

# Fletcher Newsletter





## FLETCHER NEWS LETTER

MOUNTAIN SANITARIUM and HOSPITAL  
FLETCHER, N. C.

August 1, 1933

-GREETINGS -

The Mountain Sanitarium and Hospital sends this little word of greeting not only to its old friends, but to our guests of yesterday and to friends and kin of those who are now our guests. We are glad we can offer to health seekers a retreat amidst quiet rural surroundings where they may find a refuge from the hurry and bustle of modern life. We have no apologies for offering in abundant measure nature's great remedies-fresh air, sunshine, and pure mountain water, as well as a simple well balanced dietary, hydrotherapy and electrotherapy treatments, regulated exercise and rest. These, together with a well equipped clinical and x-ray laboratory and surgical unit, make possible quiet complete facilities for the restoration of health.

We chose this secluded spot away from the noise and confusion of cities because nerves are over-strained and "on-edge", and it is only by separating one's self, completely from excitement of modern life to such natural surroundings that the greatest improvements can be obtained. Amid these surroundings that are peaceful, nature, and nature's God, can and do have the greatest influence on our minds and bodies.

Old friends and new who may pass our way will find our Southern latch string out.

### - MEET OUR SANITARIUM STAFF -

An interesting crowd they are, and you will like them all, from Dr. Brownsberger down to Gilbert, who carries you cot or chair to a shady place on the lawn. Here comes the doctor right now. He has already visited the house patients and performed an operation, and now he is faring forth to answer some neighborhood calls. A busy man is the doctor, and you will have to catch him on the fly. Jump into his car, if you do not mind riding fast, and go with him. He is very fond of his Plymouth Coupe that beats the stork every time. While you ride with the doctor, you will learn from him that he has spent many years at Fletcher, that he came while still a boy in his teens and worked and lived on the place, where he got a vision of service that he never lost through the years of a medical education and subsequent practice in a distant state, a vision which finally brought him with his wife and little girl back to the community which he serves so generously. This morning you will visit with him homes of wealth and homes of poverty. You will learn that he is held in the esteem and affection of all, and by the time you are back at the sanitarium you will be ready to write our doctor as "one who loves his fellow men."

Leaving Dr. Brownsberger in his office we will go to the Sanitarium. Mrs. Marquis will greet you with a smile and go to find Miss Lelia V. Patterson, the superintendent. She was born to the white uniform, we think. But she too is starting on a call, and if you do not mind riding slowly, you may get into her little Whippet and ride with her to a neighbor's home, where with a student nurse who will see a mother with a tiny baby, and give them the care they need. The children of the family will come to meet her and smile shy welcomes, and even the dog will wag its tail. When she finally departs it will be with a bag of apples under her arm or some flowers. They will press her often, "You all come back again." Back at the sanitarium when she enters, they will feel as if a host had arrived. For thirteen years in the little sanitarium she has carried in her heart the joys and sorrows of the hundreds who have come and gone. Some she has taught how to live, some others how to die. "The hurts she healed, the thousands comforted--these make a fragrance of her name."

But there are others you should know, Miss Horning, our day supervisor, who will look after your every need, Miss Shutt, Mr. Fenn, and Mrs. Lowder. Mrs. Lowder holds the distinction of having been one of our first students. We like to think of the am-



tious young girl who came to us still in the grades, and point with pride to the black band on her cap. She will take you to the treatment room where Miss Coe, Miss Bain, Miss Bliss, or Miss Hofstar will give you the hottest fomentations you ever felt. They will steam you, spray you, and rub and beat new life into you, until you come forth wondering where all your aches have gone, and surprized that life can be so sweet again.

Eat, drink, and be merry, for here comes Miss Clara Knowles, and tomorrow you will diet. Are you too thin? You are fortunate. She will add an extra jug of rich cream to your tray and sundry other things, rich and good. Are you becoming too stout? There still is hope. She will count your calories and restore again the slender lines of your lost youth. She is personally acquainted with vitamins A, B, and C, and dieting a pleasure. She will take you down to the kitchen to meet Mrs. Gilman, who runs her department like clock-work, and her girls: Nina, Ruth, Cordie Lee, Meta, and Mary.

Are you doomed to a nap in the operating room? You are comparatively safe, for the surgical supervisor, Mrs. Elizabeth Wright, is a veritable terror to germs. At sight of her, germs just gasp, curl up, and die. No patient ever becomes infected from her surgery.

But still you have not met them all. Here is Mrs. Lewis capably directing Aileen and Carroll in their search for cobwebs and dust. And they will find them and clean them all up, leaving no neglected corners for Mrs. Lewis to find when they are through. She is busy, but she always has time to be obligating, and you need not fear to ask a favor.

Still there are others you will wish to know: Miss June Austin, who can think of the most things to do for you of anyone you ever saw; Mrs. Nestell, who will help you to laugh away your troubles; and Marjorie Meade, who will play her cello for you tonight at vespers.

