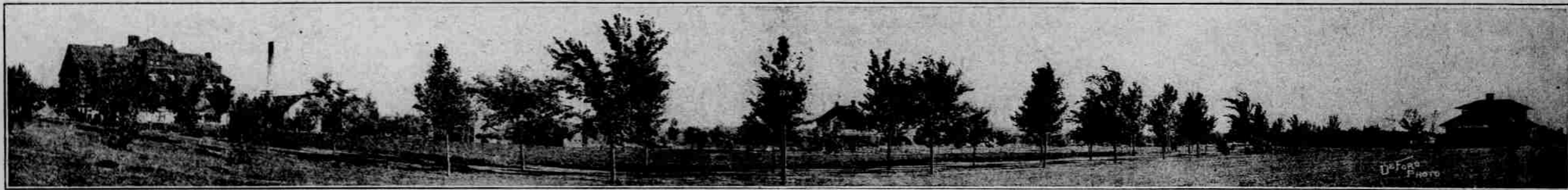


GREEN GABLES SANATORIUM

A PLACE WHERE YOU MAY REGAIN HEALTH AND LEARN HOW TO RETAIN IT



Next to knowing how to keep well, the best thing to know is how to regain lost health. And one of the first things to learn about keeping health or regaining health is to put one's self in the proper frame of mind, to surround one's self with environment that will be conducive to good cheer, pleasant thoughts and freedom from anxiety. Then, with this proper environment, have the counsel and the help of those who have made a scientific study of the treatment of human ailments. Good health and good sense are two of life's greatest blessings. Both are to be acquired by a



rational method of living, and this rational method is to be learned of those who have studied it as a science.

Time was when the physician compounded a "bolus," mixing a little of about everything in the drug line, and administering it on the principle that something in it would be good for what ailed you. These "boluses" were about as hard to take as it was to endure the illness. The day of the "bolus" and cure-all is past. The medical profession has come to recognize the necessity of rational and natural living; the necessity of putting the ailing amidst surroundings that are cheery and pleasant, then putting the system into shape to enable nature to exert to the full her beneficent work. In other words, the medical profession is now striving to assist nature in her work, and, after all, nature, the natural law, is the best method of treatment. This recognized, the medical profession is relying less and less upon drugs, and more and more upon "getting back to nature;" putting the patient in the proper frame of mind and the system into a proper condition to assimilate a regulated diet, improve the elimination of waste, and make the most of the nutritious elements.

"Natural and rational living" is the keynote of the great success of "Green Gables," the Dr. Benjamin F. Bailey Sanatorium at

Lincoln. Its buildings and its grounds are all planned to emphasize this thing. "People who live here are happy," is a common remark of those who have entered this institution for treatment. That, in a few words, sums up the whole matter. It is the dominating spirit of all, from the new arrival to the most humble employe.

The mechanical equipment of "Green Gables" is, to be sure, all that it can be made by securing the most improved appliances known to medical and surgical science. But something more than hospital or hotel accommodations are given. The ideal home life, the restful surroundings, the atmosphere of contentment, the influence of good cheer—all these are utilized in re-building the broken down system and renewing the spirit that must dominate if good health is to be secured and retained.

"Green Gables" was established in 1901, beginning in a small way. The valuation of the property today is upwards of \$150,000. The institution maintains a nursing corps of 30, which is to be increased with the opening of the new fire proof building now nearly ready for occupancy. This new building will have forty beautiful rooms. The buildings are to be further added to by an addition to the Executive Building, upon which work will begin immediately. This addition will provide for offices, operating rooms, sterilizing rooms, post-operating rooms, library, etc. A birdseye view of the buildings and grounds will serve to give some idea of the beautiful place Dr. Bailey has created. There are twenty-five acres in the grounds, most of it beautifully parked and all of it constantly undergoing further beautification. In order to insure the freshest and best nourishment for the guests of "Green Gables" a herd of registered milch cows is maintained, and the institution has its own garden, raises its own fruit, etc.

