



In one of the most charming points of the rich periphery of Vienna, on the gentle slopes of the Galizinberg, is situated the Asylum of Lower Austria, erected for sheltering people, suffering from insanity and nervous disorders; connected with it administratively though otherwise entirely divided from it, is the **PROVINCIAL SANATORIUM »STEINHOF«**, a first class and up-to-date institution, built and equipped in the latest modern style with all the hygienic and technical expedients for the treatment of mental and nervous disorders.

Although located within the boundaries of Vienna and easily accessible from all points of the City, the Sanatorium has also all the advantages of the country owing to its surroundings of meadows and forests, so that its location can, without any exaggeration, be designated as incomparably beautiful. The wide-spreading grounds of the institution border in the North on the so called »Wald- und Wiesengürtel«, a belt of forest-covered hills

and dales; in all other directions the eye has an open view to a distance of 30 kilometres from every point of the institution. In the West and Southwest expands the evergreen »Wienerwald« crowned by the snow-covered peaks of Rax and Schneeberg; in the South a mountain-chain commanded by the Anninger and the Iron-gate; towards the East extends the panorama of the City which, especially in the evening, when its thousands of lights are blazing, presents a grand sight.

The Sanatorium »Steinhof« was built by the province of Lower Austria in order to comply with the often expressed wishes for a first class Public establishment for the mentally afflicted of the wealthy classes, in which all financial participation of the physicians should be excluded. In consequence represents »Steinhof« an **INSTITUTION OF PUBLIC INTEREST**, in which, without a thought of gain, the patients find in the first place a comfortable habitation at a moderate price, and the best of care and treatment possible. The Sanatorium is subject to the high direc-

tion of the Diet of Lower Austria in regard to its administration; to the Imperial courts in sanitary respects; the legal protection of the inmates provide the tribunals of Justice.

On the other hand is The Sanatorium subject to the Direction of the Asylum for the treatment of mental and nervous deceases »Am Steinhof«, Vienna XIII.

The immediate supervision is in the hands of an experienced chief-physician who, as well as his assistant-physicians are in **THE PUBLIC SERVICE.**

The administration is regulated by precise prescriptions of The Diet of Lower-Austria and performed by sworn **PUBLIC OFFICERS.** The whole staff of attendant-nurses is well paid, has also a right to pension, and for that reason independent of gratuities.

**THE PUBLIC CHARACTER** of the institution ensures the absolute discretion as to the affairs of the patients, all of the staff being bound by an oath to secrecy. Should there be a surplus from

the Sanatorium it is used for the sustentation of such patients of the Asylum, who are too poor to pay for themselves.

The principal purpose of the Sanatorium is to receive and give proper care and treatment to sufferers from **PSYCHICAL OR MENTAL MALADIES** — independent of nationality and denomination — who in regard to board and lodging have higher pretensions and are able to pay the higher charges.

On the other hand the Sanatorium receives such patients also, whose **NERVOUS DISORDERS** are of psychical kind, which owing to the very nature of the disease require the sanatorium treatment. Such are: **NEURASTHENIA, HYSTERIA, HYPOCHONDRIA, NERVOUS ATTACKS** caused by over-exertion and anemia, disorders of digestion or abuse of intoxicants such as: **MORPHINISM, COCAÏISM** etc. (Patients suspected of a criminal action are not received.)

The Sanatorium comprises **TEN** modernly built, with the utmost comfort provided **PAVILLIONS**; moreover a **CURE-HOUSE**

supplied with all the mechano-electro-hydro-therapeutical apparatus; an administration-building and a kitchen of an imposing construction. Every pavillion offers the **BEST OF COMFORT** and leaves nothing to desire even for the most exacting.

Care has been taken to provide for a strict separation of patients according to their particular condition and case; the pavillions for ladies are completely separated from those of gentlemen.

The rooms are spacious, elegantly furnished, with central heating, lighted by electricity and have a perfect ventilation.

