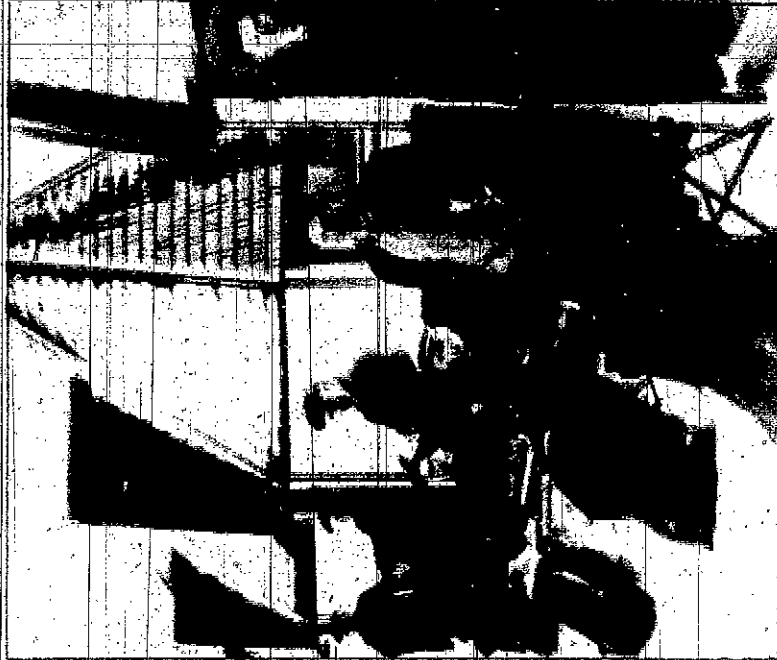


TRANSLATIONS

Colorado Springs Pioneers Museum



The Modern Woodmen of America, a fraternal organization which sold life insurance, offered members who had tuberculosis free treatment at its sanatorium in Colorado Springs.

Around turn of century, tuberculosis patients sought cure in Springs

TA

By D'Arcy Fallon/Gazette Telegraph
 ore than 40 years after it was thought to have been eradicated in the United States, tuberculosis is making a powerful comeback, exacerbated by AIDS, poverty and increased immigration from nations where TB is endemic.

While surprised health officials try to treat contagious patients afflicted by the hardy disease, one thing is certain: Nobody is coming to Colorado Springs for "the cure."

The cure. At the turn of the century, wasted migrants poured into Colorado Springs, seeking miracle cures and relief in the area's cool, dry air. Bacteria became the talk of the town, fueling a sanatorium explosion and warnings against "promiscuous expectoration."

- Rise in cases not an epidemic/B2
- Bovine variety worries ranchers/B2

TB still plays a role in Colorado Springs — but it's a role rooted in the past, not in the present. The legacy of TB and its attendant health industry left an indelible mark on the city, affecting its culture, history and architecture.

Beginning in the late 1880s, Colorado Springs was known by its devotees as Sanatorium City, the Health Mecca of the West, and in less dazzling terms, the Sputum Hole of Humanity.

For more than 50 years, tuberculars seeking hope, a certain mental buoyancy, came by the thousands from damp, polluted cities to chase the cure in the area's dry, sunny climate.

In the face of one of the world's hardest bugs — which can ravage the lungs and spread to the liver, kidneys, lymph nodes and brain — the methods used back then by doctors in Colorado Springs to fight it seem quaint and strange today.

TB victims submitted to a range of treatments that included forced feedings, forced bed rest, hypnotism, bizarre elixirs, sunbathing, electricity and sleeping outside. Fresh air, and lots of it, was believed to be the best treatment for TB.

As one early-day observer noted in a burst of hyperbole, the West was opened up "by minerals, cattle and consumption."

In Colorado Springs, the latter was especially true. The city "flourished on the bedrock of disease," writes Douglas McKay,

See TB/B2



Marshall Sprague spent five months at Glockner Hospital, now Penrose Hospital, when he arrived in Colorado Springs for tuberculosis treatment. Sprague and his wife, Edna Jane, said TB patients also had to fight boredom.

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perfectly terrible but once you get over the idea that you're stuck there, you find your life is just as active as if you were well.”

Marshall Sprague

TB/Many of city's historic homes built for boarders

No alarms are sounded over TB here

Drug-resistant strain not seen

Gazette Telegraph

The U.S. Public Health Service estimates that more than 26,000 Americans came down with tuberculosis last year, a 16 percent rise since 1986.

