

How Highland Hospital Helps



ISSUED BY

Highland Hospital, Inc.

ASHEVILLE, N. C.

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It offers

Asheville's Superb Climate
The uplift of the Mountains
A great out-of-door Laboratory
A balanced, supervised Dietary
A specially trained Personnel of nearly
100 workers
Personal direction of experienced Specialists
Training camp advantages for Physical
Rehabilitation
Complete provision for Nervous and Mental
Reeducation
A Modern Health Center

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HIGHLAND HALL, OAK LODGE, CENTRAL BUILDING,
BRUSHWOOD BUNGALOW

ORIGINALLY DR. CARROLL'S SANITARIUM



ENTRANCE HIGHLAND HALL

An Institution employing all rational methods in the treatment of Nervous, Mental and Habit cases, especially emphasizing the natural curative agents, Rest, Climate, Water, Diet, Work and Play

STAFF

ROBERT S. CARROLL, M.D., M.D. Addendum,
Medical Director,

Nine assistants and Department heads, and a corps of over 70 nurses, attendants and other workers

ASHEVILLE needs no introduction to the student of health resorts. Its climate has been compared favorably with that of the lake regions of Italy, its southern latitude tempering 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.

It is now a city of over 50,000, in the heart of the great Asheville plateau, where nature was prodigal in her bounty when forming this natural park. Many have journeyed through both the old and new worlds and returned to Asheville convinced that this "Land of the Sky" is unsurpassed in those elements which constitute enduring beauty. It is the eastern gateway to the Great Smoky Mountains National Park.

Asheville's water supply is probably unsurpassed. The City owns 20,000 acres of the great Appalachian water-shed where hundreds of springs pour forth, from the mountain sides, water of crystal clearness, absolute purity and perfect softness. With its elevation of 2,500 feet above the sea-level this metropolis of the Southern Highlands leaves nothing to be desired for the help of nervous sufferers.

LOCATION Highland Hospital is situated at the edge of one of Asheville's best residence sections, facing and overlooking the city and ridges beyond, while rolling away for miles in the opposite direction are wooded mountains with few marks of habitation. Touching modern civilization on one hand and looking away to nature's peaceful hills on the other, the situation of this Institution is unique.

The main Hospital buildings are surrounded by 15 acres of artistically planted grounds, including a large grove of oaks, chestnuts and pines. Adjoining these grounds is the picturesque rolling and wooded Highland Park, an historic tract of over 60 acres, threaded by miles of artistic paths. At the edge of this Park the handsome Brushwood Bungalow has been placed. Deeper in its recesses, in a natural amphitheatre, is the Athletic field, where all out-of-door games and sports are possible. This includes a regulation baseball diamond where the "Blues" and "Golds" are biweekly rivals during 100 games each year.

BUILDINGS Proper classification of patients and ample selection of accommodations are provided by the different buildings available for patients.

HIGHLAND HALL is a handsome, Georgian colonial fully adapted to meet the desires of patients of taste and refinement. This building recently erected at an expense of nearly \$100,000, preserves the atmosphere of a home of refined taste. No disturbed patients are received at Highland Hall.

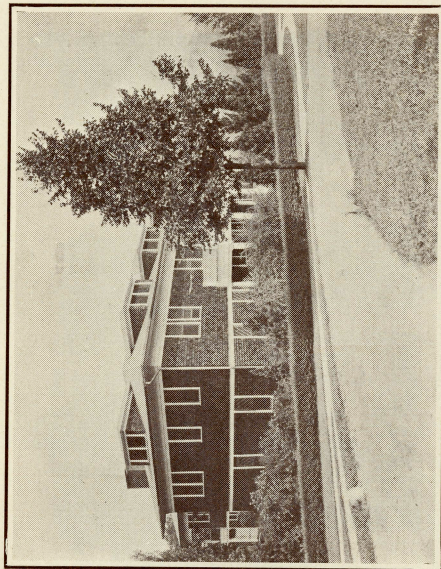
CENTRAL BUILDING This 65 room building of dignified exterior is equipped to afford modern and efficient hospital

care for women patients. It contains also the central dining hall, the hospital kitchens and the complete bath department for women patients.

