

IPSWICH
in 1912

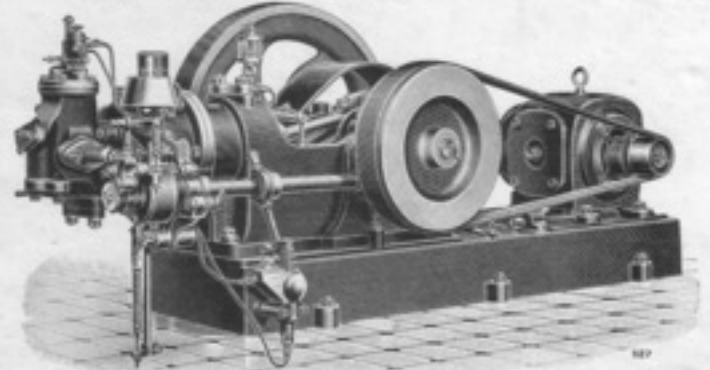


East Anglian Daily Times

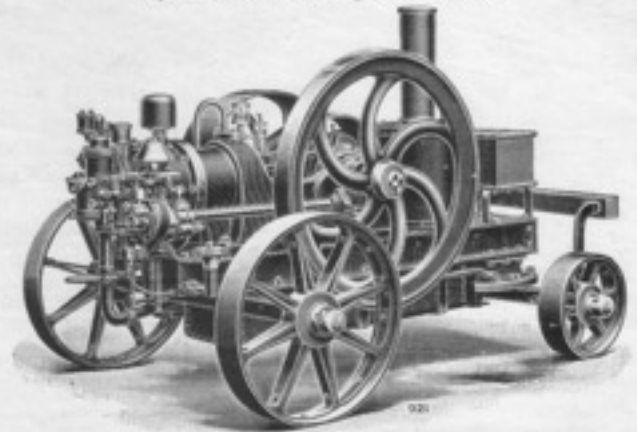
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Entrance to the Sanatorium.

COMMEMORATING THE OPENING OF THE
KING EDWARD MEMORIAL SANATORIUM
By LORD BALFOUR OF BURLEIGH, P.C., K.T., G.C.M.G.
FRIDAY, THE FOURTEENTH DAY OF JUNE, 1912.

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THE County Borough of Ipswich is one of the most virile towns of its size. In physical advantages, industries, and municipal development it is extremely fortunate. Its educational advantages are high, and from the health point of view there is a good deal to be said in its favour, thanks to the enlightened policy now prevailing. As regards its physical situation Ipswich has a position which cannot fail to have a great influence upon its future. At the end of an arm of the sea which gives access to its port of vessels of great tonnage from all parts of the world, it also ranks high in importance on the Great Eastern Railway system, and is on the main road from London to the coast towns of Yarmouth, Lowestoft, Southwold, Aldeburgh, and Felixstowe. Its industries are exceptionally prosperous, and although mainly of one class, namely, engineering, various branches of engineering are represented, so that it cannot be considered that the town has all its industrial eggs in one basket. There are, besides, several important businesses in the town unconnected with engineering. The municipal development of the borough is quite creditable. The possession of an extensive system of electric trams and a most efficient and up-to-date electric light and power station are assets of which the town has good reason to be proud, and no doubt financial benefit will accrue in time from these undertakings. The borough also owns its own waterworks, on which large sums have been expended with the most beneficial results from every point of view, and a new scheme is now in hand for largely increasing the water supply. The Borough Asylum takes private patients, and from the revenue £1,000 annually is contributed towards the relief of the rates. Near by this last institution are the Fever Hospital (under the control of the Public Health Department), the Workhouse, and the St. John's Children's Home (under the control of the Guardians). The area of the borough is 8,112 acres, and the population is approximately 74,000.

Ipswich has several good schools, including the Ipswich School—a modern school on an old foundation, dating back to the time of Elizabeth—a High School for Girls, two Municipal Secondary Schools for Girls and Boys, and 26 Elementary Schools with 12,970 children on the register. There are in addition several private schools.

The Health Department of the Borough is under the direction of Dr. A. M. N. Pringle, the Medical Officer, who has a capable staff under him, including an Assistant Medical Officer, who is the school doctor, and four Sanitary Inspectors one of whom is a lady.

Since the appointment of Dr. Pringle in 1906 he has carried on the good work of his predecessor, Col. G. S. Elliston, C.B., V.D., and during the past six years great progress has been made towards improved housing conditions, the reduction of infant mortality, and of the general death-rate. In 1909 the death-rate was 13.6 per 1,000 of the population, the lowest on record, the best previously being 14.3 in 1902. In 1910 the rate was 14, and last year another record was created by a drop to 12.6.

The latest ally of the Health Committee is the King Edward Memorial Sanatorium, which has been built by public subscription, in the centre of a splendid stretch of heath-land lying between Ipswich and the sea.

"In the name of the King."

"Ay, every inch a King!"
(Shakespeare)

BEFORE describing the noble institution—noble not in its proportions but in its purpose—which has sprung up on Foxhall Heath during the past few months, it may not be out of place to consider how it came to be erected.

Primarily it may be said that the need of it was suggested in the annual report of the Medical Officer of Health published in May, 1910. In the report the subject of tuberculosis of the lungs, or consumption, was dealt with in a trenchant and practical treatise, which was not lost upon the



Lord Balfour of Burleigh, P.C., K.T., G.C.M.G.

Chairman of the Public Health Committee (Alderman W. F. Paul). That gentleman, at the next meeting of the Town Council on May 11th, took the opportunity, in connection with the question of condemning insanitary property, to refer to the question of consumption in Ipswich, which he described as a very serious matter. It was, he said, one of the most pesterising influences they had got in the town, it was costing thousands of pounds in the shape of outdoor relief, increased sanitary expenses, and sanatorium expenses at the Workhouse. He would like to impress upon them the importance of the townspeople of Ipswich taking this matter up. After a reference to the Medical Officer's annual report, Alderman Paul spoke in favour of sanatorium treatment. He did not mean by that, he said, they should take people who were down with consumption and try to cure them; his idea of a sanatorium was that people who had a slight tendency to consumption should be able to go there, and then they would have a chance of recovery. He had been thinking about this subject for some time, and in connection with the death of the King, knowing the ideas expressed by his late Majesty, he thought something might be done to bring about the provision of such an institution.

On May 23rd, the *East Anglian Daily Times* printed a summary of the Medical Officer's Report and a leading article upon it. This called forth a letter from Dr. H. H. Brown, addressed to the editor of the paper, expressing agreement with what had been previously said and written, and he added:—

"At a recent meeting of the doctors of this town, it was unanimously agreed that a sanatorium for the treatment of tubercular lung disease is urgently



Mr. E. G. Portman, M.P.
(Owner of the Site)

needed. We, who are on the staff of the Hospital, are frequently called upon to treat early or late cases of consumption in the out-patient department. We can do practically nothing for them, except give advice, which, owing to the circumstances of their position, they are quite unable to benefit by. We watch their downward progress week by week, until they become too ill to attend and the inevitable arrives. Many of these cases could be cured if properly treated in a sanatorium at an early stage of the disease."

In his report the Medical Officer of Health pointed out that there were 84 deaths from pulmonary consumption in Ipswich during the previous year. Of these 33 per cent. were of individuals in receipt of Poor Law relief.

"One is compelled to conclude," he said, "from the histories that have been obtained cause of the majority of maintenance sumptives in 1909 was at came out of "The true vention."

A passage in the force was the follow-

"It is not that the victim under reasonable first expense. As more unfit, diminishes, furniture and rent. The a lower rental, inferior. As and the ear- it means a house at a Each move into more and roundings."

Following Dr. one from Mr. W. H. the Board of Guard- ing up the proposal,

following communication from Dr. Brown appeared in the *East Anglian Daily Times*:-

"I am very pleased to be able to announce that I have received a telegram to-day from a gentleman, whose name I am not permitted to disclose, offering to give £1,000 towards a sanatorium for Ipswich."

That generous offer gave the Sanatorium project a real start, and the very next day another generous offer on the part of a well-known townsman came to light, this being the first tangible expression of sympathy received. In a letter to the editor of the *East Anglian Daily Times*, Mr. Paul enclosed a copy of the following letter, dated May 12th, from Mr. W. F. Barton:-

"Dear Mr. Paul-With reference to your remarks at the Council Meeting yesterday, and in view of the strongly worded recommendations of the Medical Officer of Health, I desire to say that should it be decided to erect a sanatorium, I shall consider it a privilege to be allowed to help forward such a scheme, and for that purpose shall be glad to subscribe £1,000."

The sender of the telegram to Dr. Brown proved to be Mr. Arthur C. Churchman.



