



DAILY SCHEDULE

Patient life at the sanatorium was very regimented by the 1920s. A 1925 brochure published by the sanatorium gave the following typical daily schedule for a patient, although it was modified depending on a patient's individual needs.

7 to 7:30 – Awake; a glass of hot water and a cold sponge above the waist.

7:30 to 8:00 – Breakfast.

8:30 – Out of doors, sitting or reclining.

10:30 – Lunch, milk and eggs.

11:00 – Exercise if permissible.

11:30 – Rest until dinner.

12:00 – Dinner.

1:00 – Out of doors, sitting or reclining.

3:30 – Lunch, milk and eggs.

4:00 – Exercise if permissible.

5:00 – Rest out of doors, lying down.

6:00 – Supper.

7:00 – Out of doors, sitting or reclining.

9:00 – Lunch and bed.