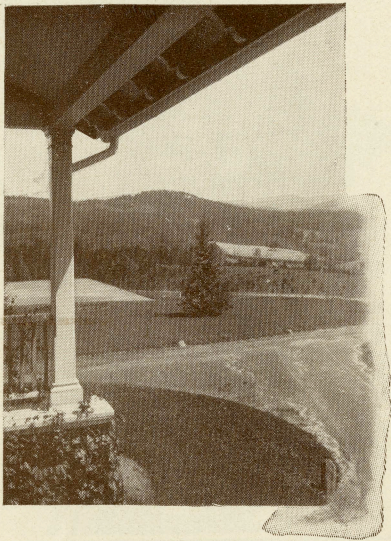
OAK LODGE This large modern building for male patients is artistic in design, of slow-burning construction, situated at the edge of the grove, with provision for 40 patients. It has its special bath department, a large club-room with pool table and other games and ample verandas.

BRUSHWOOD BUNGALOW was constructed to provide exclusive surroundings for a few special patients. It nestles, nearly out of sight, in the Park, surrounded by pines, dogwood and lyrodendra. Remote from even the ordered activities of the main hospital buildings it provides a desirable retreat.

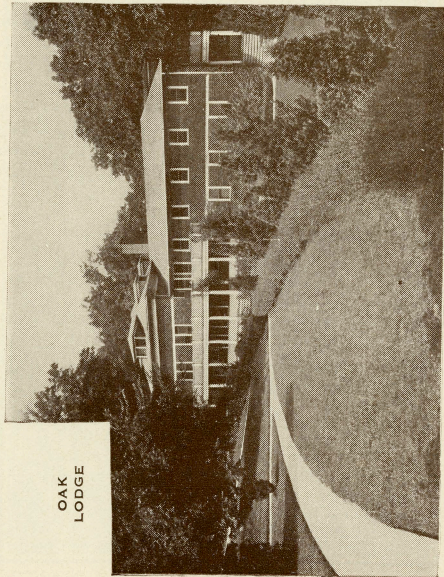
EQUIPMENT All hospital buildings are steam- or hot water-heated. Private rooms are provided with lavatories, electric light and bell service. There are numerous private baths. In fact the advantages of modern city life and the freedom of rural surroundings contribute to the pleasure and benefit of Highland Hospital patients.



CENTRAL BUILDING



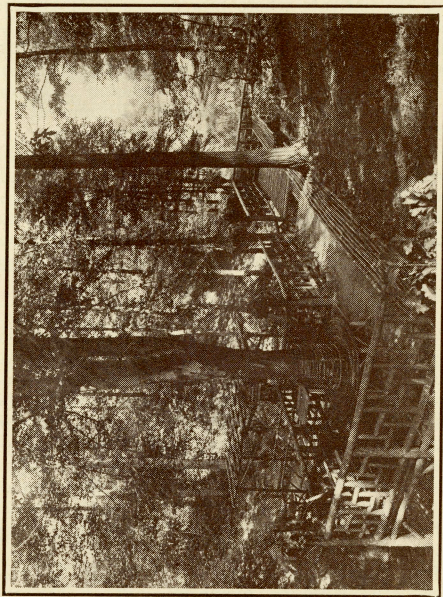
THE PORTE COUCHERE



OAK
LODGE

PROVISION FOR TREATMENT Modern medicine recognizes no medicinal specific for nervous disorders. The foundation of nervous health abides in the delicately balanced chemistry of the central nervous system and the equally balanced relation of the individual to his surroundings.

In addition to the usual hospital equipment this institution provides a great out-of-door laboratory, in conjunction with therapeutic bath departments, special diet kitchens, laboratory equipment for diagnostic research, a modern operating room for specialized treatments and a highly trained nursing staff. In the bath-departments alone, over two score varieties of treatments are available.



ONE PATIENT'S WORK

SCOPE OF WORK The difficulty of recovering nervous stability in the midst of the duties and cares of home and business is recognized. The modern physician sends his patients where new scenes dissipate the worries and renewed strength replaces the weakness incident to the wear and tear of modern living. Many institutions are mere custodial homes, asylums in fact. At Highland Hospital the number of patients is limited. Reconstructive and reeducational care is given every patient received, under the personal direction of the Hospital's staff of specialists. Those suffering with nervous disorders, including nervous breakdown, hysteria, neurasthenia, psychasthenia and the various physical disturbances causative of nervous affections and amenable to helpful surroundings and skillful care, are received for treatment.

