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MTS



WELCOME
to the
Municipal
Tuberculosis
Sanitarium



**CITY OF CHICAGO
MUNICIPAL TUBERCULOSIS SANITARIUM
5601 North Pulaski Road**

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G. C. Nadherny, M.D.	Medical Director
Thomas J. Cooney	General Superintendent



THIS institution, one of the largest and best equipped in the world, welcomes you. Here every effort will be made to cure your disease in the shortest possible time, so that you can again return to your usual pursuits.

The doctors on the staff of the Municipal Tuberculosis Sanitarium are specialists in the care of patients with lung diseases. They are very experienced in this work and take pride in the success of their efforts. The nurses and other personnel also are working to help you get well. Medical consultants from the various medical schools come here to give their advice. The finest in x-ray and laboratory equipment is used here for your benefit. Remember these facts, and do your part so that you may recover and allow some other patient to come in and receive treatment.

The purpose of this booklet is to inform you of the sanitarium facilities and what you need to know about tuberculosis. Like all institutions dealing with large numbers of people, we must have rules of conduct for you to follow so as to give every patient equal chance of regaining his health.

MUNICIPAL TUBERCULOSIS SANITARIUM

The Municipal Tuberculosis Sanitarium accommodates about 500 patients, including Pediatrics on these grounds. It has every variety of diagnostic and therapeutic facility needed. The grounds are of exceptional beauty. The buildings are spacious and well constructed. The kitchens are modern, sanitary and well equipped.

MUNICIPAL TUBERCULOSIS SANITARIUM CLINICS

The Municipal Tuberculosis Sanitarium Clinics, of which there are several scattered about the city, are for the purpose of examining people who may have tuberculosis. They also make out applications for Sanitarium care and give medical attention to those who have left the Sanitarium. Tell your family and friends to go to the clinic so that they can be examined to make sure that they do not have tuberculosis.

ADMISSION WARD: THE BEGINNING OF CURE AND ORIENTATION OF NEW PATIENTS TO M.T.S.

In the admission ward you will begin your treatment with rest in bed. While you are there, your condition will be studied thoroughly. A history of your trouble will be written by the doctor, you will get a complete physical examination, and urinalysis and blood tests will be done. Tuberculin tests, vital capacity determination and various other functional tests will be carried out if needed. After the results of most of these tests are reported, usually in about one week, the Admission Ward Conference will go over your case carefully and decide how it should be managed at the beginning. In many patients a period of rest and observation is prescribed, to be followed by a new x-ray, so that treatment with medicines can be

individually determined for each particular person.

After your condition has been accurately diagnosed and preliminary treatment prescribed, you will be moved to another ward to make room for some new patient to be admitted. If you are very ill, with daily fever, you will probably be moved to a room on another floor; if you have no fever, you will probably be moved to a porch. Wherever you are transferred, your records and x-rays go with you and your treatment will be continued under the care of a specialist in tuberculosis work.

If you want more information about your future outlook, ask your doctor. It is best to wait however, until all your laboratory examinations are finished. The best time to ask your questions is at the monthly re-examination, when your doctor has your chart, x-rays and you, all in his office together.



Whenever an important decision is to be made concerning your treatment, your doctor presents your x-rays and records to a conference. There the group of doctors considers your case carefully. Your own doctor is always present at these conferences because he is the one who knows the most about you. The combined experience of the group of specialists is bound to produce the best possible advice concerning your medical treatment. Such conferences are held at intervals throughout your stay in the Sanitarium. When your doctor finds that your disease is sufficiently improved, the conference reviews your case and decides whether you are ready to go home.

WHAT IS TREATMENT?

Treatment in tuberculosis consists of medicines and in some cases, surgery. Rest in bed is important early in your treatment, when you have symptoms.

PHYSICAL ACTIVITY

Bed rest is still important if you have symptoms suggesting more than average activity of your tuberculosis, for example fever, coughing up blood or blood-streaked sputum, easy fatigue, chest pain, or excessive loss of weight. For this reason you will be given, soon after your arrival, a group card which tells you how much activity is advisable in your particular case and what rehabilitation, pass, and theater privileges are suitable for you. The groups are as follows:

- | | | |
|----------|-----------|---|
| Group I | red card | 24 hours of bed rest |
| Group II | pink card | 24 hours of bed rest with bathroom privilege once a day |

- | | |
|-----------|-------------|
| Group III | yellow card |
| Group IV | green card |
| Group V | blue card |

Retiring hour is 9:00 P.M. sharp. In addition rest hours are 9:00 A.M. to 11:00 A.M. and 1:00 P.M. to 3:00 P.M. for all those not attending rehab. sessions during those hours. Privileges begin with negative patients in Group III and increase through Groups IV and V. Each patient's group number will be changed as his or her x-rays, sputum, and physical condition permit.

