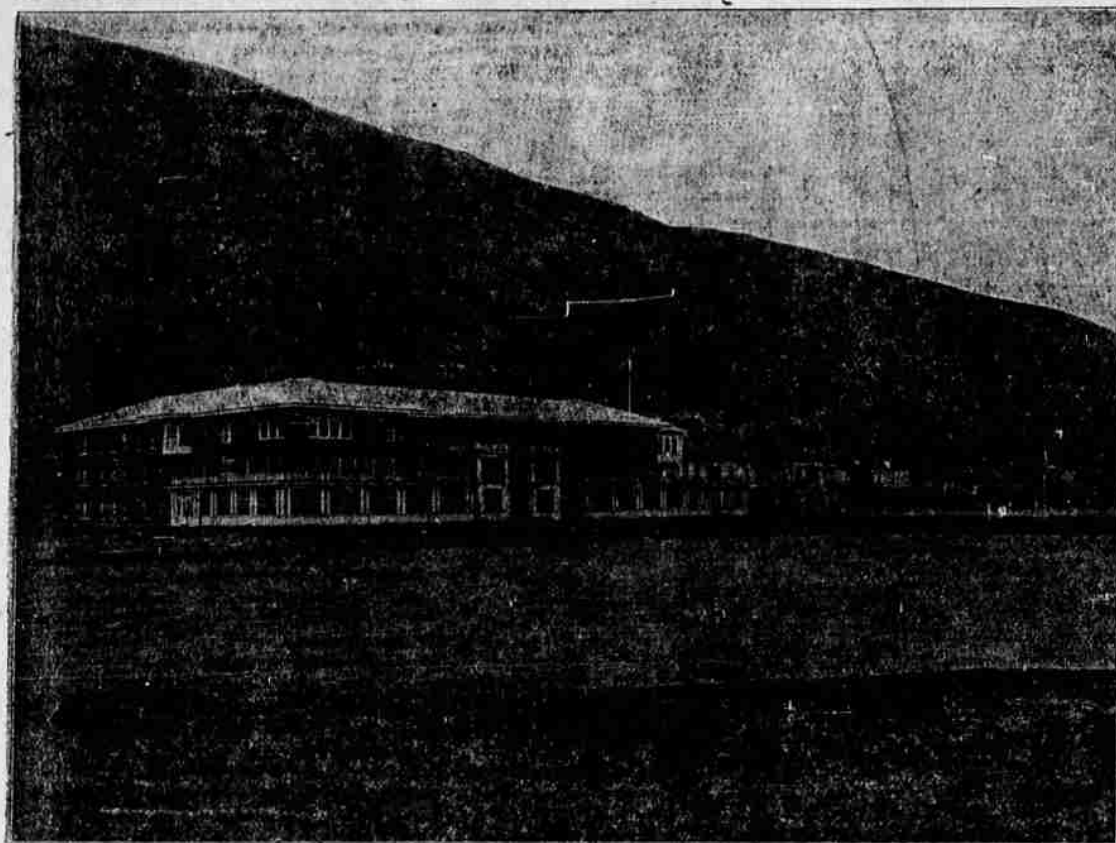


# VISIT TO HOT LAKE SANATORIUM REVEALS MANY THINGS OF INTEREST



HOT LAKE SANATORIUM, THE FAMOUS HEALTH RESORT OF EASTERN OREGON.

On January 1, Dr. W. T. Phy bought the famous Hot Lake sanatorium and is bending his energies to making this famous health resort modern and complete in every respect. The institution means much to Union county and the surrounding territory as it brings people from all over the Pacific Coast to this modern sanatorium. A recent visit by an Observer representative discovered many things of interest.

In the beginning man was compelled to depend upon his own physical strength to defend himself from his enemies and to find his food. Our organized social conditions have changed this and the average man does not eat by the "sweat of his brow" but by his wits, consequently he avoids the exertion nature intended he should have.

Our bodies may be compared to a city with its sewerage system. If any branch of the sewer is clogged the city is consequently sick, so if any branch of the sewer of our bodies, as the bowels, the kidneys, or the skin is clogged, we are also sick. The im-

portance of these sewers cannot be over-estimated. If the function of either the skin or the kidneys be suspended for a few hours, death results.