And still you have not met Mr. Marquis. He went so fast we could not catch him, but he makes your laboratory test, and sees that all goes well in the men's treatment rooms. And Mrs. Poole you have missed because she sleeps by day. But if you can't sleep tonight, ring your bell and she'll come and rub your back or bring you a pot of hot ovaltine.

They are worth knowing, this busy group, who know so much sorrow, and scatter so much cheer. Day after day they battle with disease, sorrow, and death. It is a labor of love and a life of sacrifice. But when we know them, we feel that they live richly, and that:

"Love is sweet in any guise  
But its best is sacrifice."

#### - THE FIRST DAY -

A lively breeze laden with the aroma of pine and hemlock from the mountains came floating in our window to remind us it was day. A little walk before breakfast. A woody path invited, and presently we found ourselves on a beautiful slope overlooking the sanitarium, its buildings nestled cosily in the valley below.

Bristling activity greeted us on our return. Then our breakfast tray beside the open window--berries from the vines, fresh milk and cream from the dairy, whole grains and crisp toast, fresh eggs. Where was the bacon? Just an oversight perhaps.

After Breakfast, more walking, a pleasant hour on the croquet court, a stroll through the sunken garden, a peep at the lotus-blown pool over which weeping mulberry stands guard. A treatment ended by a snappy shower put me in good fighting trim, and I remarked to my wife close to the lunch hour that I could eat a horse. Anyhow, I expected steak. At dinner, the steak was minus. I took up the menu and scowled. Not a hint of anything killed was printed thereon. Precious time was not to be wasted worrying over its absence. I would eat what there was--a soup, chicken



I'd swear, followed by a nut concoction which I also enjoyed. Then I plunged into the vegetables--which I have learned to value and appreciate since even more than that day. No pork there, surely, but natural flavor. This was a revelation--something new, that vegetables could be cooked without meat seasoning. A salad and a sherbet completed the meal, and to tell the truth I never even missed the meat.

Upon inquiry, I found that meat is not necessary to good health. They tell me that the same kind of nourishment may be had from nuts, eggs, and milk, and are much better for a fellow all the way round.

A good rest, and a chat on the lawn took up the afternoon, and as the shadows covered the peaceful North Carolina hills, we decided that the simple life, with simple food, in country surroundings would be our choice the rest of our days.

#### - OUR GUESTS--OLD AND NEW -

Mrs. T. H. Urmston visited the sanitarium one day this week. Mr. and Mrs. Urmston, who were with us more than a year, are now living in Asheville. The Urmstons have a place in our hearts that is all their own. So long as our roses are fragrant, we cannot forget Mrs. Urmston's kindly interest in our sanitarium and grounds.

Mr. and Mrs. S. W. Joyner and Master Pat of Shreveport, La, who were with us last summer, are back again for a time, Mrs. Joyner's health is somewhat improved, but they return for a breath of invigorating mountain air. Pat's vocabulary has increased considerably since last year. It is good to have the Joyners with us again.

Those who saw Mr. John B. Cannon on his flying visit here Sunday will agree with him the garden and hoe are wonderful restorers of health. He tells us that his health garden is bountifully supplying his table. Mr. Cannon spent several months at the sanitarium last year, and is always a most welcome visitor. This time he brought Mr. J. G. Glabraith of Spartanburg for treatment and rest.

Miss R. Marion Bryan could come from nowhere else but Charleston, Sout Carolina. To this little gentlewoman of the old south still clings the sprit of its vanishing aristocracy. One feels that she has been the prettiest, wittiest, gayest, young sprite of the St. Ceclia in her day. "We Charleston people have more sense than we look," she says, and then quotes Shakespeare and Milton, line after line, until we younger folk feel quite put to shame. Cheerful and kindly is Miss Vryan in her advancing years, thoughtful of nurses and other guests, often sending us a poem, a picture, or a flower to beguile the hours. But catcher her in repose, and a dreamy far-away look in her eyes seems to tell us that through the sunset's glow, the chimes of St. Micheal are calling Charleston's daughter.

Word comes from Mrs. Claude Duncan of Monroe, North Carolina, who was with us last summer, that she will be back one of these days to show us her fine little daughter, Claudia Ann Duncan, born last December.

Miss Mark K. Whitson, a last summer's guest darts in and out occasionally. She looks like a very rost ghost of the pale young woman who drank milk under the pines last summer.

Out on the porch, day after day, sits a familiar figure, so much a part of the sanitarium that we could hardly imagine it without her. For seven years Miss Minnie Cook has been among us, most of the time confined to her chair. Nurses and patients have come and g one, but Miss Cook has never been convinced that she could be happy elsewhere. In spite of years of pain and helplessness this one time belle of New Orleans still finds life sweet, and we may wish for her that many years may be added.