FRESH AIR

Fresh air, free from smoke and dust, is helpful in pulmonary diseases. Keep your windows open as much as possible, except in very bad weather. Fresh air does not mean cold air. Avoid drafts. The nurse will help you regulate this.



DIET

The diet you receive is a scientifically prepared, high-caloric, high-mineral, high-vitamin, non irritating diet. Dietitians calculate it so that it is the best possible for you.

Do not try to over-eat one particular type of food, such as milk or eggs. It is best to eat the varied and balanced diet which is served. Take your time in eating; chew your food well, and drink plenty of water. Do not waste food. Do not have your visitors bring you food, as this is not permitted. Also, it is against the rules to store food in your locker, on window sills or elsewhere.



ALCOHOL

Alcohol in any form is very injurious to patients with tuberculosis. Anyone who brings liquor on the grounds, or is under the influence of liquor, will be considered for dismissal and prosecution.

TOBACCO

The use of tobacco is inadvisable. It irritates the bronchial passages and is harmful to patients with tuberculosis. However, if you must smoke, please confine your smoking to bathroom areas and on the Sanitarium grounds. No smoking is permitted in the wards, dining areas, or in private or double rooms because of fire hazard. **UNDER NO CIRCUMSTANCES IS SMOKING IN BED PERMISSIBLE.**

MEDICINES FOR TUBERCULOSIS

A number of drugs have been found to be of value in tuberculosis. Streptomycin, para-aminosalicylic acid (PAS) and isoniazid (INH) are the chief ones in use at present. You will receive two or more of these if your case is suitable for their use. Some patients cannot take these drugs, as they are sometimes harmful. Other drugs sometimes used are viomycin, seromycin, ethionamide, ethambutol, pyrazinimide, and rifampin. A decision will not be made until your case has been thoroughly studied and all tests completed. The drugs are usually given continuously for long periods lasting from two to three years. Taking them faithfully without interruption is the most important thing you can do in treating your tuberculosis.

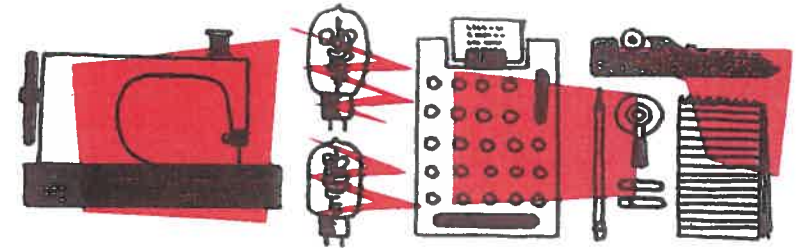
SURGERY

In some patients surgical treatment, consisting of removal or surgical collapse of diseased portions of lung may be recommended when it becomes apparent that medical treatment alone has left considerable disease and will not cure the patient's condition.



SOCIAL SERVICE DEPARTMENT

The Sanitarium has set up a Social Service Department to help you with your family and personal problems. New patients are often concerned about their family's financial problems, child care problems, or other difficulties. Social Service, working with community agencies, can often help in planning for the family and children. They can help in explaining the patient's problem to the family. If you have personal or family problems, ask the doctor or nurse to contact Social Service so you can talk it over with them. When you are approaching the stage of going home, they may be able to help you with the reestablishment of your life at home. Don't hesitate to consult them.



REHABILITATION DEPARTMENT

This department contains the occupational therapy department which offers a variety of interesting things to do. When your condition permits, you will be advised by your doctor to enroll. Movies, band concerts, library books, and other recreational services are also offered by this department.

You may begin your activity with occupational therapy, which offers a variety of interesting things to infirmary patients. Rehabilitation also offers instruction in a number of adult education subjects. These are from one to five hours daily for all patients approved to attend. Job placement assistance is available when you are discharged from the sanitarium or the clinics and employment is advised by the physician.

After discharge, all eligible patients will be considered for job training with tuition paid by the Illinois Division of Vocational Rehabilitation.