HABITS For many years the treatment of the victims of habit was in the hands of irregular practitioners. More recently a few members of the regular profession have realized the great need of such sufferers for scientific and specialized medical attention. The unwise use of alcohol, morphin and the powerful coaltar derivatives, of chloral and bromide compounds, even of tobacco may create a dependence rendering necessary special treatment. Such help is offered by this Institution.

Occasionally the perverting influence of narcotics, stimulants or hypnotics will so rob the patient of the power of decision that he is helpless to voluntarily undertake treatment. These patients must be compelled to get well. Such compulsion can be exercised most kindly under the beneficent discipline of a special hospital.

MENTAL DISORDERS Physical diseases and nervous neglect may result in mental disturbances which under wise care may be relieved and the sufferer protected from lasting mental disorder. The adequately equipped private hospital providing skillful and interested personal care, and protection from uncharitable publicity offers a real help to such sufferers.

Highland Hospital is licensed by the State and receives cases, which when advisable, may be legally committed for the necessary period of treatment. It is gratifying to note the increased percentage of recoveries from mental disorders which modern reconstructive, occupational and re-educational treatment is influencing.

Cases of mental depression, acute melancholia, hypochondriasis, early stages of dementia precox, defective volition, and confusional and compulsive states are amenable to the treatment offered.

The physicians of this Institution have devoted years of special study to the treatment of schizophrenia or *dementia precox*. They developed the spinal-fluid approach, in combatting this dire disorder, which has given remarkable benefits in early cases.

TREATMENT Painstaking examinations are made of every patient, and not only the present disorder but its causative factors are ascertained, and a routine of treatment, diet and living habits in keeping with the removal of both cause and effect, is ordered. Unquestionably change to a higher altitude stimulates those forces of metabolism, which are the source of our vitality. Beauty of surroundings through its exhilarating influence on the emotional centers is helpful to the whole man. These advantages Asheville offers all comers. In addition, Highland Hospital directs and encourages in every possible way the business of regaining health. It is in no sense a fashionable health resort where pretense of taking treatment forms an excuse for indolence. Medicines are employed as indicated. Regulated diets are necessary in combatting toxic conditions. Hydrotherapy, or scientific bathing, offers an aid in ridding the system of poisons, and in producing tonic reactions not otherwise obtained. Lasting health and strength are rarely found without muscular activity and, as most of Asheville days are out-of-door days, this too often neglected element of health is made consistently possible, and is utilized in all suitable cases.

DIET The food requirements for mental and nervous workers are fundamentally distinct. One of the most prolific causes of nervous breakdowns is due to this ignorance. The diets prescribed at Highland Hospital are thoughtfully ordered, and, while no dietary extremes are advocated, pride is taken in preparing a rational, scientific, wholesome, dainty dietary.

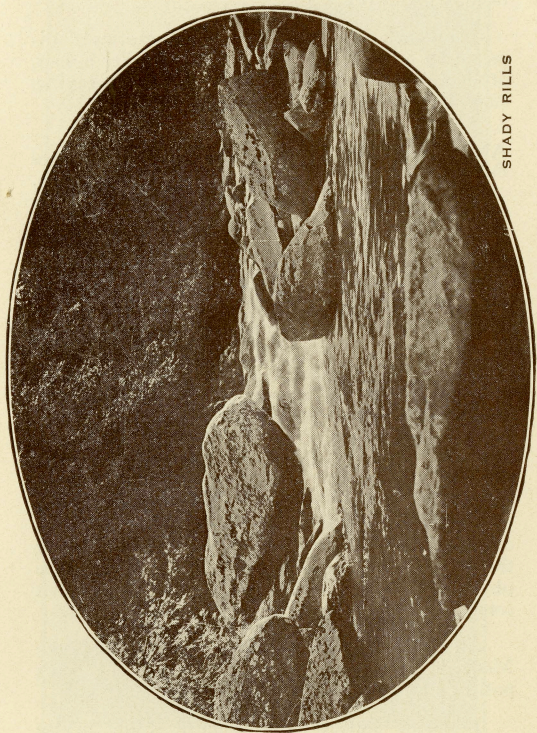


MOUNT PISGAH

PSYCHOTHERAPY The interdependence of mind, body and spirit is fully recognized in the work of this Hospital. Fads are carefully avoided. Physical disorders are modified through now well-understood biochemical laws. Many mental disturbances find benefit through the application of the principles of modern psychology, while sick souls crave the healing touch of inspiration. Wholeness of health is sought in a system of treatment which recognizes that disease may have other than physical causes. Trained psychologists are in charge of the department of psychic reeducation.