The outbreak of TB, fueled by AIDS, poverty, homelessness and immigrants from places where the disease is endemic, is especially worrisome because several hundred cases nationwide have been caused by a more lethal, drug-resistant strain. The strain is 60 percent to 80 percent fatal, even with intensive treatment.

The outbreak varies from city to city, with New York City, Los Angeles and Chicago hardest hit by the disease. TB causes more deaths worldwide than any other infectious disease.

In Colorado last year, 87 TB cases were reported, including 11 active cases in El Paso County. Although the number of cases in El Paso County has doubled in the past two years, health officials say the rise is hardly an epidemic.

"People in Colorado Springs should not be alarmed," said Marilyn Boisenbecker, a nursing supervisor for the El Paso County Department of Health and Environment. "We don't have any drug-resistant TB that we're aware of."

The symptoms of TB include coughing, sudden weight loss, malaise, and in some cases, night sweats. The disease is airborne, spread via droplets when a TB sufferer coughs.

ACTIVE CASES

Cases of active tuberculosis in El Paso County:

1986:	12
1989:	4
1987:	8
1990:	5
1988:	7
1991:	11

Source: El Paso County Department of Health and Environment.

From B1

a professor at the University of Colorado at Colorado Springs and author of "Asylum of the Gilded Pill," a book about the Cragmor sanatorium, now the site for UCCS.

Before the turn of the century, the chamber of commerce boasted that the city had an average of 310 days of sunshine a year. In a brochure, the city's atmosphere was touted as "absolutely aseptic and free from all germ life."

The public relations job worked: More than a third of Colorado Springs' residents in the 1880s and 1890s came for their health, primarily to fight TB.

Many of the palatial homes in the North End were designed for people who wanted to turn them into boarding homes for tuberculars.

Several homes along North Nevada Avenue, known as "hangers' row," still retain the backyard TB cottages and tents where afflicted people were once isolated, says Mike Riley, an architect whose grandmother came to Colorado Springs from Pittsburg to chase the cure.

The influx of hacking hordes included writers, artists, bankers and doctors, many of whom would recover and become adopted residents of a growing city.

Businessman James J. Hagerman came in 1884 expecting to die but instead made a miraculous recovery and went on to build the Midland Railroad up Ute Pass and all the way to Aspen. Others included novelist Helen Hunt Jackson, who believed that "climate is fate," and Artus Van Briggel, who suffered from what proved to be an incurable case of TB.

In his few short years here, however, Van Briggel brought the Art Nouveau style to Colorado Springs and became world famous for his pottery designs and glazes.

Sanatoriums earn reputation as liberal

Forty-two years after Van Briggel's arrival, Marshall Sprague, suffering from the same disease, got off the train here and went directly to Glockner Hospital, now Penrose Hospital.

The local historian spent five months at Glockner, then spent months convalescing on a screened-in porch off his bedroom.

When the weather turned cold, Sprague piled on blankets to keep warm. Living on the porch took some getting used to, recalled Sprague, 83. His 1943 book, "The Business of Getting Well," chronicled his battle with TB — and boredom.

"There wasn't any treatment for TB except staying in bed and being happy," he said. "It sounds perfectly terrible, but once you get over the idea that you're stuck there, you find your life is just as active as if you were well."

Fortunately, Sprague's lung cavities were closed enough that he wasn't contagious. Which was a good thing — considering he had ample contact with his wife, Edna Jane.

"It seems with TB, you get very amorous," Sprague said. "The worse it gets, the more you want to be with someone."

Knight-Ridder/Tribune News

Tuberculosis on the rise in the U.S.

Tuberculosis (or TB), after years of decline, is now on the upswing in this country. Here are some facts about this infectious disease.

What is it.

Caused by a bacteria, spread mostly from person to person through the air; usually settles in lungs.