"Green Gables" is located near enough to Lincoln to have all of the conveniences afforded by a metropolis, yet far enough away to be wholly apart from the nerve-racking noise, the unhealthy dust and the excitement of a metropolis. Ample street car service is maintained, making it convenient for those who have business with the institution and affording rapid communication with the city. Yet one who is taking treatment at Dr. Bailey's Sanatorium is "out in the country," surrounded by trees and lawns and flowers; inspired by Nature at her best; breathing in the fresh, pure air of restful content, and getting a new hold on life and good health. In short, the location and every surrounding are ideal. And supervising it all, and dedicating to its service his life and his scientific knowledge acquired by years of experience, is Dr. Benjamin F. Bailey.

One must make personal investigation to get full knowledge of the beneficent influences of "Green Gables." One must meet the guests at their receptions, wander with them through the spacious park, sit with them in the cozy rooms, enjoy the recreations of

the amusement room, and partake of the entertainments which are provided by the management.

To keep within the bounds of a newspaper article one must omit reference to specific departments. One would like to write in full of the operative department, the mental department, the bathing department—and all the other many departments. But it must suffice to say that provision is made for every contingency that may arise. Not only are the guests given renewed health and strength, but they are taught how to retain both. They are taught right



living and right thinking. This teaching is both oral and objective. There are no shadows, no gloom, no moroseness at "Green Gables." All is light and good cheer and hopefulness. Summed up, it is an ideal place in which to get well and learn how to keep well.

The hospital corps is selected with a view to being in absolute harmony with the ideals of Dr. Bailey. Everything moves along with clocklike precision, yet so perfect is the routine that it seems as if all routine were absent. The whole seems like one big, happy family, and everyone is bent on being of service to everyone else. It has all the requirements of a great and successful sanatorium, with an utter absence of all the disagreeable and harsh features that are often too prominent in institutions of like character.

In less than ten years "Green Gables" has grown to be one of the largest Sanatoriums in the country. It gathers within its fold men and women from all parts of the United States, and in all parts of the republic may be found men and women restored to mental and physical health who are singing its praises. Today it is one of the great institutions of a city famous for its great institutions, and is adding much to the business life of the community.

NEBRASKA ORTHOPEDIC HOSPITAL.

This magnificent sample of the growing sentiment of the commonwealth is the offering of the great state of Nebraska to the destitute crippled and deformed children of the state. It was opened for the reception of patients in 1905, and since then scores of unfortunate little cripples have been treated, all of them materially benefited and most of them cured. Many of these little ones were deemed hopelessly crippled until examined by the skilled surgeons in charge of the hospital, then in a few months they were restored to overjoyed parents physically restored. Some of the cures effected have been little short of marvelous. Little spines sadly curved have been straightened, diseased hips and knees have been cured, little twisted feet have been brought to normal, little eyes have been made straight, little arms useless from birth have been given strength and suppleness. Quietly, day after day, this splendid sample of humanity's growing interest in humanity has been doing its magnificent work. The best surgeons are gladly lending their aid. Dr. Lord, the chief surgeon, is devoted to his work, and gives to it the time and the service that the commonwealth could scarcely purchase of a man whose first consideration was merely financial reward. Dr. H. Winnett Orr, the superintendent, is also giving the hospital his devoted services. The chief recompense of the splendid men and women into whose care is given the crippled children is the opportunity to be of service to the helpless, to see little cripples given strength, to see the roses come to little cheeks. If the great public would only visit the hospital and learn at first hand of the splendid work it is accomplishing, there would no longer be a shortage of funds; it would be supported in a way that would allow it to work to the fullest advantage. Great as its work is, it is handicapped by lack of room, by lack of financial support, and scores of little ones who might be benefited are not received because of inadequate facilities. Nebraskans ought to know more about the Orthopedic Hospital; more about what it is doing to make well the crippled children, who, if not given the state's attention and care, will grow up permanently crippled and the usefulness of their lives either discounted or destroyed.

It should be interesting to know that while the little cripples are being given new strength and physical healing they are also being educated by the state to the fullest extent possible under the circumstances.