There are drawing-rooms, dining rooms, smoking, music and billiard-rooms for the use of the inmates. In order to offer the patients an opportunity to take proper exercise in Winter and on rainy days spacious passages like winter-gardens are provided. The **CURE-HOUSE**, centrally located, offers to the patients all the means required for the treatment of nervous maladies. It contains on the ground-floor a large Kursaal, a hall flanked on both sides with large, light and airy parlours and promenades.

Connecting partly with the Kursaal, partly with the parlours and promenades are bath-rooms and halls for **MECHANO-HYDRO-** and **ELECTRO-THERAPY**. A magnificent **SWIMMING-POOL** with dressing and recreation rooms joins the Kursaal on the south-side. On the first floor are **THE AIR AND SUN-BATHS**. The Cure-house constitutes a perfect whole of all the appliances and modern apparatus — by far surpassing all similar establishments — it contains **BATHS** of every description: Full-baths and in bath-tub; various medical-baths, Carbonic-acid and therapeutic baths of all kinds.

In like manner are provided for: the means and instruments for friction, compresses, bandages, emmaillotage for therapeutical procedures or restoration of nerve or muscle-power. Electric baths (faradic, galvanic, sinusoïdal) with or without medicinal ingredients; galvanisation, faradisation, franklinisation, electric-light baths, for massage-treatment with hot air, treatment for ataxy, cures in free-air combined with air-baths etc.

The HALL FOR MECHANO-THERAPY is especially richly furnished with all known instruments, thus allowing every desirable mechano-therapeutical procedure. Not even alimentation-cures nor that of PSYCHO-THERAPY (fattening and grow-thin cures) have been forgotten, they being considered essential factors in the treatment of nervous disorders.

The OCCUPATION-THERAPIE requires, that the patients be kept active to divert their minds. To this purpose there are apartments for amateur painting, moulding and wood-carving and similar pleasant occupations under the vigilant supervision of a professional; in like manner is gardening also used to give the patients a varied and stimulating exercise in the open air. The Direction provides the Sanatorium inmates with various divertisements and amusements such as: Lectures and concerts, theatrical performances, dances and pic-nics or even excursions. Moreover there is a rich library, a number of pianos, several billard-tables, a tennis-court and for winter a place for tobagooning,

a fine skating-ring and other kinds of games are at the disposition of the patients.

The institution obtains its water-supply from the »High Springs aqueduct of the City of Vienna« and all the apartments are provided with it; the lawns and gardens are sprinkled from its hydrants.

**THE DAILY CHARGES FOR BOARD AND LODGING**, which have to be paid at least one month in advance, are as follows: I<sup>st</sup> class: 20 crowns, II<sup>nd</sup> class: 10 crowns, III<sup>rd</sup> class: 6 crowns. These prices include:

1. **LODGING, HEATING AND LIGHTING.** First-class boarders have each a room for himself. Second-class boarders share a room with a few others. Special agreements can be made for use of several rooms. Third class boarders live together in pavillions reserved for this class.

2. **FULL BOARD**, consisting of four meals daily. The order of serving the dishes depends on the state of health of each boarder.

Excepting those, whose diet is especially prescribed by the physician, the meals consist of the following:

Breakfast:           I<sup>st</sup> class:   Coffee or tea, cacao or chocolate,  
fresh butter and honey.

II<sup>nd</sup> and III<sup>rd</sup> class: Coffee, tea or milk.

Dinner:               I<sup>st</sup> class:   Soup, entree, roast or boiled meat  
and vegetables, pudding, dessert.

II<sup>nd</sup>    "                Soup, meat and vegetables, pudding,  
giardinetto or fruit.

III<sup>rd</sup>   "                The same as second class, but without  
dessert.

In the afternoon: All classes: Coffee, tea or milk.

Supper:               I<sup>st</sup> class:   Meat with vegetables, cheese or  
dessert.

II<sup>nd</sup> and III<sup>rd</sup> class: Meat and vegetables.