Photo by Alderman W. F. Paul.

that phthisis was the poverty in the vast cases. mate that the cost of of the pauper con- the infirmary during least £430, which the ratepayers' pocket- economy here is pre-

report of pathetic ing:-

unfrequently the case of phthisis is housed able conditions when hibits the developed he becomes more and his earning capacity The first to go is clothing, then the result is a house at lower because it is the disease goes on ing power diminishes, further move into a still cheaper rental, means the exchange more unsuitable sur-

Brown's letter, came Calver, Chairman of ians, earnestly back- and on June 6th, the

Photo by

The scheme thus started with a certain £2,000 and the strong sympathy of Alderman Paul, which, as was abundantly shown later, was worth a good round sum. Letters from other prominent residents, promising support and urging that action should be taken, appeared in the press, and at a meeting of the Public Health Committee on June 10th,



Photo by Brown. Medical Officer of Health (Dr. Pringle).

a memorial from the Ipswich Clinical Society was received urging the desirability of a sanatorium being established in Ipswich. As a result, it was resolved to ask the Mayor (Mr. Alexander Gibb) to call a public meeting, and this was held on June 17th.

At that meeting the establishment of a sanatorium as a memorial to King Edward was definitely decided upon, and amidst very hearty applause Alderman Paul announced that he was prepared to add 50 per cent. to the amount collected up to the sum of £10,000 received from other donations.

Subscriptions then began to pour in, and very soon a large amount was received, including £1,000 from Mr. B. H. Burton. Not only did the wealthy thus show their sympathy, but help came from all classes, and one of the means adopted for raising money was a gigantic whist drive, held in the open air in the Arboretum about the end of June, from which a profit of nearly £40 resulted. The representatives of all the Friendly Societies and Benefit Societies

in the town met in July, and undertook to give the fullest support to the scheme. On August 25th, when the Fund had reached a total by spontaneous gifts of £10,500

(including Alderman Paul's 50 per cent.), a general campaign was started to complete the amount required, by giving an opportunity to the householders, who while not troubling to send in small donations would, it was thought, willingly give to a collector. For this purpose an Executive Committee was appointed, with Mr. Will, Bantoft, Mr. Arthur Pearce and Dr. A. M. N. Pringle as joint honorary secretaries. A circular was sent by the Mayor to a large number of inhabitants, and it was decided that on the 10th September a house to house collection should be made. As a result of this the Fund rose considerably, and by the end of September amounted to £8,446, plus Mr. Paul's 50 per cent., making the total £12,699. The final amount raised was £15,185 10s. 6d., towards which Mr. Paul contributed £5,000.

On October 14th, there was published in the *East Anglian Daily Times* a letter from the Mayor of Ipswich, stating that with Mr. W. F. Paul and the Medical Officer of Health he had visited numerous spots suggested as a site for the Sanatorium in the neighbourhood of Ipswich. To their minds no site possessed so many advantages as the land on the south side of Foxhall Road, just beyond the brook at the foot of Brook Hill. This land, it was pointed out, was well sheltered from the north and east winds by Brook Hill Wood, and sloped gradually away to the south



Photo by Tom. Dr. Herbert Bows.

and west. The land in question was part of the Orwell Park estate, and Mr. Pretyman, on being approached as to its acquisition, had expressed his willingness to assist the promoters in any way he could, and Mr. J. D. Cobbold, who held the shooting rights, had promised to raise no difficulties. Mr. Pretyman had subsequently written him great pleasure to give at Brook Hill as a site for the site was accepted by after careful inspection its suitability, and this satisfaction.

On March 5th, 1911, a Committee was held, at Cantley, of the firm of Cantley, architects, for the Sanatorium. These proved, and Mr. Bantoft was authorized to issue advertisements. The selection, purchase required was left in the committee, consisting of P. Burton, Mr. William Turner, and Mr. Frank acknowledged by his cordially valuable service.

The Executive Committee appointed for the administration of the Fund (official), Mr. W. F. Paul and Mr. W. P. Burton (vice-chairmen), Mr. A. C. Churchman, Mr. B. H. Burton, Mr. E. H. Fison, Mr. E. C. Ransome, Dr. H. H. Brown, Mr. C. K. Moseley, Mr. J. D. Cobbold,



Photo by White.

Mr. W. P. Burton.

meeting of the Executive which Mr. H. Munro Messrs. Bisshopp and Ipswich, submitted plans were unanimously approved. (Town Clerk) was authorized to invite tenders, and fixing of all machinery hands of a special sub-committee, consisting of Mr. W. F. Paul, Mr. W. Reavell, Mr. Peirson Ayton, Mr. Reavell is leagued to have done part in this connection.

The committee appointed for the included the Mayor (ex-chairman), Mr. A. Gibb



Photo by Swan.

Mr. Bonnell H. Burton.



Photo by Swan.

Mr. Arthur C. Churchman.

Mr. H. E. Watson, Mr. Frank Aldridge, Mr. John Pye (representing the Independent Order of Oddfellows), Mr. P. L. Groom (representing the Ancient Order of Foresters), Mr. E. Butcher (representing all other Friendly Societies in the Borough), Mr. Charles Pullham (representing Ipswich Co-operative Society), Mr. R. C. Keeler (representing Ipswich and District Council).

Special praise is due Will. Bantoft, for his arduous work, he having taken Mr. A. Pearce considerably. Mr. Bantoft, member of the Committee, medical adviser, Mr. W. Turner and Mr. F. Ayton opted for the special purpose and Mr. Brand was committee with regard to institution. Mr. E. Buckvevor, was also co-opted has done a good deal to the making of the levelling of the ground for the opening day. The grounds will be patients as a means of

The Medical Superintendent (Mr. W. F. Sutcliffe) was appointed to the position at the meeting of the Ipswich Town Council, on April 24th, on the recommendation of the Public Health Committee, the salary being £250 a year, with apartments, etc. Mr. Sutcliffe's qualifications are M.R.C.S., Eng., L.R.C.P., Lond. He was formerly resident physician at Brompton Hospital, and has also had experience at the East London Hospital. At the time of his appointment he was Assistant Medical Superintendent at Frimley Sanatorium, Surrey, where he had served for eighteen months, under Dr. Paterson, who has recently been appointed to be Medical Director of the Welsh National Scheme for treatment of Consumption.



Photo by White.

Mr. A. Gibb (Mayor of Ipswich, 1910).



Photo by Swan.

The Town Clerk (Mr. Will. Bantoft).



Mr. Arthur Pearce.

"In the name of the King."

9

When the Ipswich Committee were going round visiting the sanatoria of the country they were very much impressed by the methods and results at Frimley, which they



Photo by Norman.

The Mayor of Ipswich (Mr. F. E. Rands).



Photo by Norman.

The Mayoress of Ipswich.

considered to be the best of all that they inspected, and therefore they consider the Ipswich Sanatorium is extremely fortunate in having secured "a Frimley man" to take charge. Mr. Sutcliffe took up his duties on May 14th.



General View of Sanatorium and Part of the Grounds.

The Sanatorium Described.

"Health is the vital principle of life."
(Thomson.)

SIMPLICITY may be said to be the outstanding feature of the Ipswich Sanatorium, as looked at by the ordinary observer; but when carefully inspected with a guide who has intimate knowledge of its construction it will be found that a great deal of thought has been given to it and much ingenuity displayed. The buildings have evidently been most carefully designed for the special purpose for which they have been constructed, and the convenience of everyone who will have to use them has been studied. The architect was Mr. H. Munro Cantley, whose designs were submitted to and approved by the Executive Committee, of which Alderman W. F. Paul was chairman. The builders were Messrs. E. Catchpole & Sons, and various machinery, appliances, fittings and furniture have been supplied by other Ipswich firms, whose names will be mentioned later.



A View from the Sanatorium Grounds.

The entire site devoted to Sanatorium purposes is 16½ acres in extent, and forms part of a very charming undulating heath on the right-hand side of the Foxhall Road, about two miles out of the town. It is approached by a drive which has been thoroughly well made up and coated with gravel. This is entered by a pair of handsome gates of wrought-iron and bronze, made by Messrs. Humphries, Jackson & Ambler, of Manchester, and presented to the town by Mr. William Pretty. In the upper part of the gates are bronze shields on one of which, on the right-hand, are the words, "Ipswich Sanatorium, 1912," and on the other the borough coat of arms.

Beside the gate is a picturesque lodge of red brick with the upper portion rough cast, the approach as a whole forming a very pretty picture, as will be seen by a glance at our frontispiece. On the front of the building is a memorial stone, bearing the following inscription:—"Ipswich Sanatorium: erected by voluntary subscriptions, as a Memorial to King Edward VII., the site being presented by Mr. E. G. Pretyman, M.P."

A walk or drive along the excellent new road, made at a convenient gradient, brings one in a few minutes to the Sanatorium buildings, which, against a background of dark pine

trees, present a very pleasing appearance, and when they have become mellowed by time the structures will look even more picturesque than they do to-day. They are built of red brick, with the upper portion of the wall finished in cement, rough cast and distempered white. The roofs are covered with hand-made Suffolk plain tiles from Messrs. Bolton and Laughlin's brickyards. The lower part of the walls is hollow to keep the damp from going through.

The first building that the visitor to the Sanatorium encounters is what is known as the Administration Block. This is a long structure of two storeys, which contains a large variety of rooms, comprising the whole of the accommodation for the medical superintendent, matron, and staff; and also in the central portion on the south side the patients' dining room, a large and airy apartment. This room is entered at each end from the south by means of covered ways or verandahs, one being for the female patients and the other for the male patients.