Even if you do not need to learn a new occupation, this service will be of great benefit to you. Going through the rehabilitation program permits opportunities for your self-improvement and will be a test of your ability to maintain your physical condition and remain cured after you go home.



PERSONAL SERVICES

Veterans Facilities The American Legion Room is in the tunnel near Men's Sun Wards. Representative visits veterans Monday afternoons.

ALCOHOLICS ANONYMOUS

The help of Alcoholics Anonymous is available to any patient on request.

Post Office This is at the east end of the patients' dining room in the Service building. The hours are: weekdays:

Men	}	11:00 a.m. - 1:00 p.m.
Women		

Mail is distributed by the nurse after morning rest period. Out-going letters should be placed in the mailbox on each floor.

Incoming Packages No C.O.D. packages can be accepted because of the difficulties encountered, such as loss of money, delays in deliveries, etc.

Since each patient has the privilege of receiving visitors, it is hoped that necessary purchases will be made by the patient's immediate family, thus eliminating the need to ask MTS personnel to arrange for money orders, etc.

Library This is in the main tunnel under the service building. The librarian makes periodic visits to each floor. Books are on deposit from the Chicago Public Library. Special requests will be considered. Please be sure to return all books directly to the librarian.

Dental This office is in the Annex. Your doctor can order dental service for you.

Laundry Service This is free. Make out laundry list in triplicate. Keep one and attach the other two securely to the bundle. Be sure your name is written legibly. Make out the list with care. Put bundle in basket provided in the utility room at the proper time. Handkerchiefs are not to be sent to the laundry.

Hand-washing of clothing other than light nylon lingerie will not be tolerated.

Barber Shop is in the tunnel at the west end under Men's First. Patients must have permission from the nurse to visit

the barber shop. The nurse will make an appointment for the barber to visit the patient if necessary.

Shop Hours:

8:00 A.M.—9:00 A.M.
12:30 P.M.—1:15 P.M.
3:00 P.M.—4:00 P.M.

Floor Hours:

9:00 A.M.—12 Noon
1:15 P.M.— 3 P.M.

Hours and days may fluctuate as patient's needs vary.



FIRE

In case of fire, notify your nurse or attendant at once. The Fire Prevention and Control Officer patrols the buildings and grounds. There is a Fire Station (Chicago Fire Department) at the northwest corner of the Sanitarium grounds.

CHURCH SERVICES

Catholic Chapel on grounds near Women's Cottages.

MASSES

Monday, Tuesday, Wednesday & Saturday: 5:45 a.m.

Thursday and Friday: 6:00 p.m.

Sunday and Holy Days of Obligation: 6:00 a.m., 7:30 a.m.
and 9:00 a.m.

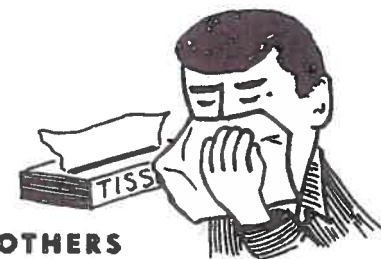
Holy Communion is distributed in the Infirmary after the first Mass.

Confessions: In Chapel Thursday and Friday after mass and Saturday 6:00 p.m.; in the Infirmary before first Friday and at request of the patient.

Make request to the nurse.

Episcopalian Services in chapel on South II every third Tuesday at 9:15 a.m. (a deaconess will call on all Episcopalian patients).

Light Bearers Society Services for women patients are held on Thursday at 7:00 p.m. on South I.



PROTECT YOURSELF AND OTHERS

Tuberculosis is spread by persons with positive sputum, coughing or spitting. When you cough, cover your mouth and nose with the tissues provided. Cover them tightly and don't spray the air with tubercle bacilli. If you and other patients cough tubercle bacilli into the air, they will be inhaled and cause more disease. Always carry your tissues with you and cover up closely when you cough. This is a strict rule of the Sanitarium. It is for your own protection as well as the protection of your relatives, visitors, nurses and other workers. Remember, if you don't cover up, people will be afraid to come near you.

You have two duties: 1) to help yourself get well as quickly as possible; and 2) to protect people near you. Covering your nose and mouth when you cough or sneeze is an important rule to help you accomplish this. Don't cough into your hand. You will get tubercle bacilli on doorknobs, books, telephones and other objects. Always use disposable tissues, never use handkerchiefs.