The third class meals differ from those of the other two classes in that only, that they are a little simpler — corresponding to the lower charges — the preparation however is equally fine. To all meals belongs the corresponding kind of bread. If other, or more dishes are asked for, these are charged separately; likewise must the Diet or alimentation-cures be paid extra, according to the cost of preparation of such dishes. All meals are prepared in a first class manner in a kitchen kept scrupulously clean and furnished with the newest inventions, by a personal skilled in culinary art, and are served in more than sufficient quantities at the table d'hôte, or with the physician's consent in the boarder's room.

Spirits are given only by doctor's orders and then in the quantity he prescribes. Since they are not included in the price for board they are charged extra according to a set tariff.

Breakfast can be taken after 7<sup>30</sup> o'clock. A. M.

Dinner is served at 1 o'clock. P. M.

Afternoon tea at 4<sup>30</sup> o'clock P. M. and  
 Supper at 7<sup>30</sup> o'clock P. M.

3. MEDICAL TREATMENT BY THE PHYSICIANS OF THE  
 SANATORIUM. The therapeutic treatment is decided upon by  
 the patient's home-physician together with the Sanatorium-phy-  
 sicians, and followed by these in a most scrupulous manner and  
 latest scientific methods.

If the patient so desires, outside physicians can be called in, but  
 their fees have to be paid separately.

Special rates are charged for the use of the Hydro-mechano- and  
 electro-therapeutic apparatus in the Cure-house viz:

I. ELECTRO-THERAPEUTIC.

	For once	For 10 times	For a month.
	c r o w n s		
1. Ordinary treatment (gal- van., farad., sinusoïdal)	1.50	10.—	28.—
2. Franklinisation treatment with high tension currents etc. . . . .	1.50	10.—	28.—
3. Exposure to blue light rays	2.—	15.—	55.—
4. Faradical massage . . . .	1.50	10.—	28.—

II. MECHANO-THERAPY.

	For once	For 10 times	For a month.
	c r o w n s		
1. Exercises with Zander- apparatus . . . . .	1.—	8.—	25 —
2. Vibration massage . . . .	1.50	10.—	28.—
3. Gymnasium . . . . .	— .60	5.—	15.—
4. Ataxy treatment (Frankl. exercises) . . . . .	2.—	15.—	50.—

### III. VARIOUS-BATHS.

	For once	For 10 times	For a month.
	c r o w n s		
1. Ordinary bath . . . . .	1. -	8. -	25. -
2. Half-bath, foot-bath etc. with shower-bath . . . . .	.60	5. -	15. -
3. Medicated bath (pine, marsh etc.) . . . . .	2. -	15. -	55. -
4. Carbonic-acid baths . . . . .	3. -	25. -	80. -
5. Electric-baths (four cells)	3. -	25. -	80. -
6. Incandescent-light baths	3.50	30. -	90. -
7. Air and Sun baths . . . . .	.60	5. -	15. -

For once  
For 10 times  
For a month.  
c r o w n s

8. Packings and frictions	} 1.- to 1.50	8.- to	25.- to
9. Swimming bath . . . . .		10.-	28.-
		4.-	13.-

### IV. MASSAGE.

Charges are made according to dimensions and time required . . . . .	} -.60 to 1.50	5.- to	15.- to
		10.-	28.-

### V. HOT AIR TREATMENT.

1. As sweating bath . . . . .	1.50	10.-	28.-
2. As local hot air treatment	1.50	10.-	28.-

4. TAKING PROPER CARE OF PATIENTS. There is one attendant-nurse for every 3 to 5 patients. Appointed servants look after the wants of patients and clean their clothing and shoes.

If a patient needs an attendant for himself only, an additional charge is made.

Patients may have their linen etc. cleaned at the Sanatorium if they wish according to a set tariff.

By all accounts for board and lodging the time from midnight to midnight is reckoned as one day.

For further information apply to the: Direction der n.-ö. Landes-Anstalten am Steinhof, Wien XIII. (Tel.: Ottakring 278.)

THE LAND-COMMITTEE  
OF THE  
ARCHDUKEDOM OF LOWER AUSTRIA.