These verandahs are utilised for keeping the knives, forks, spoons, and crockery of the patients, each patient having three plates and a mug in white stone china and a knife, fork, and spoon of their own, to accommodate which the verandah has been fitted with special racks with numbered sections. The beds occupied by the patients will be numbered correspondingly so that the patients can always identify their own crockery, etc., and, in fact, everything the patients use, their boot cupboard, coat hook, etc., are all numbered. After a meal the patients wash, dry, and put away their own plates, etc., used at the meal. For this purpose there is at each end of the dining hall a small narrow room containing a number of deep porcelain sinks, supplied with hot and cold water, where the washing can be performed. Some will have to wait their turn to do their "washing up," but the operation will be very quickly performed, as it is done with water at a very high temperature and with a mop. As they finish washing their crockery the patients will make their way to the verandah, where they will get a numbered towel provided for each, and having wiped the things will put them away in the proper places. The meals will be served from a large kitchen adjoining the dining room, fitted with every modern appliance suitable for extensive cooking operations. These have been supplied by Messrs. Hunt & Co., Ipswich, and include a very large cooking range as well as a steaming closet and two large steam-heated boilers for tea, etc. A substantial dresser, plenty of cupboards, and a large table in the centre complete the equipment of the kitchen, which is well lighted from the roof by means of swing windows, quite easily opened by a patent contrivance with screw action, these affording abundant ventilation.

With the remainder of the Administration Block the patients have very little concern. Access to the various apartments is afforded both on the ground floor and first floor by a long corridor running almost the entire length of the building. On the



Alderman Paul at the Sanatorium Main Entrance.

ground floor the chief entrance is at the north-west corner, and to the right of the vestibule is the suite of rooms set apart for the medical superintendent. The doctor's sitting room and some of the other rooms are fitted with very charming fire-places, specially designed by Mr.

Mr. Cautley and supplied according to his drawings by Messrs. Hunt & Co. Conveniently adjacent to the superintendent's quarters are the consulting room (which will be the business room of the place), the surgery, and the patients' waiting room, the last named being entered from the corridor on the one hand and the male patients' verandah on the other.

On the north of the corridor is the matron's

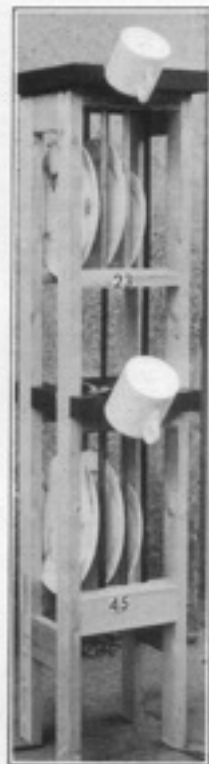


Central Bay of Patients' Block.

sitting room, adjoining which is the dining room for the nurses. Next come numerous store rooms and pantries for the keeping of provisions, vegetables, and food of all kinds, each being specially fitted up for a definite purpose. Beyond this will be found the servants' dining-room and sitting-room and the domestic offices.

On the first floor over the medical superintendent's quarters are a pleasantly situated sitting-room for the nurses and the matron's bedroom. In convenient proximity are a bath-room and other conveniences, and a series of bedrooms for the nurses. Passing through a door in the corridor one finds the servants' quarters, which are also entered from separated stairs at the eastern end of the building. The servants have their own bath-rooms and conveniences. All the rooms are lighted by electricity, and there is telephonic communication between the rooms of the superintendent and matron and various parts of the institution.

The building allotted to the patients is built in the form of a crescent, the ends of the arch being towards the south. The women have both floors of the east wing, and the men have the rest of the building. Between the Administration Block and the Patients'



Crockery Rack.

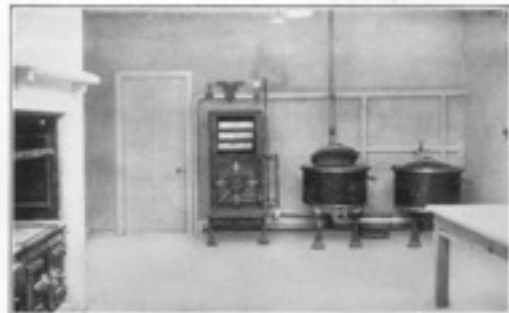


The Administration Block.



The Patients' Block, facing south.

Block the ground falls several feet, and the bank which lies between the two buildings is broken in two places by steps from which pathways lead respectively between the male and female blocks and the Administration Block. The patients practically monopolise the oblong two-storey building, which is little more than the width of a single room except for two sanitary blocks projecting at the back. There is, however, a night nurse's sitting-room, which is supplied with an indicator connected by electric wires with every patient's bed. The accommodation for patients is for 45 men and 20 women, and comprises 19 single rooms, 14 double rooms, and six three-bedded rooms. The patients are not supposed to occupy these rooms, except when they are too ill to go out or have retired to rest. Each is fitted with electric light and a push bell at the bed head. The patients' rooms on the ground floor are all entered from the back or north



*The Kitchen.



*The Dining Room.

can be left open as well. On the south side of the room is a very large double louvre door, and in fine weather both sections of the door will be folded back leaving the aperture wide open. In exceptionally stormy weather the louvre doors can be closed, but will still admit a large amount of air while keeping out the rain. Outside the louvre doors is a concrete terrace leading by means of two sets of steps to the ground in front of the building.

the back or north corridor by an ordinary door, over which is a fanlight which will be practically always open. If desired, the door



The Washing Up Room.

*Not completely furnished.



Balcony in Patients' Block.

casement, in quite original fashion. The fittings to the doors and windows throughout have been supplied by the St. John's Engineering Works, Ipswich, and of especial interest is the "rattle-proof" casement window fastener, and spring catch for fastening back the doors of patients' bedrooms, which have been expressly designed for the Sanatorium by this firm.

The floors in the dining hall, the residential quarters, and some other parts of the Administration Block are red deal laid on bitumen mastic over breeze concrete, which gives a very solid and dry flooring. Excepting these and the first floor rooms of the Patients' Block, the whole of the floors are in granolithic paving, laid by Watling and Co., Ipswich.

In the Patients' Block an electric bell push is fitted quite close to each bed and bath (73 in all), connecting with a specially designed indicator fixed in the nurses' room, showing the number of the bed, also the room and the section of the building. The

fronting the terrace is a steep grassy slope of some seven or eight feet. The first floor is reached by two easy flights of stairs constructed of teak, and, while not of extravagant design, these present a handsome appearance. The first floor rooms differ from those on the ground floor by having no door at the back but only a high window. This is the first Sanatorium built with an open air gallery at the back, the idea being to enable the patients on the ground floor, who get the full benefit of the sun in their rooms in the summer time, to put their beds out there. Those on the first floor have a wide covered balcony in the front, which shields them from the sun to some extent.

The sanitary blocks on the north side contain bath-rooms, lavatories, a boot-room, and a cloak-room; this last, which contains a huge hot cylinder, can be used for drying the patients' clothing when they happen to get wet in the course of their exercises or work.

The architect has been able to overcome that bugbear of most institutions, the rattling window



Patient's Bedroom.

nurses' room in this block and the several departments of the Administrative Block are all connected by a set of Sterling "Primax" Automatic Interphones. This work has been carried out by Messrs. Martin & Newby, Electrical Engineers, Ipswich.

The baths, supplied by Messrs. Hunt & Co., are of a special description, each fitted with shower bath. The baths are all placed askew in the room, so as to leave a space all round them.

A memorial tablet has been placed on the front of the Patients' Block, containing a similar inscription to that on the Lodge at the entrance.

The only other buildings that call for mention are those contained in the Engine Block, where the resident engineer has a house, and there are close by the boiler house, engine room, electrical plant, laundry, &c., referred to subsequently. Under this roof also will be found the laboratory for research work and the sterilising room, which have been fitted out by Messrs. Hunt & Co.

Water has been laid on to the Sanatorium from the borough supply, the work having been carried out by the Waterworks Committee under the superintendence of the engineer, Mr. C. W. S. Oldham. Nearly two miles of 3-inch pipes have been laid.

The furniture for the institution is of a very simple character, and the orders for it have been divided amongst various tradesmen in the town.

As it stands completed, the institution is one that will bear the scrutiny of the most critical, from any point of view. It is well designed in accordance with the best principles in regard to the treatment of consumption, it is well built and well situated.

Although it is a sufficient distance from the town to give it a delightful rural aspect and the purest air, it possesses every advantage that the best class of town residence could boast—efficient sewage disposal, an excellent water supply, and electric light throughout.

The cost of the buildings will be about £10,000, the original contract being £9,335. The machinery, etc., has cost about £2,500, the furniture about £1,200, the laying of the sewer and of the water pipes within the Sanatorium boundaries £350, the chimney shaft cost £100, the fencing cost £500, and the road and paths £300. In addition, there will be about £700 to pay for architect's commission and sundry expenses, making a total which at present can only be roughly placed at £15,650. When all is settled up the total cost will probably not be far short of £16,000.

It has cost the borough £800 to lay the sewer to the gate of the Sanatorium, and for this a loan has been obtained. The laying on of the water up to the gate



A Pretty Porch (Patients' Block).

of the institution cost £500, which will be paid by the Waterworks Department. What may be called "the grounds" attached to the Sanatorium are very extensive, and well suited to providing exercise of various sorts for the patients, while from all



The Medical Superintendent
(Dr. W. F. Sutcliffe).