WHAT TO DO ABOUT COUGH

Cough is mainly for the purpose of raising sputum. Severe

coughing is harmful. You can learn to raise sputum with little or no coughing if you try. If you cannot control your cough, tell the doctor.



SPUTUM DISPOSAL

The sputum may contain millions of tubercle bacilli capable of causing disease. To protect yourself and others, you must practice the following precautions.

1. Never expectorate anywhere except into tissues which are to be promptly placed in the paper bag provided.
2. Never expectorate into lavatories, toilets, basins, jars or fireplaces, upon the floors, grounds or walks or elsewhere on the premises.
3. Dispose of used napkins, tissues and anything that is contaminated, by putting it into the paper bag provided in your room. These bags will be collected and burned every morning.
4. Do not swallow your sputum.
5. If you notice blood in your sputum, remain quietly in bed and have someone notify the nurse.
6. Do not get tubercle bacilli on your hands by putting your fingers to your mouth. Wash your hands often.
7. Anything you have had in your mouth is infected. Objects to be disposed of should be put in the paper disposal bag. This includes toothpicks, gum and fruit cores.

TEMPERATURES

Accurate records of your temperature are important. Keep

the thermometer in your mouth at least five minutes. Do not take your temperature within one-half hour after drinking hot or cold liquids or after exercise of any kind. It is normal for the temperature to be lowest in the morning and highest at about 4:00 p.m. Exercise, excitement and anxiety may elevate the temperature. The nursing staff will supervise temperature-taking and records.

CARE OF THE MOUTH AND TEETH

Keep the teeth clean, brushing at least twice daily. Do not neglect the inner side of the teeth. Rinse your mouth with the antiseptic solution provided.

BATHING

Cleanliness is most important. Keep clean at all times. Do not take cold showers except on your doctor's advice. Use of a deodorant is helpful.

CLOTHING

Wear clothing which will keep you comfortably warm but which will not be excessive in weight. If you are allowed outdoors, have extra clothing available. Clothing should be changed frequently.

MEDICINES

Do not take any medications except those prescribed for you here. If you brought any into the Sanitarium with you, give them to the nurse.

VISITORS

You will be given four (4) passes for visitors. These are good only to visit the patient named on them. Give them to your relatives or friends.



Visiting hours are:

Sunday	2:00 p.m. to 4:00 p.m.
Tuesday	2:00 p.m. to 4:00 p.m.
Wednesday	6:00 p.m. to 8:00 p.m.
Thursday	2:00 p.m. to 4:00 p.m.
Friday	6:00 p.m. to 8:00 p.m.
Holiday	2:00 p.m. to 4:00 p.m.

The holidays are: New Year's Day, Lincoln's Birthday, Washington's Birthday, Good Friday, Memorial Day, July 4, Labor Day, Columbus Day, Armistice Day, Thanksgiving Day and Christmas Day.

If you are in a single room or double room, no more than two visitors are allowed at one time.

All doors must be open during visiting hours. Visiting between patients on different floors is prohibited except between close relatives (members of the immediate family). Visiting between such relatives is permitted only on Monday afternoon between 3:00 p.m. and 4:30 p.m. and only upon written permission of their ward physicians. When both husband and wife are patients one may visit the other during any regular visiting hours with written permission.

TELEPHONE

You may use the pay station telephone if allowed by your doctor. Limit your calls to five minutes. Do not feel offended if asked to give up the telephone in five minutes; others need to use it too. Paper napkins must be used to cover the mouth-piece when using the telephone. *You cannot receive incoming calls.*

RADIO AND TELEVISION

Radios are permitted, providing earphones are *used*. Failure to comply with this request will necessitate their being confiscated. *Televisions'* volume is to be kept at a tone level suitable to a hospital. Television sets may be on until 10:00 p.m., but patients must be in bed at 9:00 p.m.

AMUSEMENTS

Movies and other entertainments are provided but only if your doctor permits. Gambling of any kind is absolutely prohibited and violators will be dismissed from the Sanitarium.

ABSENCE FROM SANITARIUM

Routine passes will be granted to negative patients in Groups IV, V, VI, and VII. Emergency passes will be granted to positive patients only when their physical condition permits. Under no circumstances will a positive patient be given an overnight pass. Applications for routine passes must be made four days in advance and must be approved by the Chief of the Medical Service.

