

Perrysburg's Sun Cure Is Most Effective

Patients at J. N. Adam Memorial Hospital for Incipient Tuberculosis Display Wonderful Grit and Contentment --- Pierce-Arrowites Recovering Under Treatment

Have you tuberculosis, or are you apt to have it? Do you know how readily it is cured if treated in time? Because this is a subject that vitally affects Pierce-Arrow and all workers, the following article, reprinted from "Grit-Grin," the Adam Memorial Hospital publication, should be read carefully. The photographs are of especial interest to readers of The Arrow, for the group is of former Pierce-Arrow employees and the truck is a product of our company.

A few years ago the citizens of Buffalo were astonished to learn that they were supporting an institution at Perrysburg, N. Y., where tubercular children were allowed to run around in the snow. Their clothing consisted of a smile and a pair of linen trunks, their feet covered with shoes. Later this astonishment gave way to curiosity, so they came bundled up in their furs and overcoats, to look for themselves—they saw; they then became astonished at the truth of it, their curiosity was satisfied and they went home filled with enthusiasm.

Why should you guard against tuberculosis? Because every third person between 15 and 60 years of age dies of it. It also renders useless and helpless those who have it and often is the means of affecting their whole families.

And today it is no uncommon sight to see a number of little girls and boys suffering from surgical tuberculosis, romping around in the snow without clothing, thoroughly enjoying themselves, while

healthy grown up men and women stand idly by shivering with the cold.

This state of satisfaction and security in the children is brought about by the simple means of taking the children back to the way that nature wanted them to live in.

The child is taken out of congested surroundings, taken away from filth of city streets, and the superabundance of improper clothing and poor food and

Why should you bother yourself about tuberculosis if you haven't contracted it? Because you, or some of your family, may develop it at any time. By knowing something about it you may greatly lessen the chance of getting it; or you can lessen its danger to yourself or your children in case you do become affected.

put in surrounding that would make the American Indian green with envy. They are turned out among nature, and given the "Rollier" treatment or "Sun Cure."

This treatment was instituted by Dr. Rollier of Leysin, Switzerland, for tubercular children. Brought to America and instituted as a routine treatment at Perrysburg for the treatment of tubercular children by Dr. John H. Pryor of Buffalo, N. Y.

When a child is admitted as a patient at the J. N. Adam Memorial Hospital, it is carefully observed for a period of seven to ten days. At the end of that time, providing the child is able to, it is started on the "Sun Bath." This bath is given in a series of successive stages, until the child is able to take a complete exposure of from three to four hours; this usually takes place at the end of two weeks. During the course of this treatment the skin which is at first pale and waxy, takes on a bronze hue, then a copper color and finally a chocolate brown.

This chocolate brown color or coat of tan is a protection to the child because there is an increased pigmentation in the skin. With the acquirement of this coat of tan there is the ability to increase their resisting ability against exposure to both cold and heat to a degree hardly conceivable.

So important is the acquirement of pigmentation

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A Pierce-Arrow Truck Serves the Hospital

EFFECTIVE SUN CURE

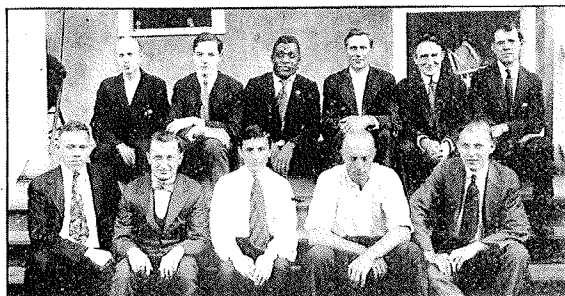
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that a patient's recovery can be gauged by the degree of tan acquired. The tan is produced by the various rays of the sun. And as the spectrum is made up of various rays, ranging from the heat rays Infra Red and Red, through the light days, orange, yellow, green and blue, through the chemical rays violet and ultra violet. It is the chemical and not the heat rays of the sunbeam that produces the pigmentation; at first it produces an erythema and as a secondary chronic effect, pigmentation of the skin. This pigmentation is regarded as a protective process, as the coloring matter prevents the light rays from penetrating too deeply into the thickness of the skin. The thicker the tan the more penetration of the ultra violet rays, which are the shortest rays of the spectrum. The pigmentation converts the short rays into long ones and allows them to penetrate more deeply.