Photo by White
The Architect (Mr. H. Munro Castley).

parts of their retreat will be some charming views. The soil is very light, being chiefly grey sand with a peaty layer on the top. At present the unbuild-on area is practically covered from end to end with bracken, much of which will doubtless disappear in the course of a few years, giving place to various forms of cultivation.

A ground plan of the Sanatorium appears on page 46.



Entrance to Ipswich Dock.

The Engineering Features.

By Mr. W. REAVELL.

"With all appliances and means
to boot."
(Shakespeare.)

THE engineering features of the Sanatorium are interesting, as they comprise a complete plant for heating, cooking, electric lighting, laundry, and sewage disposal.

The machinery is installed in a separate block of buildings, standing in a corner of the site. The steam required is provided by two Cornish boilers, 18 ft. long by 6 ft. diameter, supplied by Messrs. E. R. & F. Turner. They are erected in a conveniently arranged boiler house, and provided with a gracefully designed chimney, which is 60 ft. in height.

Immediately adjoining the boiler house is the engine room, which contains two high-speed, enclosed electric lighting engines, by Messrs. Reavell & Co., Ltd., which are directly coupled to dynamos, supplied by Messrs. Cromptons. At the end of the engine room is a switchboard containing the necessary electrical instruments, and immediately adjacent to it is a battery room. The whole of the arrangements for the electric lighting throughout the buildings have been designed by Mr. Frank Ayton, to whom the Committee are much indebted for the care he has bestowed on the work. The electrical equipment has been supplied and erected complete by Messrs. Mann, Egerton & Co., Ltd., of Ipswich, and has received the personal attention of their manager, Mr. Redgment.

In the engine house are also installed two air compressors, by Messrs. Reavell & Co., Ltd., which are required in connection with the sewage disposal scheme. The principle adopted is the well-known "Shone" system, and the ejector actually used has been supplied by Messrs. Manlove, Allott & Co., Ltd., of Nottingham. By means of compressed air the ejector automatically delivers the sewage into the Ipswich Corporation system.

The electric lighting engines referred to are also arranged so that they can drive overhead shafting, which is carried through into the adjacent rooms, which are fitted up as a laundry. All the necessary machinery for cheaply and expeditiously dealing with the laundry work has been supplied by Messrs. D. & J. Tallis, Ltd., of Clydebank, Scotland, and erected by Messrs. H. Warner & Son, of Ipswich. The arrangements for



The Engine Block.

ironing call for special comment, as the old-fashioned irons have been replaced by electrical appliances, which will undoubtedly be much appreciated by those working in the Laundry. Owing to the fact that the Sanatorium is provided, as stated above, with its own complete electrical equipment, this method of ironing is made feasible.

The reason why steam boilers and engines are used instead of internal combustion engines is that steam in any case is wanted in large quantities for the heating, cooking, etc., throughout the establishment, so that, under the circumstances, it is more economical to do the whole of the work by steam. We therefore describe this portion of the equipment next. In the first place it should be noted that the Sanatorium has the advantage over the town of Ipswich in regard to the water provided for baths, cooking and all other purposes, because this water is suitably treated in an apparatus which considerably softens it before use.

This water softening apparatus is of the "Boby" type and is placed in the boiler house, and, after softening, the water is delivered by an automatically-controlled electrically-driven pump to a large service tank in the Administration Block, from which it passes by gravity to the various points at which it is drawn off. A

steam supply from the boilers is led through underground pipes, in a suitably constructed trench, to the Administration Block and to the Patients' Blocks. It is



Mr. W. Reavell.

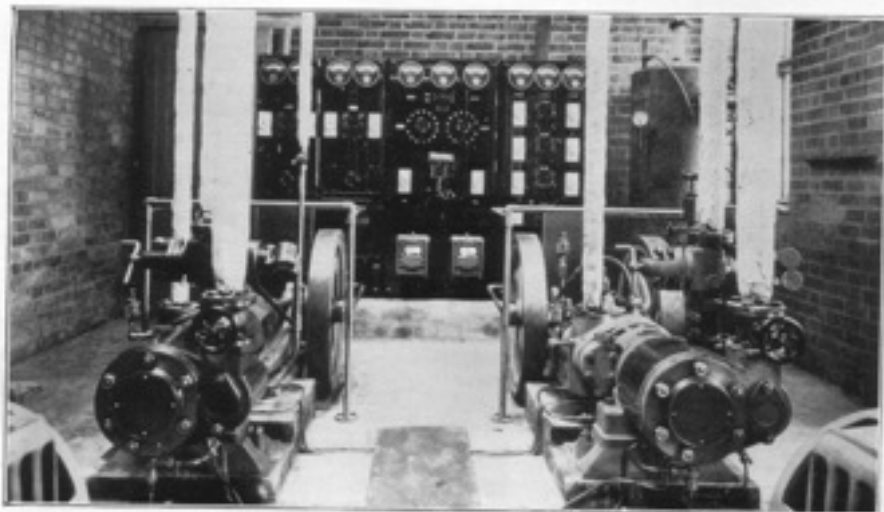


The Boiler House.

there passed through separate calorifiers, provided for boiling the water either for cooking, scullery work, baths, heating, or as may be required, and the virtue of the softening apparatus is that these vessels will thereby maintain their original efficiency.

because they will not be continuously covered with incrustation, due to hardness of the water.

The steam used in this way is naturally condensed in the coils of the calorifiers, and, by special steam traps suitably arranged, the whole of this condensed steam is returned to feed tanks in the boiler house and is again pumped into the boilers, thus economising very largely in the amount of water used. The steam is also carried to the kitchens, where it is used in separate jacketed vessels provided for numerous purposes, such as steaming vegetables, making soup, tea, etc. The large carving table, which is provided in the dining room, is also steam-jacketed and provided with a steam-jacketed plate rack. The steam thus used is also returned to the boilers again after condensation.



Engines and Switchboard for Electric Light.

Supplied from the same source of heating are hot water radiators, provided in the dining hall and other rooms where heating is desirable. All of the baths in the Patients' Block and Administration Block are also supplied with hot water from the same source. The pipe work in connection with the Sanatorium, for the whole of the above purposes, has been carried out in an admirable manner by Messrs. Warner & Son.

The whole of the appliances are of the most modern description, and very efficient results should be obtained when the institution is in regular working order.



The Sanatorium Movement.

By Dr. A. M. K. PRINGLE.

*"I see some sparkles of a better hope."
(Shakespeare.)*

FIFTY years ago the attitude of the medical profession and of public opinion towards the consumptive was one of hopeless pessimism. To-day the opposite is the case. It is now realised that the consumptive, if taken in hand reasonably early, has a definite chance of recovery. This change of view has been brought about by the progress of medical knowledge and the experience gained by the adoption of more rational methods of treatment.

The cause of the disease has been discovered, and the remarkable fact has been proved that a very large number of people have suffered from consumption of the lungs who have never been known to suffer from lung trouble at all; who have, in fact, lived down their tuberculosis attack, and have died from some other cause. It is clear therefore that this large proportion of people must have been possessed of some physical property that enabled them to bring about the spontaneous cure of their disease. This quality we designate resistance. Thus we arrive at the conclusion that large numbers of people have such high natural resistance to the attack of consumption, that they are able, quite unconsciously, and without any help, to cure themselves. It is therefore a very reasonable conclusion that victims of the developed disease, if in an early stage, may by suitable treatment directed to the raising of their resistance, achieve the same result.

It is, however, also very evident, that if suitable conditions raise resistance, unsuitable conditions will lower it. We must also remember that it is that portion of the community which is naturally possessed of low resistance, that provides the patients who suffer from the developed disease. This is the class who are popularly recognised as having a consumptive tendency. Thus we conclude that consumption is the expression of a negative rather than a positive quality. The patient develops consumption because he has not got the necessary quality to resist the attack of the germ causing the disease.

Now, a very large proportion of consumptive patients live under unsuitable conditions. We express this idea when we say that poverty causes consumption. Poverty means in this relation an unsuitable home and unsuitable food. The home is unsuitable because the house is a poor one, with limited accommodation; hence overcrowding, not only of houses upon area, but also of the number of inhabitants per house. Poverty means, very often, squalor and intemperance; its means also, poor and insufficient food. If these things be expressed in terms of tuberculosis, they mean lowering the power of resistance to the attack of the germ, so that the patient falls an easy victim to the disease. If such a patient is to be cured he must be removed from the conditions which have caused the lowering of his vitality and placed under conditions which will raise his resistance. Without entering into details, we may state that the principle is now generally recognised that the fundamental requirement of the consumptive is fresh air.

It has been well said that fresh air is the food of the lungs. Fresh air is the prime necessity of the consumptive, and without it all other treatment is futile. This explains how hopeless was the treatment of the case in the old four-poster bed, surrounded by curtains, where every effort was made to exclude the one prime necessity—fresh air. Draughts were avoided as the plague. It is true that even now we object to a draught, but people forget that the wider the window is open the less is the draught. Reliance was placed on coddling the unhappy patient. Drugs of all kinds were administered in the hopeless struggle. Nowadays we do just the opposite. We discard the drugs to a large extent and place the patient in a bath of pure fresh air.