REST AND WORK CURE Dr. Weir Mitchell long since demonstrated the unequalled results which follow the Rest Cure in selected cases, and this splendid help is utilized in Highland Hospital with every attention to its minutest detail. No rest cure case can be treated without the service of a special nurse trained and experienced in the dietetic, physical and psychic care of the nervous sufferer.

But no patient will be received for rest treatment in Highland Hospital who is not willing to follow the weeks of inactivity by an adequate length of time devoted to making the body rugged, acquiring endurance and developing self-mastery. This is best accomplished by the Work Cure, consisting of graduated out-of-door exercise: first walking, then climbing, later real work including gardening, flower and shrub transplanting, road and path building, rustic and concrete construction and, for more rugged patients, practical farming and forestry on the 400 acre Highland Farm five miles from the City. Many of these activities are available in Asheville the year round. Patients not needing rest-treatment may be most



SHADY RILLS

promptly benefitted by the wholesome routine and self discipline resulting from the chance of mental to muscular work.

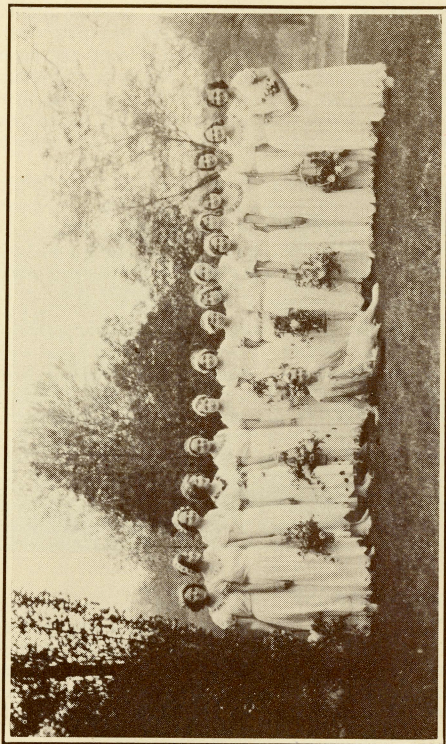
Handcraft classes ably and interestingly directed by a teacher of long experience offer indoor, productive employment-hours devoted to weaving, basketry, leather and wood-work.

AMUSEMENTS AND SPORTS

Music, reading, parlor games and pool are always available, while volley ball, medicine ball, motor drives of rare beauty and variety through scenes of unending diversity, with mountain climbs which invigorate, strengthen and inspire are routinely scheduled. The Hospital maintains several well trained saddle-horses for patients' use, out-of-door tennis on perfect courts is possible many months of the year. Regular picnic tramps to near-by mountains are planned, with supper around the camp fire, and thus abnormal sensitiveness to discomfort, and over refined sensations, may be eliminated through out-of-door life in the mountains. The superb Biltmore House, located in probably the most highly developed estate in America, may be visited. Competitive volley ball for the women and the unceasing rivalry of the "Blues" and "Golds" among the men on the baseball diamond give zest to the physical activities. And again the play spirit comes back to grown-ups.

All out-of-door activities are ordered by the Medical Director in full knowledge of each patient's strength and needs.

Frequent indoor entertainment from bridge parties to the long planned for and truly artistic New Year's masquerade, give added variety to the Hospital regime.



