



# sense

*the*

**Public Health Service Hospital**

Submitted to:  
PHSH Project Development Team

Submitted by:  
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February 2009

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· MARINE HOSPITAL ·  
- SAN FRANCISCO, CAL. -





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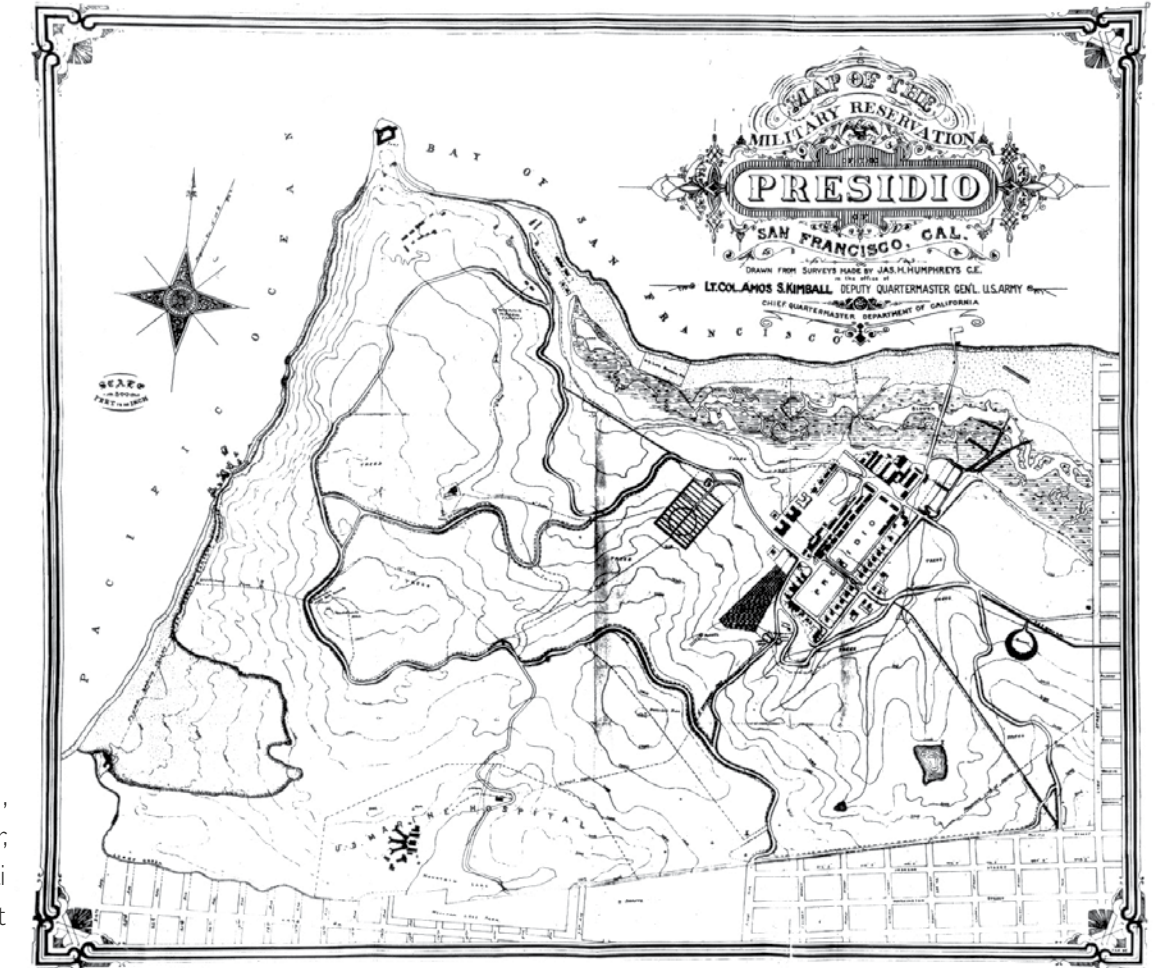
## Overview

San Francisco's Presidio tells a story of **place and persons**. From native land and peoples to later layers of exploration, military occupation, urban residences, and recreation, this National Park has stood witness. Early **Ohlone** tribes settled in this area and received the **Spanish** explorers in the late 18th century. Following their footsteps, the **Mexican** military, **Russian** fur traders, and the **American** military each contributed to the evolution of this coastal land known as the "Golden Gate" of California. It is, and has been, a place of **hospitality, healing, and beauty**: a thoroughly layered landscape that has served and supported the needs of its greater and contained context for over three centuries.

In 1853, after the first hospital was damaged by a series of earthquakes, the second iteration of the United States' Marine Service Hospital was completed on Presidio land that had been leased by the US Treasury Department, in the area currently known as district 1800. However, the hospital was not directly connected to the Presidio until its site was included as part of the **National Park**. Located immediately west of Mountain Lake and just northeast of Lobos Creek, the original site capitalized on its natural setting and could provide ease of access to and from the city as well. Since that time, a new site was chosen very near the original, where the current structure was realized, and has subsequently

expanded to what it is today. The hospital closed in 1981, and was utilized for unrelated businesses until 1994; however, the structure now stands vacant save a great deal of graffiti artwork and abandoned medical equipment – a stark contrast to the bustling and filled facility of earlier times.