The Sanatorium movement therefore began in order to supply, under suitable conditions, an unlimited supply of pure fresh air. In the effort to obtain the air, in the early days, people spent large sums of money in obtaining treatment in Switzerland and elsewhere. Australia, for example, was looked upon as a consumptive's paradise. We now recognise that, as Henry Macormac put it nearly 50 years ago, "The materials for the possible recovery from phthisis lie around every door." Consumption can be treated with quite as satisfactory results in this country as in any other part of the globe.

It is evident that Switzerland, etc., is only possible to those who can afford the cost. It is also true that only a small proportion of consumptives are in this position.

Therefore, there can be no Sanatorium for the poor except that provided by charity or by the local authorities. At the time of writing, a great movement for the poor consumptive has been started by the Insurance Act, and many Sanatoria will be built by the insured for the insured. Thus the question of poverty will be answered to a very large extent. The vast majority of consumptives will in time be able to obtain Sanatorium treatment. The training they will obtain in a Sanatorium will accomplish one more thing. It will be the means of uprooting a hide-bound hopeless tradition—the prejudice against the open window. The knowledge obtained in the Sanatorium dissipates the bogey of draughts. People will find that it is not fresh air that kills, but its absence. If for no other reason, the lesson taught will be of untold value to future generations. The Sanatorium movement means the death of a shibboleth which has caused more misery than any other piece of ignorance in a world given over to ignorance and folly.

The Sanatorium movement began about twenty years ago. Since that time many Sanatoria have been built in this country and much knowledge has been gained. At first it was thought that the proper thing to do was to supply fresh air, and to stuff the patient like a pig and to put him at rest. The fresh air, it is true, did his lungs much good. The rest and the food caused him to put on weight. But it was fat, not muscle, and when discharged from the Institution he was more often than not quite unfit for work, and his resistance was not found to have been raised.

Gradually other conceptions have arisen, and the most modern methods of treatment in the Sanatorium recognise the essential value of exercise. Into the scientific part of this side of treatment it is unnecessary to enter. Suffice it to say that exercise is as necessary as rest, and that the best adaptation is graduated exercise. Under this system when the patient is well enough he is put on exercise, gradually increasing in violence until he is doing a full day's hard manual labour.

The result is that when the patient leaves a modern Sanatorium, carried on under the latest methods, he is fit to return to his everyday work. He has put on muscle, not fat. He has not learned to be a "slacker," a thing that frequently happened in the early days of Sanatorium treatment. He is fit to earn a full day's pay, and he knows in doing so, not only that he is earning his pay but that he is keeping up his resistance, and treating his disease.

The capacity to earn a full day's pay has another essential advantage. It enables the patient to purchase the necessary food. This is essential to the maintenance of resistance, and is only possible when the patient is discharged with his full working capacity restored.

We may sum up by stating that the modern Sanatorium secures its results by:—

- (1). Supplying an unlimited supply of pure fresh air.
- (2). By providing the patient with the necessary food of suitable quality and quantity.
- (3). By securing the necessary rest.
- (4). By securing the necessary exercise, graduated according to the requirements of the case.
- (5). By securing the whole of these necessities under constant skilled medical advice and control.

Finally, in all Sanatoria, good and bad, the patient is taught how to prevent himself from being a source of danger to others.



Some Ipswich Workers.

"Tolling, rejoicing, sorrowing."
(Longfellow.)



Oswell Works.



Waterside Works.



Pretty's Factory.



The workers of Ipswich have a good claim to be considered as equal to any in the country, not merely as regards industry, but in intelligence and thrift. The local Friendly Society lodges afford evidence of both the last-named qualities, and in membership and soundness these bodies compare well with those in other East Anglian towns. The workers give splendid support to the East Suffolk and Ipswich Hospital, having their own Committee for raising an annual contribution, and they

also contributed well towards the cost of the King Edward VII. Memorial Sanatorium. The very long period which many of the men have been with their employers, shows the good relations which exist between masters and men in Ipswich.



Grey Friars and St. Peter's Works.



Ranleigh Works.

Pleasure Grounds of Ipswich.

"Who can paint like Nature?"
(Thomson.)

ANYONE with a fair knowledge of British towns and who has made himself at all well acquainted with the county town of Suffolk will recognise that there are few towns of the size and population of Ipswich so well endowed with public parks and gardens. These pleasaunces for the people are in some cases of remarkable beauty. Where shall we find, for instance, a more delightful natural park than that which is situated in the heart of the town—Christchurch Park? Here we find nature in one of her most bountiful and exquisite moods. The uplands are dotted with splendid oak trees, many of them gnarled and twisted by time, relics of the period when the Park was virgin forest; others of more graceful contour and juvenile appearance, which will by and by replace their forest forefathers. In this bright month of May, when we are writing, the hawthorns which are to be found all over and around the Park, some of which must almost vie in age with the big trees, are smothered with pink and white blooms. So likewise are the magnificent chestnuts, until the landscape is positively glowing with colour. Elms, willows, alders, beeches, plantations of pine and fir trees, poplars o'ertopping all the rest, and a vast variety of smaller and more ornamental trees, some in contiguity to the big pond, which is greatly frequented by interesting wild-fowl and other birds, make this spacious Park of over fifty acres one of the most delightful public resorts in the country.

The Ipswich public have not only this and other parks and gardens in which to rest, refresh and disport themselves; they are the proud possessors of one of the



Christchurch Park—"A Pretty Bit."

finest old mansions in the Kingdom. There are few better examples of Tudor domestic architecture than Christchurch Mansion, the erection of which dates from somewhere about the middle of the sixteenth century, and which stands to-day with its ruddy, mellowed complexion presaging many more centuries of honoured existence. No



The Round Pond and Mansion in Christchurch Park.

need to describe its architectural features, which are common to most of the mansions of the period, or to recall the fact that Queen Elizabeth stayed there. The interior, which is in admirable preservation, is a museum of art and archaeology, excellently arranged and cared for, and there the public are free to linger at their leisure and



By the Wilderness Pond, Christchurch Park.



Swan's Retreat.

pleasure. A miniature Zoo, especially rich in certain classes of wild birds; ornamental ponds, one of which is utilised in the season for miniature yacht-sailing, and adjacent gardens or Arboretums, as they are locally styled, complete the attractions of Christchurch Park, which was purchased by the Corporation in 1894. The Mansion was added as a gift by the late Mr. Felix Cobbold.

To flower-lovers and those who like the ordered delights of spacious well-kept lawns and gardens, the public or Upper Arboretum presents many and great attractions. This, like the Park, is open daily free to the public, and, while kept in perfect taste and good order, its undulating lawns and the glimpses it affords of the hills and wooded downs of the adjacent Park take away any thought of the primness and monotony, which one usually associates with landscape gardens.

The Lower Arboretum is semi-public, that is admission is gained by the payment of a fee of threepence, or a small annual subscription, and it is largely availed of by residents in the locality—one of the best residential portions of the town. Here there are beautiful lawns, and a "putting green," much used by those who appreciate the less strenuous form of the "Royal and ancient game." This enclosure is used for garden fêtes and occasional hand



A Sunny Slope in Christchurch Park.



Sunday Afternoon in Christchurch Park.



Duck's Nesting Pond, Christchurch Park.

performances, as is the Upper Arboretum, which also, as a rule, is the scene of the Summer Show of the local Horticultural Society.

But Ipswich is a large and widespread town, and needs more breathing and beauty spots than those already described. The Corporation secured what is known



as the Recreation Ground, consisting of some fifteen acres, more than a dozen years before Christchurch Park was opened to the public. It lies in a populous part of the town, near to the River Gipping, and has been excellently laid out, both for rest and recreation. There is plenty of greensward, shady shrubberies, neatly kept flower beds,



Two Views of the Upper Arboretum.

and gravelled paths, with a spacious cricket, football or sports field, which is made the best use of during the season. It is always verdant and well-cared for, like, in fact, all the parks and recreation grounds of the Borough, and the scene it presents on a Saturday, or holiday afternoon in the summer time, is particularly gay. A sand heap has been added, and Mr. B. H. Burton provided 1,000 spades and pails for poor children.



Recreation Ground, Alderman Road.

Alexandra Park serves another large and populous district, made up chiefly of the parishes of St. Helen's and St. Clement's. It comprises nearly a dozen acres, and was purchased by the Corporation, and opened in 1905. Situated on high ground, it is well-wooded in parts, while it affords some fine views, overlooking the town and docks. Here the children can play without let or hindrance, and as an aid to their enjoyment swings, etc., are provided.

At the time of his death Mr. Felix Cobbold was engaged in arrangements for the transfer to the Corporation of some forty-five acres of the Gippeswyk Park Estate, adjoining the Great Eastern Railway Company's main line. This Park originally belonged to Lord Gwydyr, from whom it was purchased by Mr. Felix Cobbold. Before



Recreation Ground—Distribution of Spades and Pails for "Ipswich by the Sea."

his death Mr. Cobbold directed that it should be fenced in continuously as far as necessary with iron railings, and Gippeswyk Park has become much patronised by various sports and athletic clubs. In the summer, cricket matches are played upon it, while during the remainder of the year several football matches may be seen in progress, the Ipswich and District League and the Ipswich Junior League using it, in



Gippeswyk Park—Gift of late Mr. Felix Cobbold.

addition to minor teams. The Park lends itself admirably to other kinds of athletic meetings and holiday fêtes.