The person of sedentary habits does not sweat and as a result the kidneys are forced to do the work nature intended the skin to do through the sweat glands. If the kidneys succeed in doing the double duty, they are overworked; if they do not succeed, the waste products are reabsorbed in the system and produce the train of symptoms and diseases known as the autointoxication group.

The usual trouble is that people do not regulate their food according to their labor. They take on more solids than they can digest, assimilate and eliminate. Elimination or the power to throw off waste products is more often at fault than digestion or assimilation, due to the fact that the glands become dormant and occluded, when men and women consider it a misfortune to sweat.

Water taken into the system goes from the alimentary canal into the

blood and is discharged through the kidneys and the sweat glands, loaded with waste material as the sewage from the body. We have, therefore, a rational method of cleansing and purifying the blood, by increasing the amount of water taken and thus increasing with the aid of the heat, the amount of perspiration. It is like pouring fresh water into a dirty sewer, until the system is cleansed.

It has always been known that a bath in water from some natural hot springs produces more sweating than a bath in plain water, at the same temperature for a given time. It is also a fact that a person can drink more water from some natural hot spring than of ordinary water. The reason has not been clear until a few years ago it was discovered that many of our famous springs were radioactive to a high degree, the heat in the water being produced by it coming in contact, far down in the earth, with a body of pitch blende, the substance from which radium is obtained. This, no doubt, accounts for the soothing influence of the vapor and water bath.

Many springs, like the Hot Lake Spring, discharge large quantities of silica, which is deposited in the mud, if conditions are such as to prevent its being washed away. Silica has a great affinity for radium and when brought in contact with that substance it becomes radio-active and holds and discharges radio-activity longer than any other substance. This is the reason for the wonderful benefits derived in stubborn skin and joint lesions from the mud baths.

As the heat of hot springs and their radio-activity comes from pitch blende, the beneficial qualities should be in proportion to their heat, and the spring at Hot Lake is the hottest in the world. It flows two and one-half million gallons per day of highly mineralized boiling water, and furnishes heat for the entire institution, and water for the baths and treatments.

Hot Lake is located on the main line of the O.-W. R. & N. railroad, 314 miles east of Portland, 280 miles south of Spokane, and 195 miles west of Boise, in the beautiful and picturesque Grande Ronde Valley. The elevation is 2702 feet.

The sanatorium is substantially constructed and has accommodations for three hundred patients. There are included in the departments, carefully planned physicians offices, a well appointed bath house, a modern hospital, commodious eating accommodations, comfortable rooms, a store and news stand, amusement hall, billiard and pool room, barber shop, and garage with machines for hire.

**Physicians Offices.** The physicians offices which are located on the main floor adjoining the lobby, are equipped to permit of most thorough examinations and diagnosis, and include besides, reception room and private offices, examination rooms, dressing rooms, treatment rooms, laboratory, and a complete X-Ray apparatus. Every patient is thoroughly examined, a record kept of his case and the baths, treatment and diet individually prescribed.

**Bath House.** In the bath house which adjoins the sanatorium, making it unnecessary for patients to go out of doors, the baths and treatments are so arranged as to secure the greatest amount of elimination with the least exhaustion and to give the bather a good reaction after relaxation. The treatments are administered by skilled attendants and the ordinary bath consists of a graduated length of time in the tub, the steam room, dry hot rooms, shower, and cooling room. The combination of vapor and water baths is our most

powerful eliminator and is prescribed in all constitutional diseases. The mud baths are individual and are prescribed in stubborn cases of rheumatism, arthritis and skin diseases. Massages, salt glows and various forms of rubs are also given. The baths aid markedly both before and after surgical operations.

**Hospital.** The hospital department is located on the third floor and is easily accessible by means of an automatic modern, it has clean wholesome rooms and commodious wards with hard wood floors throughout. The operating room and equipment is complete in every detail. Special care is given to the selection of competent and courteous nurses. Patients unable to care for themselves are treated in the hospital, so it is not necessary for one to bring a private attendant.