This protection enables the child to run about in the snow without being cold, while others without it, must wear suitable clothing in order to keep warm.

The most wonderful healing element, the sun, is free to all. We used it too little in the past. Hundreds of bodily ills and affections respond readily to the chemical rays (the ultra violet) that kill, not men, but germs. That is why the sun is a wonderful sterilizer.

The "Sun Cure" is the treatment prescribed for all tuberculosis, other than pulmonary, and is given to both children and adults. It is surprising to note what a difference a few months of "Sun Cure" will make in a subject especially one who has been incapacitated for a long time. At first the patient



Group of Pierce-Arrow Patients

becomes free from pain that has been a torture for a long time; Second, unsightly swellings become reduced, ugly wounds cease to discharge pus, and limbs which have been atrophied by disuse, caused by pain and pressure begin to grow and their functions are restored.

So we can readily see why those people who were first astonished, and then curious, went back home filled with enthusiasm; when they saw little children throwing snowballs, snow-shoeing and building snow men, without any clothing on their little bodies except a loin cloth and shoes, happy and contented, while they stood around heavily clothed shivering with the cold.

Editor's Note

Grit-Grin is published monthly, by the patients of the J. N. Adam Memorial Hospital, at Perrysburg, N. Y., Buffalo's Sanatorium for Incipient Tubercu-

SERIO-COMEDY FOR THE INSPECTION DEPARTMENT

"Fat" Birchhold, the delicate (?) inspector of Section 6, is still bemoaning the sad case of his midday angel food, etc. If some good Samaritan will give Birch a job in a kitchen, the giver will be rewarded.

Some "swell affair" that Pat Kelleher, Section 8, had recently. Looked like the numps. Ask Pat and then—RUN.

Ed Weaver, Section 5, represented the inspection crowd at the Hamburg fair, winning third prize with his works of art. Some dauber, that bird! There were three entries in the event.

Joe Allen, Section 8, is still laughing at Jack O'Brien. "Watch me," said Joe and Jack did,—to his sorrow. Mytinger knows how it is. Some mystery here.

Calhoun, "the wee marine-parlez vous," just couldn't keep away from the crib. When the new system went into effect, naturally Cal moved to Section 4,—as close as possible. Remember, Cal, Christmas and then—well, save your pennies "ol' topper."

They say Kelleher of Inspection recently had a sharp attack of appendicitis.

PIERCE-ARROW LIBRARY

Three hundred and six books were drawn from the Pierce-Arrow branch of the Buffalo Public Library during a recent month. The office is located in the basement of the Administration building. The selection was divided as follows: number of fiction, 272; non-fiction, 34. It is expected that there will be a special call for mechanical and technical books during the winter months.

losis. The magazine was organized in the early days of the institution by the patients—the first issue being printed January 1st, 1914. It has grown steadily until today it stands a leader among similar sanatorium publications.

Its purpose is to cultivate a true comprehension of the disease, as well as grit and contentment in the patients and those afflicted with it, through enlightenment on the various bugaboos and questions that such a great majority of people worry themselves to death over. By enlightening the patient with matter that acquaints him thoroughly with his trouble, the nature and care of it, and the ultimate recovery by carefully following the advice of the specialists, who contribute largely to the patients' instruction that helps him wonderfully, with medical advice to conquer his trouble.

Grit-Grin is not operated for profit, deriving its support solely through advertising and subscriptions. The advertising falls far short of covering the expense it should—therefore we are obliged to solicit to our utmost "yearly subscriptions."

Grit-Grin is at present conducting a campaign to add 1,000 new subscribers to its mailing list. Should you be interested in the work we are doing, we trust you will sense the importance of pushing a good thing along. "Your subscription may be the means of safeguarding someone's health . . . it may be your own . . . who knows?"

Grit-Grin sells at ten cents the copy, one dollar a year by subscription. Mr. Edmond Sendker, General Factory Accountant Department, is handling the subscriptions for Grit-Grin, and will be glad to send yours in.