Yet another public recreation ground was presented to Ipswich by a member of the Cobbold family. This is the Racecourse Recreation Ground, consisting of nearly twelve acres, which was given to the town by Mr. John Dupuis Cobbold, in 1897, as a memorial of the late Queen Victoria's Diamond Jubilee. It is situated on the outskirts of the municipality, and serves the eastern extremity of the borough. The increasing number of houses now being erected in the extension of the Felixstowe Road and the Hatfield Road, give promise of this becoming a considerable suburb, and in the future the Racecourse Recreation Ground, which is enclosed, and has good accommodation for cricket and football clubs, should be increasingly useful.

Ipswich is not merely rich in parks and playing grounds, it has many beautiful country walks in its vicinity, and presents singular attractions to visitors, as well as to residents, by reason of the charm of the surrounding country. Within the town itself



Corner of Alexandra Park, showing Drinking Fountain given by the late Alderman C. H. Cowell.

there is the Esplanade alongside the River Orwell, planted with umbrageous lime trees, and provided with numerous seats, and this is a very favourite promenade in the cool of the summer evenings. The Tuddenham Road, lined with grey green poplars, is a charming walk, soon emerging into the country. Prettier still is the



Stoke Bathing Place.

Belstead Road, past a number of handsome private residences, which stand in their own well-cared-for grounds, the road leading in the direction of Stoke Park, the seat of Lord Gwydyr.

A particularly favourite walk is to Gainshorough Lane, which has been immortalised in one of the great Suffolk painter's most famous pictures. Extending this walk, one can skirt the right bank of the Orwell, in the direction of the delightful villages of Nacton and Levington. Nothing more typically Suffolk is to be found in the vicinity of Ipswich than Nacton, which is associated with a thrilling episode in the life of that local heroine of romance and reality, Margaret Catchpole. On the



Stoke Bathing Place—The Free Bath.

opposite shore is the picturesque little riverside village of Pin Mill, a miniature port, with numerous small sailing craft lying at anchor.

Yet another pleasant walk is that along the Woodbridge Road, past Rushmere Heath and the Golf Links, a fine 18-hole course, with a well-appointed Club, rejoicing in a



The Promenade.

numerous and influential list of members. The walk can be continued over the heath to Foxhall, or in the direction of Martlesham. On both sides of the Woodbridge and Felixstowe Roads are magnificent stretches of gorse-clad heathland, and these are favourite resorts of artists. On the opposite side of Ipswich are roads leading in the direction of the villages of Bramford, Sproughton, Whitton, and Claydon; and charming walks are to be obtained here, and also along the banks of the River Gipping. Altogether Ipswich has delightfully rural and picturesque surroundings, and it is difficult, if not impossible, to exhaust its interest and charm.

Nearly the whole of the pictures in this book have been reproduced from photographs taken by Mr. W. Downes, of Ipswich.



West End Bathing Place.



Sproughton Lock.

The Great White Horse Hotel is inseparably associated with Ipswich and Ipswich with the Great White Horse Hotel. Linked with both is the great name of Charles Dickens, whose story in "The Pickwick Papers" has delighted millions and will, no doubt, delight millions more. A large amount of more or less futile discussion has taken place regarding the location of many incidents in the entertaining narrative of the exploits of Mr. Pickwick, but there has never been any doubt about that worthy's adventure with the lady in the yellow curl papers having taken place at the Great White Horse Hotel, Ipswich.

The identical bedroom can be seen there to this day, and it contains the identical four-poster through the curtains of which Mr. Pickwick espied the lady who had entered what he thought was his room. It may not be possible to exhibit Mr. Pickwick's candle-stick in which his flickering candle expired, nor the tasselled night-cap which he produced from nowhere and tied firmly on his head just before the lady made her appearance, but there is the scene reproduced in truthful semblance, and on it many hundreds of visitors have gazed in rapture.



The Great White Horse Hotel.

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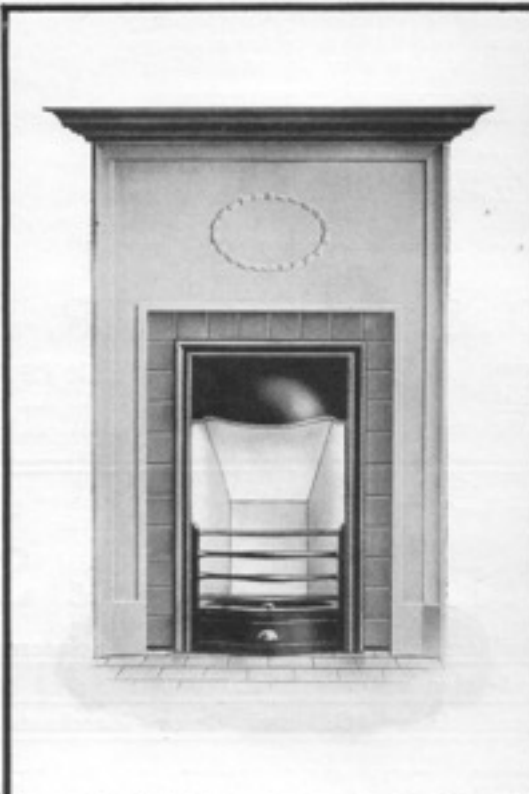
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THE IPSWICH SANATORIUM:
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The Ipswich Hospital.

"A heart to pity and a hand
to bless."
(Churchill.)

THE EAST SUFFOLK AND IPSWICH HOSPITAL may be regarded as quite a modern institution, the recent improvements, begun in 1907 and completed three years later, bringing the institution on a level with some of the best provincial infirmaries. The original Hospital, erected in 1836, consisted only of the central block, with its Ionic columned portico. In 1869 a storey was added, the lower and upper wards for women were built to the west, and the lower and upper wards for men to the east. Later on children's wards, men's extension wards, nurses' wing, the chapel, and the Bartlet out-patient department were added.

The main features of the great scheme of improvement which has transformed the Hospital into a modernised infirmary, are a new administration block, a new operating



East Suffolk and Ipswich Hospital.

theatre with its adjuncts, a new detached isolation block in the north-west corner of the grounds, and a range of buildings comprising laundry, mortuary, &c., along the north-east borders of the property; the internal arrangements of the old buildings having also been modernised. The last mentioned are by no means unimportant items where so much depends on perfect sanitation. Some 1,800, or 1,900, square yards of glazed wall tiles have replaced the germ-harboring match-boarded dados; the wasteful and ineffective fireplaces in the old rooms and wards have been replaced by modern slow-combustion grates, with tile hearths; an elaborate installation of electric lighting and power has been introduced; there is a fine electrically-operated lift on the east side of the north corridor. This lift means that a patient may be brought from the outside on an aseptic trolley on rubber-tyred castors and deposited on the upper floor without jolt or jerk. This is a great advance on the old days of stretchers and perspiring porters.

The Hospital contains a large number of wards, which there is not space to fully describe here. The Goodrich ward on the eastern ground floor, contains 15 beds, and is adjoined by the lower floor of the Victoria wing—which forms an extension of the

ward—containing 11 beds, and over these wards is the Felix Cobbold ward with its Victoria wing extension, the number of beds being the same as on the ground floor. On the western side of the building the ground floor ward contains 16 beds and above is another similar ward. In place of the Victoria extension there is on this side the Children's wing, also known as the Cobbold wing, after one of that family, several members of which have very generously contributed to the cost of its erection. Quite recently balconies have been added at the expense of Mr. John D. Cobbold, on which many of the children can be accommodated either permanently, during their residence at the Hospital, or from time to time for the purpose of play. These balconies are so constructed as to enable the children to live entirely in the open air, though they can be protected from the wind and rain. There are 45 cots in all in the Children's wing, about equally distributed between the two floors. Sixteen of the cots are always on the balconies, which virtually form extensions of the wards.

The operating theatre annexe is situated at the end of the west corridor, and is an entirely new building. In the anaesthetising room patients are anaesthetised prior to being admitted to the theatre. In the north wall of the room is a large steel sashed window, fitted with an outside steel revolving shutter, operated by a crank and gear from the inside, to enable the apartment to be used for ophthalmic operations performed by artificial light. In the spacious and lofty theatre the upper two-thirds of the north wall, as well as the entire north slope of the roof, is occupied with a steel casement, glazed with frosted plate-glass. There is the most effective provision for sterilizing all the instruments, dressings, etc.

Space does not permit of full details being given of other adjuncts, such as the scullery and kitchen, the arrangements being such that now most appetising and hot meals can be sent in a closed dinner waggon, running on rubber-tyred wheels to the various wards. This is a great improvement on the old state of affairs when luke warm meals were the rule.

A great help to the Hospital was the gift of the Out-Patient Department by Dr. J. H. Bartlet. It is a detached red building, just within the principal entrance. There are consulting and examination rooms, one of which can be darkened for the use of the ophthalmic surgeon. The building has its own hot water supply, and there are surgery, dispensary, refreshment buffet, etc., attached.

The new isolation block has two floors and attics. An air current isolates the northern from the southern part, so that the risk of patients suffering from one infectious disease communicating it to others is minimised. On each floor are bath-rooms, kitchen and range, hot water boiler, etc.

