damaging tendency of most illness to foster introspection is intensively combatted at Highland Hospital by a consistent appeal to new mental interests. Short lectures on literature, art, travel, world topics, and applied science are given weekly by trained teachers. Small and individual classes are also held in subjects of special need to the individual. It is intended that no patient remaining in the hospital a period of weeks shall fail to receive some wholesome addition to his mental outlook.

Vespers Sunday afternoon at four-thirty a simple service, planned in reference to the needs of the patients, is conducted in the Assembly Room. The approach is consistently constructive and avoids any sectarian or doctrinal implication. All who are able are expected to be present. Sunday treatments are reduced to the degree consistent with progress, and opportunity is afforded those whose condition permits to attend services in the city.

Sports All too soon the art of play slips away from grown-ups. Many suffer nervous disaster because the play habit has not been formed, and systematic teaching of outdoor sports is a wise element of Highland Hospital treatment.

During most months in the year two regular games of baseball between the Blues and the Golds have been scheduled for nearly thirty years. The teams are made up of patients and workers outfitted with regulation uniforms. Annually, the winning team is awarded the pennant and entertained at the "Baseball Banquet." From time to time the hospital "Nine" plays outside teams. All games are conducted in accordance with big-league rules and the highest ideals of sportsmanship.

Two games of softball weekly, daily basketball, tennis, and other athletic games are enjoyed by both men and women. Seasonally, match games are played for trophies in the various sports.

Careful and systematic training in field sports is planned for all patients, and the element of generous rivalry is utilized to stimulate self-forgetting endeavor. All outdoor activities are ordered by the medical staff in full knowledge of each patient's strength and needs.

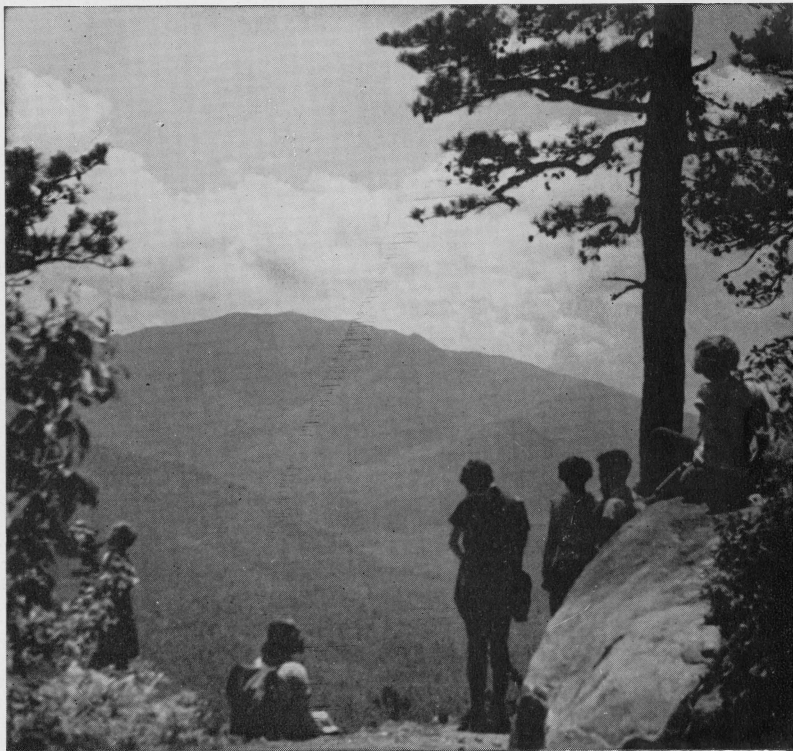


Fourth of July After-the-Game Picnic

Amusements

Besides the activities mentioned, regular picnic tramps to the nearby mountains are planned. Round the camp fire, close to nature, the tensions of social exactions may be forgotten. Fishing and camping trips, with climbing expeditions to the tops of the highest mountains east of the Rockies, provide rational and natural adjuncts to treatment. The rapidity with which sensitiveness to ordinary physical discomforts may be overcome, an independence of the elements won, and overrefined sensations eliminated through outdoor life in the mountains can be realized only through experience.