Today, the Presidio continues to be a place of commerce and residence, offering its rich context of lush **landscape** and **historical reverence**. The restoration of the Public Health Service Hospital will be cognizant of its roots, both as a public medical facility as well as a piece in the history of San Francisco's Presidio, incorporating sensitivity to such elements as yet another layer is revealed. As a residential haven for those looking to claim home in the dichotomous context of natural landscape and urban amenities, what was once a place of healthy pursuit and restoration for merchant seafarers will open its doors again.



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# PRESIDIO *History* [CULTURES IN PLACE]



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## Xtension MENU

### PINOLE : SEED CAKES

...AN OHLONE FAVORITE

1. Collect seeds from various flowers and local grasses.
2. Grind & pound seeds to soften them.
3. Form seed mush into shapes and eat.

The time line of what is now San Francisco's Presidio contains the stories of various cultures, intentions, and lifestyles that weave together as the tapestry that is today's National Park. Ohlone ways and military methods meet in this place, revealing its innate characteristics and those introduced by each layer of occupation. Each of these contributes to the experience of today's visitor and warrants acknowledgement in understanding the character of this particular place.

With early regard to place, it is said that the native Ohlone people "developed an intimacy with their land that is inconceivable to the modern mind." This tribe was a generous group who made their home in what is now the Bay Area of California. An early missionary noted that "they give all they have" and were intensely loyal and loving. A structure of leaders was established in the Ohlone culture, but little need for regulation as there was very little greed or dissension.

Indigenous peoples to the San Francisco Bay Area since the fifth century, the Ohlone are vital in the history of today's Presidio. They lived in over 50 different villages and spoke diverse dialects of the Penutian language. According to Ohlone Mission Indian Descendant, Andrew Galvan, the Bay Area's cold and damp weather prevented Ohlone people from permanently residing in the present day Presidio area, although they did use its forest for hunting and recreation. They did settle in the Crissy Field, Moscone, and Cliff House areas. Because the desire to accurately tell the Ohlone story is coupled with sensitivity toward the portrayal of these early inhabitants, elements of this portion of the layered Presidio history will be treated with significant care.

The Ohlone crafted dome-shaped dwellings from the native Tule rushes, and also used it to construct boats for navigating the Bay. Redwood was plentiful, often used for canoes, and the bark attached to a frame was also used to create structures such as a sweat house.

## OHLONE



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They were hunters and gatherers and lived off the land, collecting its bounty of seeds, berries, acorns, fish, quail and salmon as nourishment. The rhythmic thumping of women grinding acorns on the mortar is the sound of an Ohlone village. With the acorn flour they baked bread which was described as "deliciously rich and oily" by early explorers, and Pinole Seed Cakes were another common Ohlone favorite. These little cakes were not cake as one imagines it today, but rather an earthy, nutty and dry compound of seed-mush formed into patties. The shiny, black, and oily Red Maid seed was one of the women's favorite for making these cakes. They indulged in wild cherries, grapes and a variety of berries, including the Juniper Berry which is the primary flavor in gin. The Ohlone diet may seem bland to today's palate because of their lack of spices; however, they did season means with salt which was plentiful in the area and also used for trading.

Waterfowl were a staple in the Ohlone diet. The birds were captured by spreading a woven net across a portion of a lake or river. Decoys made of Tule were placed in the water with the slacked netting resting below. The decoys would attract other waterfowl, and once landed on the water they were quickly captured in the net. Ohlone would fish for salmon, perch, and stickleback, and shellfish such as mussels and abalone were valuable treats from the San Francisco Bay. Whales, otters, and thousands of sea lions also lived in the Bay.

Grizzly bear, elk, and deer were familiar to the Ohlone. Their skins were commonly used for capes or aprons to shield the cold weather, and both men and women adorned themselves in jewelry made from shell, feathers, abalone, and bone. Ornamentation indicated status in their community. The same materials were often used to decorate baskets for a variety of uses. All women were skilled basket weavers. Sedge and Bracken Fern Roots were common materials used to weave the intricate patterns. These water tight baskets were used to gather, cook, and store food, and a special gambling basket was used to throw dice. Dice, racing, and shinny – a game much like hockey, though very informal and without rigid boundaries or scoring – were favorite forms of recreation.

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# PRESIDIO

## History [CULTURES IN PLACE]

Junipero Serra and Don Gaspar de Portola were on expedition to arrive in Monterey, but arrived at latitude 38°30', the coast of what is now San Francisco's Bay, by partial accident, calling "the Gran Puerto de San Francisco." As part of the de Anza expedition group, Pedro Font describes the Bay as having steep, high cliffs, a white and a red one, facing directly north and south. He tells of the bears and an abundance of salmon, and relates that "the Indians of the village, whom I estimated about 400 souls, received us with marked demonstrations of pleasure and dancing." Juan Manuel de Ayala's ship arrived with supplies in 1775, and the group camped at the bank of Mountain Lake, directly adjacent to the PHSH site.