MAY DAY

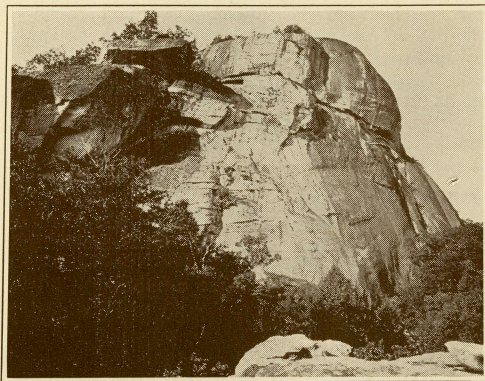
REEDUCATION The damaging tendency of nervous illness to roster introspection is intensively combatted at Highland Hospital by a systematic appeal to new mental interests. Short lectures on literature, art, world travel, world topics and applied science are given regularly by trained teachers. Select or individual classes are also held on subjects of special need to the individual. It is intended that no patient shall fail to receive some wholesome addition to his mental outlook.

The reeducational department affords College trained teachers prepared to carry on extensive courses of instruction in preparatory, college and special branches. Again, medical supervision combines helpful reeducational with these educational advantages.

TRAVEL The Hospital maintains a fleet of modern Lincoln cars, and local and long distance touring trips may be arranged, conducted under trained supervision, affording wholesome change for prolonged cases. Florida, the cities of the North, East, the Mid West, the Pacific coast, a touch of Mexico, a jump into Cuba, may be planned for small parties helpfully congenial. Personally conducted trips abroad, even world tours, can be arranged for select groups. Trained travelers with psychiatric experience are in charge of all such tours.

ADMISSION OF PATIENTS No patient can be received who is suffering with tuberculosis, any acute contagious disease, or who, after careful examination, offers no hope of benefit. In all chronic and habit cases arrangements for an adequate treatment period must be made in advance.

No patient of any class can be received who is unwilling, when able, to undertake the prescribed out-of-door activities so essential to the development of physical ruggedness and lasting nervous stability.



LOOKING GLASS MOUNTAIN

VESPER Sunday afternoon at four-thirty a simple undenominational service, planned in thought of the needs of the patients, is conducted at Central Building. All who are able are expected to be present. Sunday treatments are made as simple as is consistent with progress. An opportunity is afforded those whose condition permits to attend regular church services in the City.

VISITORS Visiting hours are regulated in thought of the larger freedom and privacy of our patients and the higher efficiency of our workers. Visiting hours are from 2 to 5 each afternoon.

Rest cure patients receive no visitors during the weeks of rest treatment. No visitor will proceed to a patient's room unannounced, and all articles for patient are to be left with the nurse in charge. Visitors should limit their gifts for patients to fruit and flowers.

RATES Room, board, ordinary medicines, general nursing, daily bath treatments and physician's fees are included in prices quoted for all rooms. Personal laundry and personal incidentals are separate charges.

WEEKLY RATES

CENTRAL BUILDING

Ward 2-3 beds	\$ 40
Private room	45 to \$50
Room with private bath	60

OAK LODGE

Ward 2-3 beds	40
Private room	45 to 50
Room with private bath	60
Suite with private bath	85

HIGHLAND HALL

Ward 2-3 beds	40
Private room	50 to 55
Room with private toilet	60
Room with private bath	65 to 70
Suite with private bath	100 to 125

BRUSHWOOD

Private room	45 to 50
Room with private bath	70
Suite with private bath	100

SPECIAL NURSING

Graduate nurse, full time	---\$ 40
Graduate attendant	30
Under-graduate	30
Male attendant	30
Half-special at 1/2 rate	-----
Full day and night special	----- 60
Constant 24 hour special	----- 75

EXAMINATION FEE With opinion for patients entering Hospital, or those who do not remain the minimum period of four weeks is \$100. Residence up to five days is included in this fee when needed for adequate examination and observation.

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

A charge of \$480 in advance is made for alcoholic patients which covers eight weeks' room, board and treatment, and five days' special nursing.

No drug case is received for less than ten weeks for which an advance charge of \$600 is made, which provides room, board and treatment, and ten days' special nursing.

In prolonged cases not requiring special nursing a minimum advance fee of \$600 for three calendar months can be arranged in select cases, after the initial treatment period is completed.

PATIENT WORKERS In an effort to make the advantages of Highland Hospital available for thoroly deserving cases, who can cooperatively assist in certain duties, a patient-worker group is provided for a limited number, at an average monthly expense of \$100. These positions are available only to earnest and competent patients deserving the Hospital's aid.

The families of physicians and clergymen receive a ten percent discount from rates quoted.

All accounts are payable four weeks in advance.