We are glad to report that Miss Miriam Cromwell is making rapid progress after her recent operation at Johns Hopkins. Miss Cromwell and Miss Dennis spent a number of weeks at the sanitarium this spring, and we look forward with anticipation to their return.

We have been pleased to have with us for the past few months Mr. Thomas B. Suiter, experienced hotel manager, of Statesville, North Carolina.

Miss Gertrude Lobdell, who has been a guest at the sanitarium for over a year, has returned to Asheville. Miss Lobdell has been professor of history in several women's colleges, and more recently on the faculty of the Asheville Normal.

Among recent visitors was Governor Schultz of Florida, who called upon his wife's mother, Mrs. Agee, a patient at the sanitarium.

Mr. J. A. Thompson, our croquet champion, has recently left the sanitarium after a several months' sojourn with us. We miss Mr. Thompson and occasional visits from Mrs. Thompson and Jimmie.

Miss Gertrude Caplan has sufficiently recovered her health to continue her voice training with Professor Bernherm.

A call on Mrs. A. V. Harrill, affectionately remembered by the sanitarium staff, found her improved in health at her home in Charlotte, North Carolina.

Among the guests registered at the sanitarium at the present time we find Mrs. J. K. Wells of Asheville, Mrs. R. L. Morrow, of Albemarle, Mr. Paul Gorham of Rouky Mount, Miss Corrinne Heilig of Salisbury, Mrs. H. W. Woodward of Waynesville, Mrs. W. W. Parker of Lumberton, and Mrs. M. M. Killen of Candler.

A number of guests from our neighboring state, South Carolina, are with us at the present time--Mrs. Helen Calvery, Mrs. Susie Harris, and Mr. J. H. Suddeth of Spartanburg, M. and Mrs. J. I. Avery of Columbia, Mrs. W. D. Schumpert of Newberry, Miss Nena Odom of Springfield, and Mrs. J. F. Davis of Winnsboro.

From the more distant states we find registered Mr. L. S. Atkinson of New Orleans, Mrs. C. Love Joy of Washington D. C., who is accompanied by Miss Taft. Florida is always well represented this time of the year. Just now there are Mr. and Mrs. Albert Diem of Daytona Beach, Mrs. Elsie Ferguson and Mrs. B. N. Willis of St. Petersburg.

Those having operations the past week are Rudolf and Ora Bell, Mrs. Beddingfield, Danford Quinn, Mts. M. M. Killen, and Otyvee Bowman.

- \* NEWS NOTES \* -

It is an encouragement to know that this year every department of the sanitarium and hospital shows a steady increase over the same period last year. In some departments this is more marked than in others. The sanitarium is full to capacity at the present time, with a growing waiting list, a condition that has existed for several weeks past. An increase is noted in the number of patients admitted, the number of major operations performed, and the number of x-rays taken. The clinical laboratory which moved into enlarged and comfortable quarters in the administration building early in the year, boasts of the most marked growth of all--an increase of more than 150% in business during the month of July. The hospital obstetrical department is also pleased to note an increase in patients admitted. Out-patient visits greatly outnumber last year's record.



During the last year or two a number of improvements have been made in the sanitarium which tend to increase its efficiency. Remodeled and well equipped treatment rooms for both men and women are provided. A little over a year ago a complete x-ray unit was installed, and a new basal metabolism machine was recently added to the laboratory equipment. These have proved to be invaluable in the diagnosis and treatment of diseases. Early this year arrangements were completed for full pathologic service for our surgical department with Duke University Hospital at Durham. This arrangement helps to maintain high and acceptable standards in our surgery.

Among recent guests from a distance we welcomed Dr. and Mrs. Harrop, Misses Falconer and Carroll, all of the White Memorial Hospital, Los Angeles. Dr. and Mrs. Ray Gibson, formerly of Los Angeles have also visited the sanitarium recently.

Dr. Ethel Brownsberger, who for a number of years was connected with the sanitarium, has recently returned to Asheville and opened offices with her brother, Dr. J. F. Brownsberger. Dr. Etherl has been in practice in Los Angeles since her graduation in 1926.

It was a pleasure during the past month to entertain Mrs. Caroline Clough and Mr. and Mrs. Redfield of Hinsdale, Illinois. Mrs. Clough has been actively engaged in missionary activities in connection with the Hinsdale Sanitarium for many years. She is widely known as editor of the Life Boat.

We were especially happy to have with us for a few days Doctors Bern and Blanche Nicola now of Independence, California, but formerly of the Madison, Tennessee, Sanitarium.

- DOCTOR BLISS -

As this number of the News Letter goes out, word comes that Dr. and Mrs. Forrest E. Bliss are on their way from California. Doctor Bliss will take up his medical work in the sanitarium upon his arrival in August. Having already spent a number of years in the institution, Dr. Bliss is well known here. He and Mrs. Bliss will be warmly welcomed by many friends.

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