Nearly five hundred little cripples have been treated at the hospital. Ninety-five per cent of them have been benefited and a large percentage cured. Entering the hospital helpless and without a

possible chance of an even break in the battle of life unless helped, the children go forth with the handicap removed and given an equal opportunity with their fellows. It is a splendid work that the state is doing. It is a loyal and unselfish service that the splendid surgeons are giving to the little human atoms that drift to the hospital's doors.

THE GANOUNG INSTITUTE.

The treatment of the liquor and drug habits has been recognized by the medical world as a legitimate specialty for the past few years—since the cause of such morbid habits has been definitely known to be the accumulation of poisons (toxins) in the victim's system. The best treatment is the one that succeeds in neutralizing and thoroughly eliminating those accumulated poisons in the shortest time, with the least possible depression and loss of strength to the patient.

Dr. Ganoung has successfully treated over 450 cases of liquor habit, and over 100 cases of tobacco (nicotine) poisoning within the past two years. He has gradually improved his method of treating these poisoned conditions until now (judging from actual results) he has the safest and surest methods of treating liquor and drug addicts known to the medical profession. Fully 90 per cent of the cases treated by Dr. Ganoung seem to be perfectly cured. This is a grand showing and should receive proper recognition and the active co-operation of all who are in any way interested in this humane work. The local institute is the only one which has been established to this date. But arrangements will be made, as rapidly as possible, with local physicians in other cities outside of Lincoln, to adopt Dr. Ganoung's method of treatment and thus make it more easily available to local parties who desire to take the treatment. The Ganoung Institute is conveniently located at 145 South 11th St., and is under the local management of Mr. and Mrs. C. M. Parks, who are both well known and who have for several years been active in this line of work. Their previous experience in handling this class of cases enables them to give each case just the kind of care and attention necessary to aid the medical treatment in quickly restoring the patient to a normal condition.

For full information and endorsements address The Ganoung Institute Co., 145 South 11th St., Lincoln, Nebr.

Maybe that New York preacher who rushed to the defense of J. Bruce Ismay did not have his eye on the main chance. And then again, maybe he did. There are such ministers.

ST. ELIZABETH'S HOSPITAL.

Founded by the Sisters of St. Francis in 1899, St. Elizabeth's Hospital soon took first rank among the institutions of its class in the west. One of the largest, as well as one of the oldest hospitals in Nebraska, it has kept pace with modern science in all of its equipment and service. The simple fact that it is managed by the Sisters is ample evidence that those committed to its care receive the best care and attention that it is possible to give the sick and afflicted. One might enter into detailed description of St. Elizabeth's without making its management nearly so clear as will the simple statement that St. Elizabeth's is under the direct management of the good Sisters of St. Francis. That one statement carries a wealth of welcome information to those who seek the benefits of a hospital.

St. Elizabeth's, while a Catholic institution, knows neither race nor creed when it comes to caring for the afflicted. Those who are able to pay for the care they receive are expected to do so; those who can not are given the same measure of attention and kindly care. The greatest word in the world, "charity," which means "love," is the keynote, the foundation stone, of this great institution.

St. Elizabeth's Hospital is located on South street, between Tenth and Eleventh streets, and is surrounded by a handsome park. Enjoying a car service that puts it in five minutes' ride of the business heart of the city, it is yet out in the country, amidst the big trees, in the center of a huge lawn, and environed by a community noted for its high standards of living. There is no better equipped hospital in the west, nor one which offers better advantages to the sick and afflicted.

AN ACKNOWLEDGEMENT.

Lincoln, Nebr.—To the Voters of Lancaster County: I take this way of expressing my sincere thanks to all those who by their votes assisted me in securing the nomination to the Legislature last Friday. Whether I am elected next November or not, I will always hold in grateful remembrance the splendid endorsement accorded me at the primaries.

Respectfully yours,
EDWIN JEARY.

MRS. JULIUS PEPPERBURG.

Mrs. Julius Pepperburg of this city died last Saturday after a long illness. Her death is mourned by a large circle of friends, who had learned to love her because of her many womanly qualities. A good wife and mother has been called to her reward.