Testing and treatment

Tests: X-ray, check sputum for bacteria, skin test
Treatment: Take two or more drugs for six to nine months

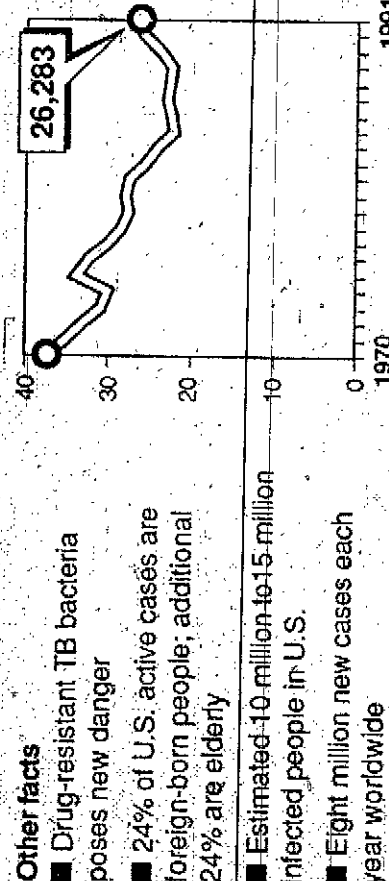
How it is transmitted:

Someone with the disease coughs, putting infected droplets in the air that are inhaled by others
Once infected, a person's body may harbor TB organisms for years; TB becomes active when body's immune system is weak

Who is at risk

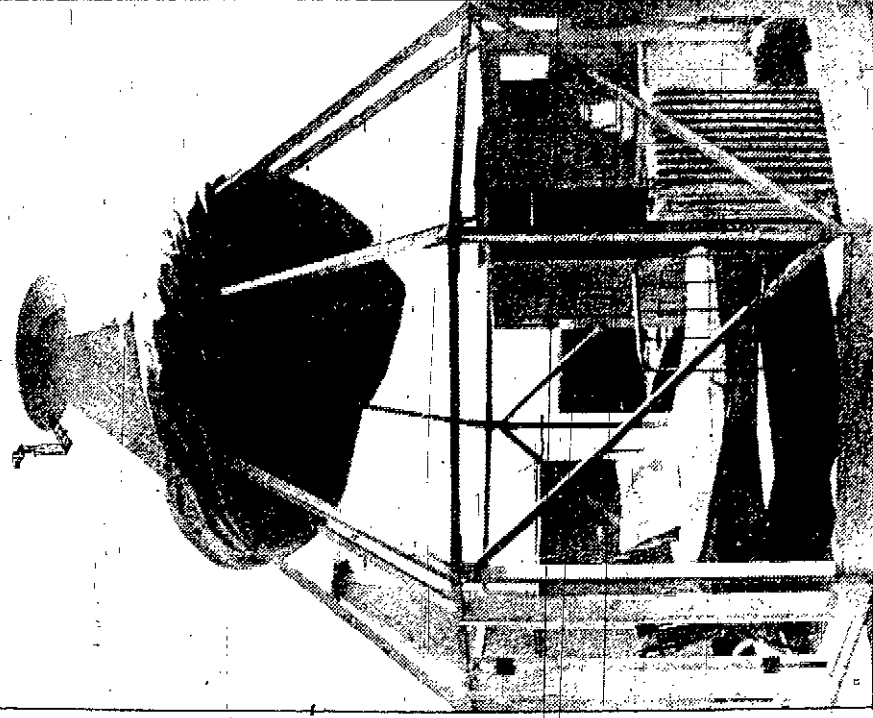
Someone sharing the same airspace with infected person
People who are HIV positive or have weakened immune systems

Tuberculosis cases in U.S. in thousands



Source: Centers for Disease Control, World Book Medical Encyclopedia, American Medical Association Family Medical Guide

Photos courtesy of the Colorado Springs Pioneers Museum



Colonies of octagonal teepee-like tents, used by several local sanatoriums, were known as Gardiner tents, in honor of developer Dr. Charles Gardiner.

Other patients preferred to pursue health by drinking martinis in their pajamas on their sun porches, riding horseback, playing croquet and racing their motor cars.

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"It seems with TB, you get very amorous," Sprague said. "The worse I got, the more babies we had." Edna Jane Sprague concurred. "It (having TB) was stimulating in a funny way. All those sanatoriums were hotbeds of sex."

Cragmor sanatorium was famous for dalliances among its elite TB patients, many of whom were millionaires.

"High mountain living became high life in the mountains," UCCS's McKay wrote.

"In due course . . . Cragmor was known throughout the sanatorium world for free-swinging liberality. Its name became synonymous with luxury and ease: Cragmor, the pleasure dome for wealthy chasers; the rules-free refuge for the sick-in-lung convalescents, handsomely equipped to monitor any symptom of the Great White Plague in its warm-blooded gallants and fevered maidens."