**Diets.** The dining room service is a special feature, the diets throughout the house being under the personal supervision of an experienced graduate dietitian. The food is selected and prepared with special reference to its nutritious value and adaptation to the patients needs. For those who occupy the sanatorium department we have an attractive grill room where meals are served a la carte, and a main dining room where meals are served at different prices. The hospital is served from a diet kitchen where special attention is given to surgical cases and to caloric feeding for those needing the rest cure.

**Rooms.** For patients who are able to care for themselves there are comfortable, well ventilated rooms on the first and second floors. They are all electric lighted and heated by the water from the spring. The better rooms have telephones, hot and cold water, and many of them have toilets and baths.

**News Stand.** In the news stand and store are kept toilet articles, notions, cigars, reading material, and things usually needed by persons away from home.

**Amusement Hall, Billiard and Pool Room.**

The lobby is ample and the amusement hall has a hard wood dance floor which all are free to use. Billiard and pool tables are in sufficient number for the enjoyment of the guests. There are glass enclosed verandas leading to the spring which enable patients to keep out of drafts. Competent workmen are in charge of the barber shop. There is also a garage, repair shop, gasoline station and machines for hire.

**Mineral Contents.** The reason that the analysis or mineral contents of the water is not given more attention is because the thing that does the work is the hot water

charged with its natural gases and it is a well known principle that no mineral water should contain enough salts or minerals to interfere with its being taken in large quantities. Any water which has sufficient solid matter to upset the stomach when taken in sufficient quantities to flush the body sewers is a water of very limited usefulness. The Hot Lake spring water can be taken in large quantities without nauseating or even satisfying.

**Health Insurance.** Many people are beginning to realize that as a matter of preventing some serious trouble they should take a course of elimination at some hot springs at least once a year and at Hot Lake the best possible facilities are offered because patients not only have the benefit of the baths but the advice and treatment of skilled physicians and surgeons. All classes of medical and surgical cases except acute infectious diseases and tuberculosis of the lungs are treated. An attendant meets all trains and if notified, wheel chairs will be ready for those needing them. The sanatorium is open the year around and there is no choice of seasons.

The institution is run on the European plan, rooms ranging in price from \$3.50 per week to \$2.50 per day, depending upon the conveniences and location. The regular water and vapor baths are 50c each, the mud baths \$1.00 each. A reasonable price is charged for massage and rubs when they are indicated.

In the main dining-room meals are served at 25c, 40c and 60c. The service in the grill is a la carte. The rates in the hospital are reasonable. Ward beds are \$2 per day and the rooms range from \$18 per week up. This includes board, bed, general nursing, and attention of physician. A reasonable charge is made for medicines used. The doctor's services for ordinary examinations are free. A fee being charged for X-Ray work, laboratory investigations, electrical treatments, and for surgical operations.

**Management.** The entire institution is under the control and direction of Dr. W. T. Phy, who with a corps of assistants is attempting in every way to make the sanatorium a comprehensive institution where patients can feel assured of conscientious, painstaking and scientific advice.

The O.-W. R. & N. railroad sell special round trip excursion tickets from all stations on their line at reduced fare. These are good for ninety days. Persons contemplating a visit to Hot Lake should ask their local agent for this ticket or if they live off of this line, should go to the nearest O.-W. R. & N. station and purchase their round-trip ticket.

## A Special Weave for a Special Purpose

**MOTOR  
WEAVE**

**Woolen  
Automobile  
Robes**

Size 60 x 80 Inches

A beautiful selection for you to select from. Just what you have been waiting for.



**W. H. Bohnenkamp  
Company**

## Get Out in the Great Outdoors

WHY not spend your week-ends in the woods—fishing, hunting, or just loafing, as the season or your inclination may dictate?

If you have a

## Harley-Davidson Motorcycle

you can get away from town whenever the opportunity presents itself—you don't have to bother about time tables or train connections. With a Harley-Davidson you can go where you want to, when you want to, and stay as long as you like, because you know your mount will get you back again in good time.

We can make it easy for you to own a Harley-Davidson motorcycle. If you do not want to cash we can arrange to suit your convenience.

**"SPEED 'EM  
UP"**