At the west end of the laundry, bordering Ivy Street, is a department consisting of an infected room, a disinfected room, and a mattress store. There is a system by which mattresses, bedding and clothing can be fed into a machine from the infected end and after being vacuum treated, steamed at 20 lbs. pressure, and finally subjected to a current of hot pure air, they are taken out at the disinfected end ready for use.

The laundry proper is on quite up-to-date lines, there being special washing machines, drying machines, starching troughs, ironing machines, mangles, cuff and collar ironer, flat iron stove, etc. Near by is the bacteriological laboratory, under the



Mr. J. D. Cobbold Opening Children's Balconies



Patients' Trolley in the Electric Lift.

supervision of a specialist member of the hon. medical staff. All the accessories and fittings are modern.

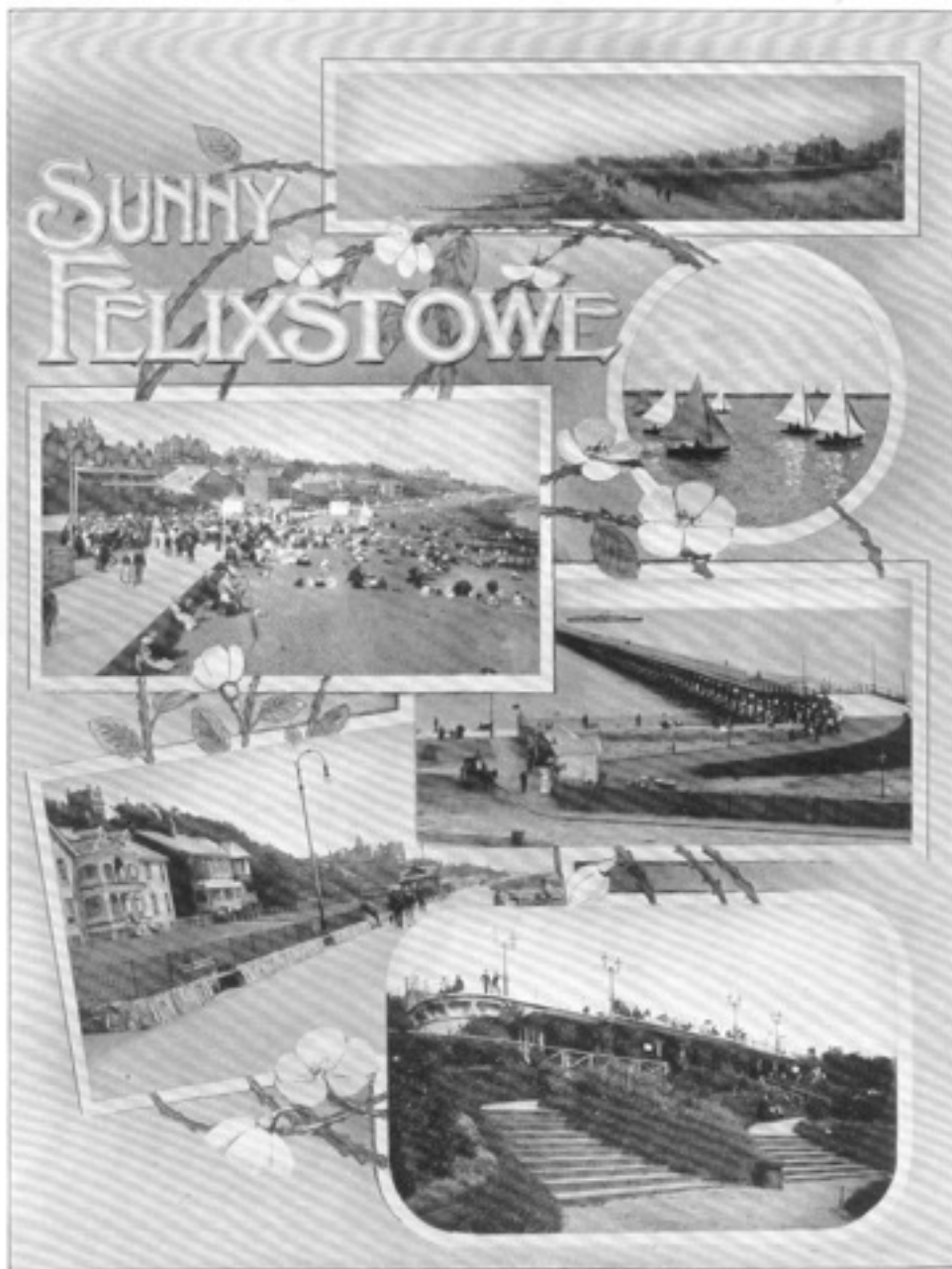
Another scheme for the improvement of the Hospital has just been entered upon, based on plans prepared by Mr. Cautley, and virtually amounts to an extension of the electro-therapeutic department. It will include a small casualty theatre for minor operations and provide more accommodation for X-rays work, etc. Mr. John D. Cobbold is providing the whole of the furniture required—a generous gift—and the various improvements as regards the comfort of patients and the efficiency with which they will be treated will thoroughly justify the other expenditure necessary, which will be drawn from the invested capital of the institution unless contributed from some unexpected quarter.



Children's Open Air Balconies.



Inside Views of Children's Open Air Balconies.



Sunny Felixstowe.

"Eternal sunshine settles on its head,"
(Goldsmith.)

WHAT would the people of Ipswich do without their Felixstowe? Of course there are other people who like Felixstowe as well, but in this connection we are chiefly concerned for the large and increasing population of the industrial community, which has, after all, largely helped to put Felixstowe on its very sturdy legs. What, again we ask, would Ipswich do without its beautiful young sister, who lives by the sea; a sister who brightens the lives, invigorates the minds, and strengthens the bodies of all who make her acquaintance? The loss would be irreparable!

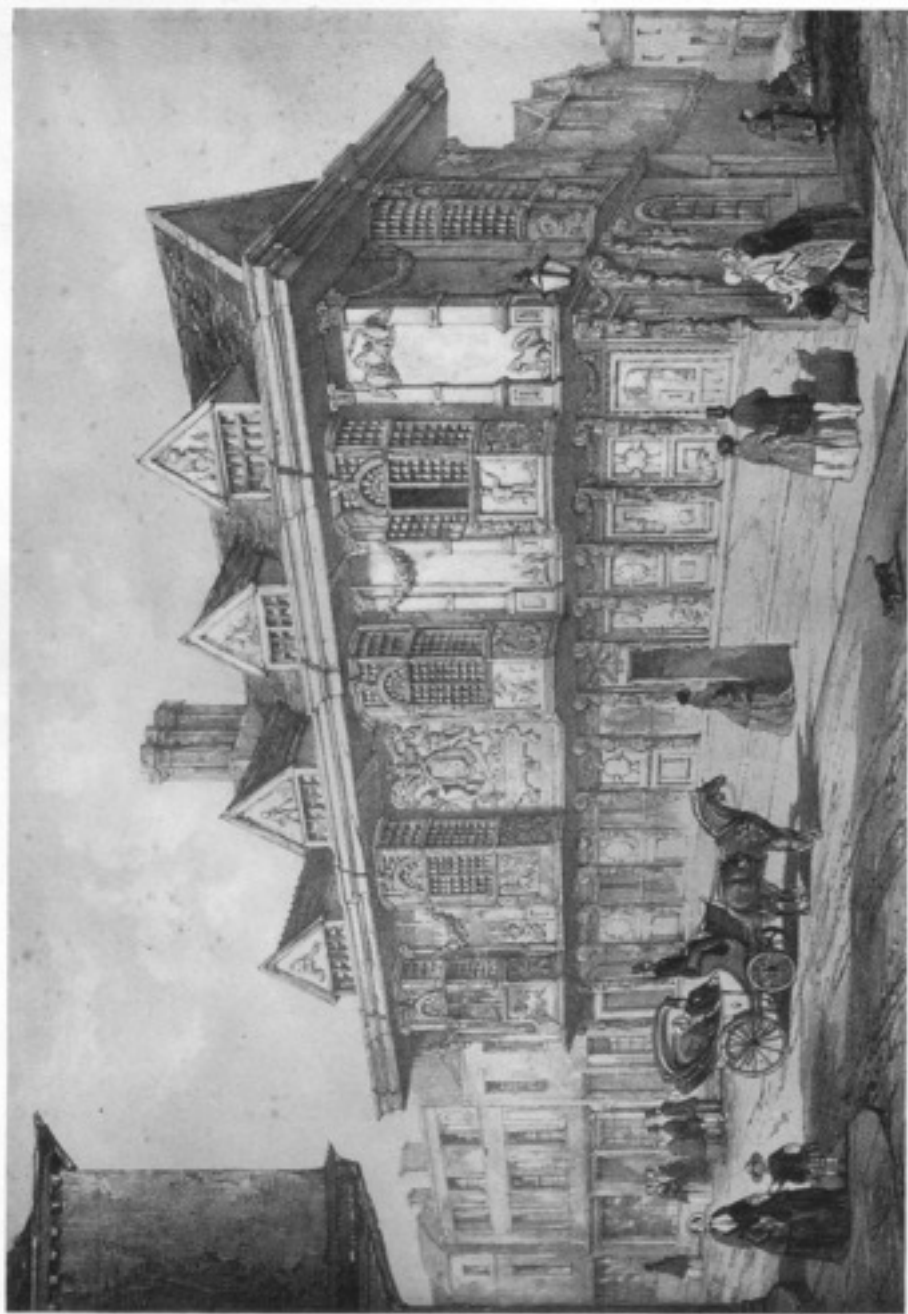
What has Felixstowe to offer her visitors in addition to ozone and sunshine? It is without doubt one of the prettiest resorts around our coast; it has been developed and improved beyond recognition by those who knew it only twenty years ago, but it has not been spoilt. On the contrary, the green slopes that faced the sea in the days gone by have not been wholly handed over to the builder, and in place of the beauties of Nature which have been sacrificed, the skill of the landscape gardener has been at work, while the profusely flowering beds along the Front have rendered charming what was formerly quite commonplace.