Patients on leave from the Sanitarium are considered under Sanitarium care and must abide by the rules and regulations.

INSPECTION

The Sanitarium reserves the right to inspect all patients' belongings, lockers, etc., at any time in an effort to operate the Sanitarium in the best interests of its patients. The Sanitarium also reserves the right to inspect packages, shopping bags, etc. of patients leaving on and returning from passes, as well as the packages, shopping bags, etc. of patients' visitors.

SOLICITING

The sale by patients of any articles, greeting cards, yarns, and other materials for occupational therapy to other patients or employees is against the policy of the Sanitarium.



MENTAL ATTITUDE

A cheerful and hopeful mental attitude will help you get well. Try to be calm and patient. You cannot hurry your cure. It takes time.

Do not discuss your symptoms with other patients. They cannot know much about your particular case, and their comments will only disturb you. Do not give advice to others and do not accept advice from patients. Tell your troubles to the doctor. He will give you sound professional advice.

GENERAL INSTRUCTIONS

1. Keep your living quarters neat and orderly.
2. Dressing rooms should be aired frequently.
3. Trunks and suitcases are not allowed in the rooms. *Unnecessary wearing apparel must be sent home.* When patient leaves the Sanitarium, wearing apparel not called for within fifteen (15) days will be disposed of. If patients fail to return, Sanitarium lockers will be opened. When calling for clothing, the Infirmary Office must have 24 hours notice prior to picking them up on Friday and Saturday, 9 a.m. - 2 p.m.
4. You will be assigned locker space. Sanitarium has a right to inspect lockers at any time—this is a safety measure.
5. Do not store food or milk in your lockers, bedside tables, or window sills as it presents the danger of contamination of food which can cause poisoning.
6. Please do not feed the squirrels, ducks, birds, etc., as food draws vermin, mice and rats.

7. The Sanitarium will not be responsible for any valuable property kept in rooms or lockers. Upon your request, it will be placed in a vault and a receipt given. Be sure to keep the receipt to redeem your valuables.
8. Do not parade in the hallways in pajamas without a robe. When going outdoors, wear street clothes.
9. Sitting on beds is prohibited. Do not allow visitors to sit on your bed.
10. Fold blankets when not in use.
11. Turn off all lights when not in use.
12. Disorderly conduct, profane language or other acts which are not conducive to a patient program will not be tolerated.
13. Patients are requested not to injure trees or shrubbery in the grounds.
14. Driving nails, tacks or pins in the walls or furniture is forbidden. No pictures are allowed on the walls.
15. Do not enter doctors' offices except on business. You are not allowed to enter nurses' offices.
16. The tunnel is used only in inclement weather. Loitering in the tunnel is strictly forbidden.
17. The elevators are to be used only in the conduct of official business. Patients who are able to do so are required to use the stairways. Permission from your nurse is required for the use of elevators.
18. You are required to remain within the boundaries indicated on the map which accompanies this booklet.

PATIENTS LOANING POSSESSIONS

Patients are not to borrow or loan any possession, including money. If they insist on so doing, they must do so at their

own risk. The Sanitarium cannot assume any responsibility for such transactions among patients.

You are not to leave your clothing and possessions with other patients when on leave from the sanitarium.

June 1, 1960

NOTICE

TO ALL VISITORS, PATIENTS AND PERSONNEL

Chapter 43, Article VI, # 130, Illinois Revised Statutes, commonly known as the Illinois Liquor Control Act provides:

"No alcoholic liquors shall be sold or delivered in any building belonging to or under control of the State or any political subdivision thereof"

Article X, # 183 of the Liquor Control Act provides that any person who violates any provision of the act shall be subject to a fine of not less than \$50.00 nor more than \$500.00 for the first violation, and for a second and subsequent violation not less than \$100.00 nor more than \$1,000.00 or be imprisoned in the county jail not less than ten days nor more than six months.

Violators will be placed under arrest and charged under the above quoted section of the Liquor Control Act. Any liquor taken from the violator shall be turned over to the arresting officer for use as evidence in the trial of the violator and for disposition by the court.

This is a legal opinion received October 19, 1955 from the Department of Law, City of Chicago, as to action that shall be taken against violators of the regulations adopted by the Board of Directors of the Municipal Tuberculosis Sanitarium banning the carrying of liquor into the sanitarium grounds.

Municipal Tuberculosis Sanitarium