Not all accommodations were grand

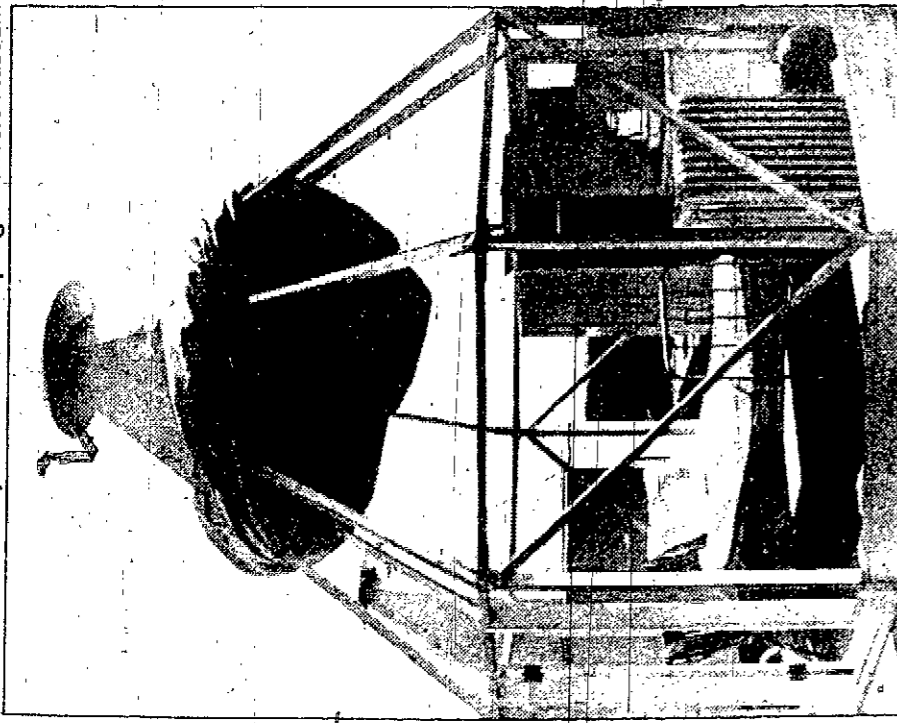
Colorado Springs' open-air cure was based on the European approach to TB: lots of rest, fresh mountain air and disciplined gluttony.

At the Nordrach Ranch, an outdoor sanatorium comprised of tents, each patient was stuffed beyond satiety.

Gaining between 25 and 50 pounds was believed to be an integral part of the cure. Hungry or not, patients were forced to eat twice as much as they wanted.

At the same time, it was important to keep all that food moving. The Shoshone Spring in Manitou Springs, which contained the laxatives sulfate of soda and sulfate of potash, was popular among tuberculars because of its purgative powers.

Photos courtesy of the Colorado Springs Pioneers Museum



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At one point, there were 15 sanatoriums in Colorado Springs. Prices ranged from \$7 a week for a basic room to \$50 a week for a luxurious suite.

Hundreds of victims who couldn't afford places like the Cragmor faced starker accommodations in octagonal, cone-shaped tents that looked like Indian teepees.

The tents, scattered in parks and in distant sanatoriums, were designed by Dr. Charles Gardiner. The first ones were made of canvas; later versions were made of wood when the canvas proved unsteady in the wind. Both versions provided patients access to plenty of fresh air.

The sanatorium run by the Modern Woodmen of America, a fraternal organization which sold life insurance, carried this theory to the extreme.

In its heyday, more than 180 patients gathered at the sanatorium, living in isolation in the bracing air until they were cured — or dead.

It was a brutal way to recover, according to Dorothy Hemming, Gardiner's daughter. In a 1976 interview she recalled how employees had to dig out places in the snow for TB patients. "In agony, they sat with rugs over their legs and nearly froze to death," she said.

By the end of World War II and the discovery of the anti-tubercular drug INH, such bone-chilling treatments weren't necessary. In the City of Sunshine, modern medicine had replaced hypnotism.

"Time has passed that era by," said McKay. "Like the small octagonal sanatorium buildings that remain along a road in Palmer Lake, TB's influence on the area has been reduced to a historical oddity, a reminder of a time of fear and ignorance."



The Nordrach Ranch, which operated from 1901 to 1903, was the state's first open-air sanato-

rium. Dr. John E. White, who ran the sanatorium, prescribed the open-air life.