This is not all. The local rulers have shown the utmost care and thoughtfulness in providing the more artificial aids to enjoyment, and there is really nothing to offend the eye of the most critical. Entertainment of a most varied character is available, the official efforts being most ably seconded by private enterprise. The golf course is a delight to all who follow the royal and ancient pastime; croquet and tennis are played under conditions as near perfection as can be hoped for in this world; the shops are entirely creditable to the community; and the hotels are all that man—or woman—can desire.

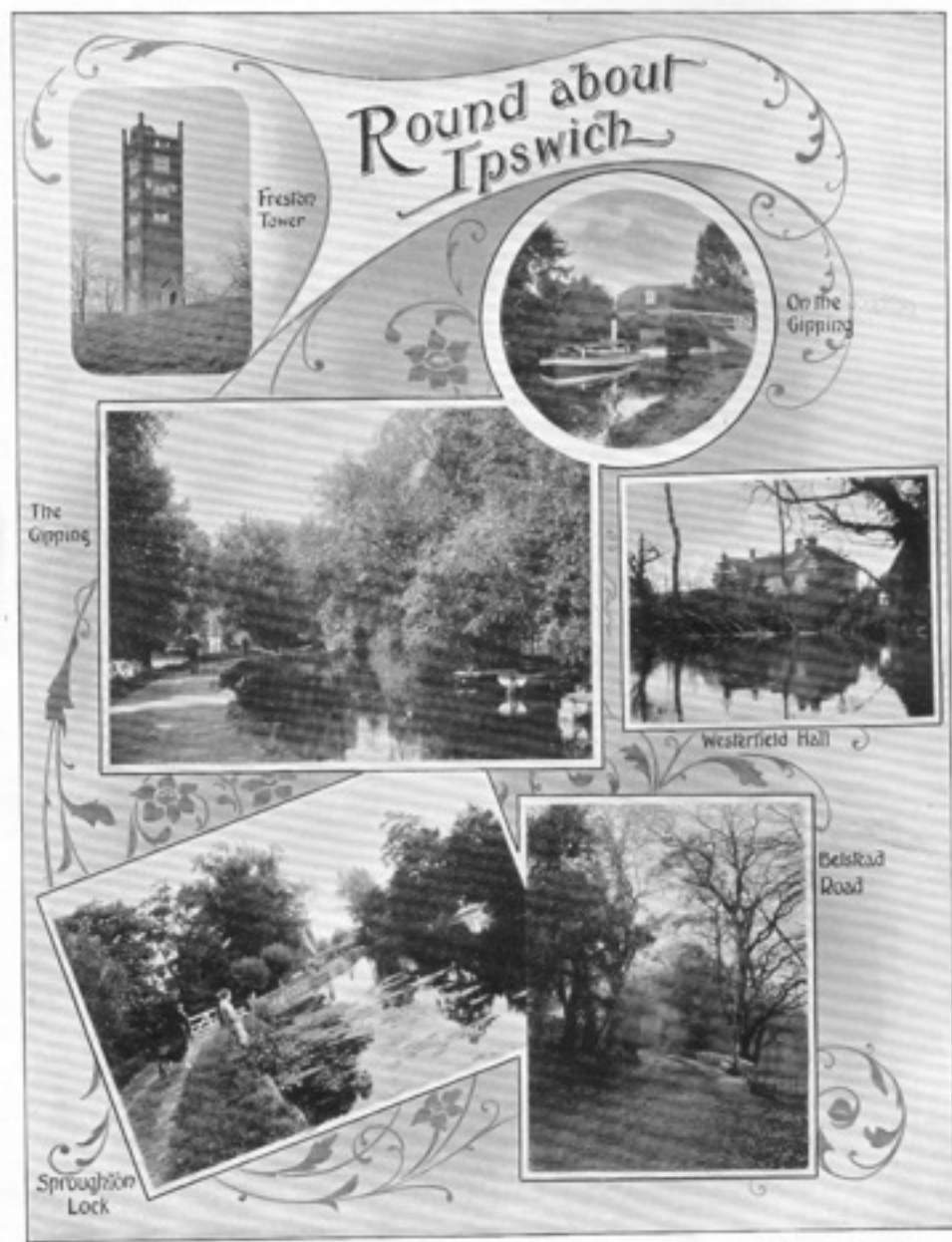
Those who would like to learn more about the manifold attractions of Felixstowe, should drop a line at once to the Hon. Secretary of the Felixstowe Advancement Association, who will forward a copy of the Official Guide—a book of exceptional interest and very admirably arranged and edited.



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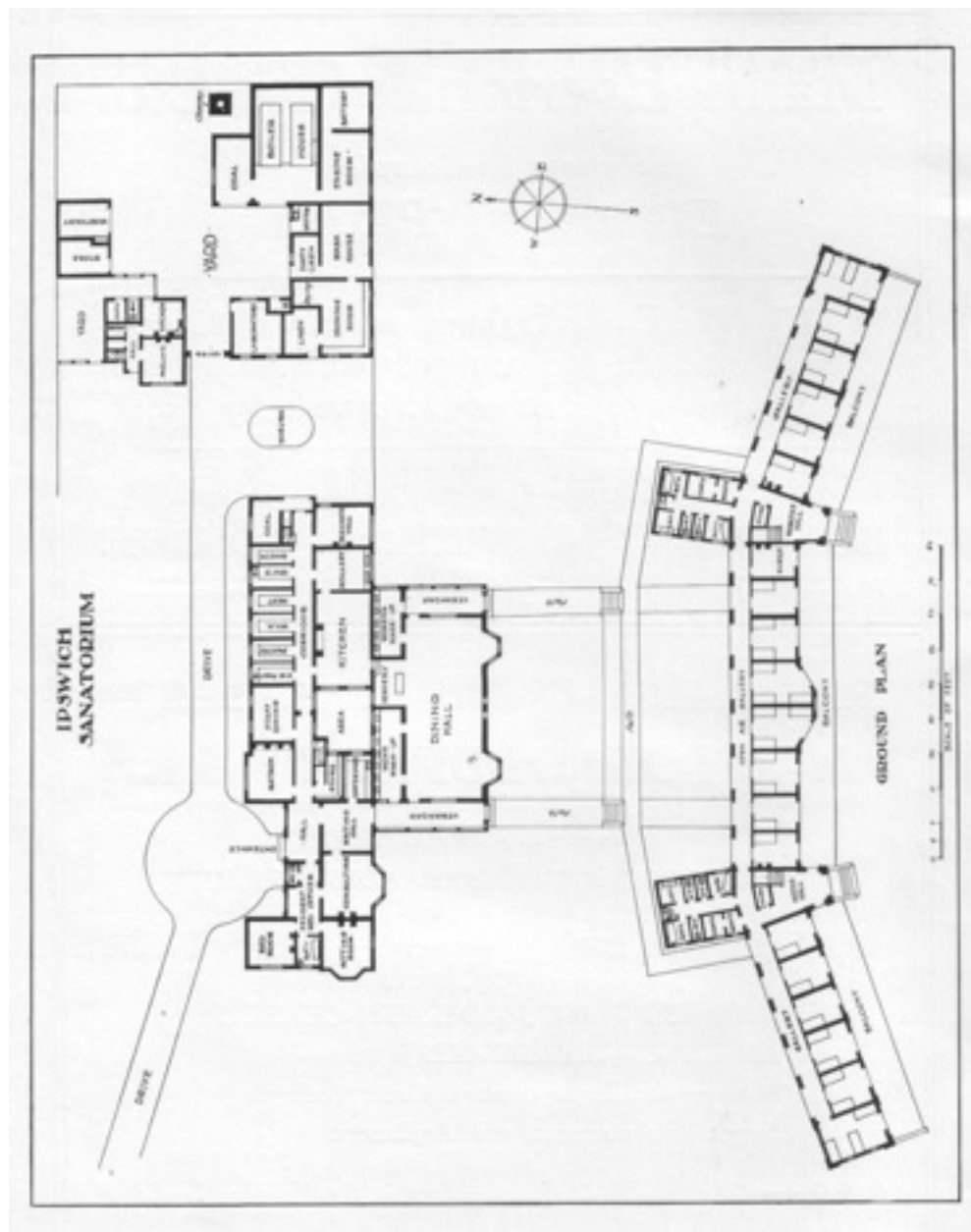
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