Off to the Great Smokies

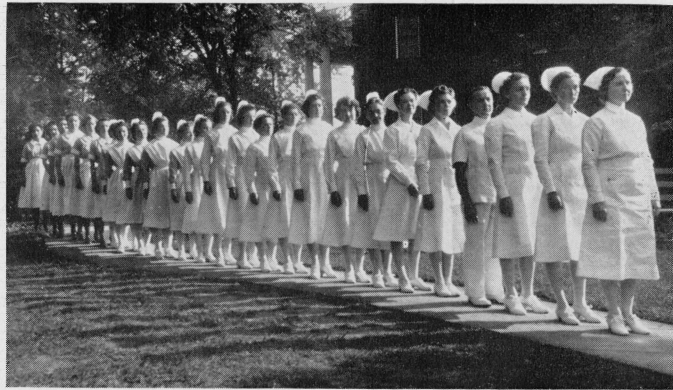


Nursing

Highland Hospital Training School is regularly chartered for the instruction and training of nurses specially equipped for psychiatric service. The course requisite for the Degree of Trained Nurse covers three years; this includes one year of affiliate work at Duke University Hospital. A two-year course is open to men and women desiring attendants' training; this includes many of the studies given in the three-year course and prepares the student for practical sick-room service. The graduates of this school are peculiarly fitted to nurse intelligently all types of the nervously sick. A year's post-

graduate course in advanced neuropsychiatric nursing is open to graduates of accredited training schools. Literature outlining entrance requirements, salaries available for separate classes of students, and application forms may be secured by addressing the superintendent of nurses.

Since much of the nervous patient's comfort and progress is in the nurse's hands, Highland Hospital trains only selected students, and leaves nothing undone to prepare exceptionally intelligent, capable, sympathetic, and resourceful nurses. A graduate nurse is in charge of each building, and the hospital retains a corps of its graduates to handle critical cases.



Going to Vespers

Visitors

Visiting regulations are based on efficiency of care and the larger freedom and privacy of our patients.

Visiting hours, from two to five each afternoon, are intended for near relatives and close friends. Callers are expected to leave promptly at the expiration of the allotted time. No visitors will proceed to patients' rooms unannounced. Articles of food or drink must be left for inspection with the nurse in charge. Rest-cure patients receive no visitors during the early weeks of treatment. The superintendent will withdraw the visiting privileges of any patient who permits friends to disregard the rules.



PHOTO BY THOMPSONS, KNOXVILLE

Mount LeConte in the Great Smoky Mountains National Park

Rates Room, board, ordinary medicines, general nursing, daily bath treatments, and physicians' fees are included in prices quoted for all rooms. Personal laundry and incidentals are not included.

Half-day or 4-hour special nursing is \$15 a week; full-day or 8-hour special, \$30; 24-hour special, \$75. Special attention at night by a physician, unusual medication, and all specific treatment—as insulin, electric, or drug shock therapy—are extra.

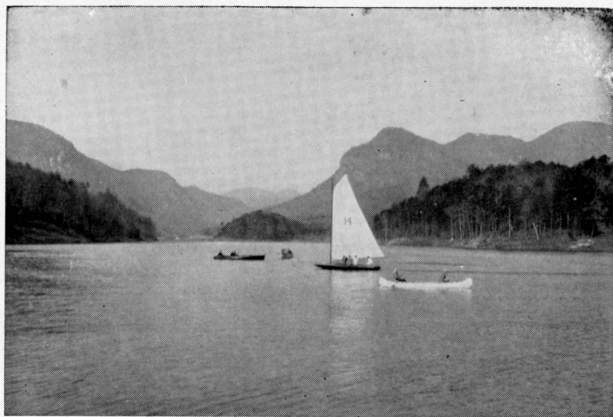
Regular hospital rates apply after the prescribed admission-treatment weeks. Following initial treatment and adjustment periods, a quarterly rate of \$600 in advance is available in cooperative cases requiring prolonged care. An additional fee of \$25 is made for the costs of court commitment. The families of physicians and clergymen receive 10 per cent discount from all published rates. Accounts are due monthly when presented.

Rates at the various buildings following the initial period:

Brushwood	\$50 to \$100 per week
Central Building	50 to 65 per week
Highland Hall	50 to 100 per week
Oak Lodge	50 to 85 per week

Small wards, Oak Lodge and Central Building, \$45 per week; Highland Hall, \$50 per week.

Rooms with private baths average \$10 per week additional.



Lake Lure, near Asheville

Admission Charges

A minimum advance fee of \$240, covering examination and four weeks' treatment, is required at the time of admission for all but habit cases.

A charge of \$480 in advance is made for male alcoholic patients, covering eight weeks' treatment with five days' special attendance. Women patients of this type and all drug cases are received for not less than ten weeks for which an advance charge of \$600 is made—this includes ten days' special nursing. Problem cases belonging to this group may require prolonged re-educational treatment periods extending over a year or more, during which time commitment may be needed to provide protection to patient, family, and hospital.

Examination Fee

with opinion, for patients not entering the hospital, or for those who do not remain the minimum of four weeks, is \$100. Residency to five days is included in this fee when needed for adequate examination observation.

Consultation may be arranged by calling the offices, Phone 421.

The Montford Avenue bus stops at the hospital grounds.



Up Spring Hill from the Baseball Park

*“This is an art which doth mend nature—
but the art itself is nature.”*