### SPANISH & MEXICAN

*Juan Manuel de Ayala*



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**X**tension  
M E N U  
SIPPING CHOCOLATE &  
TREATS  
"CALL TO CHOCOLATE"

The cocoa bean is often used as a token of hospitality and comfort. In the tradition of Spanish missionaries and confectioners to follow, chocolates in many forms could be offered to residents and guests. Infused with native herbal flavor and created using ancient techniques, a self-service bar with everything needed to create decadent sipping chocolate could provide a significant connection to the history in this place.



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The Ohlone way of life experienced grave changes with the arrival of explorers and missionaries who introduced **Christian beliefs and the nuances of European lifestyle** to these native peoples. While the United States was establishing its independence on the east coast, Junipero Serra, **Juan Manuel de Ayala** and **Captain Juan Bautista de Anza** arrived in the west. Father Serra was a passionate evangelist who loved chocolate, writing to those at home, "it's cold here, send blankets and chocolate..."

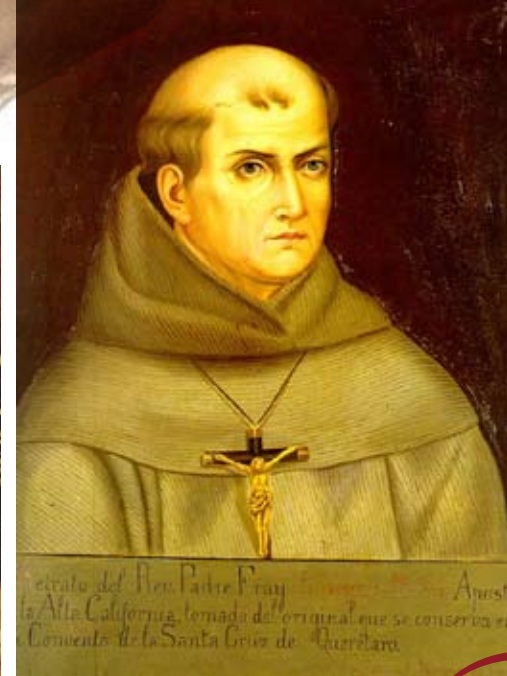
Early Spanish explorer, Cortez introduced the native drink known as Xocoatl ["shoco-latl"] to the court in Spain. He describes it as "...the divine drink which **builds up resistance and fights fatigue**. A cup of this precious drink enables a man to walk a whole day without food." It was considered an **exotic luxury** and was valued for its **healing properties**. The Spanish were especially fond of adding **sugar, vanilla, cinnamon, and cream** to the original drink, and in the missions, one would have been "**Called to Chocolate...**" Today, we also appreciate the **antioxidant** properties of this super-food.

The Presidio and mission were built by **Lieutenant Jose Joaquin Moraga** as a military and civilian complex, transforming the "land of an indigenous community into a **fortified defensive** [and occasionally offensive] space." In the years that followed, intensely difficult winters, the severe and destructive bay storms, and a lack of organization and personnel resources led to disintegrating conditions at the establishment. Russian explorers and fur traders vied for land in the area; however, in 1822, the Mexican army took possession of the Presidio.

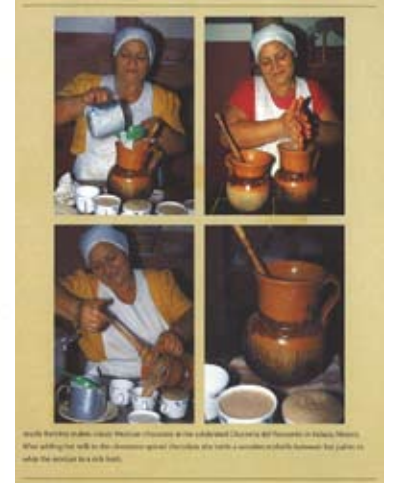
*"it's cold here, send  
Blankets  
and Chocolate..."*

US MILITARY

San Francisco's Bay secured the **imagination** of these early visitors and inspired ideas of great **promise** and **potential**. Regardless of the location's opportunity, its Mexican occupants also failed to establish enough resources and permanent presence to retain the Presidio land and the **United States** gained control of the Presidio in 1846. In the following years, the US Military made extensive investments into the architectural development and land planning of the newly acquired coastal stronghold. Evidence of this continues to define the character of today's Presidio, providing a spatial narrative of its earlier function and atmosphere.



Title page of the treatise by León Pinedo, Madrid, 1636, discussing whether chocolate breaks the ecclesiastical fast.



36d-i

*Xocoatl*

# PRESIDIO

## Environment [NATURAL SURROUNDINGS]



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### Xtension HEALING ESSENTIAL OILS | ART MEDIA REMEDY | PRODUCT

The gym or spa could offer a Eucalyptus restoration massage and use cleaning products with essential oils and other natural ingredients. Seed pods, leaves, bark, or other materials could also be used to create wall decor or installation art works.



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The native Bay Area includes a myriad of rooted inhabitants that together create the striking coastal setting that many hearts have adored, often upon a first visit. This natural landscape has provided a generous setting since its early inhabitants took residence there, and continues to do so as development and growth ensue.

### EUCALYPTUS

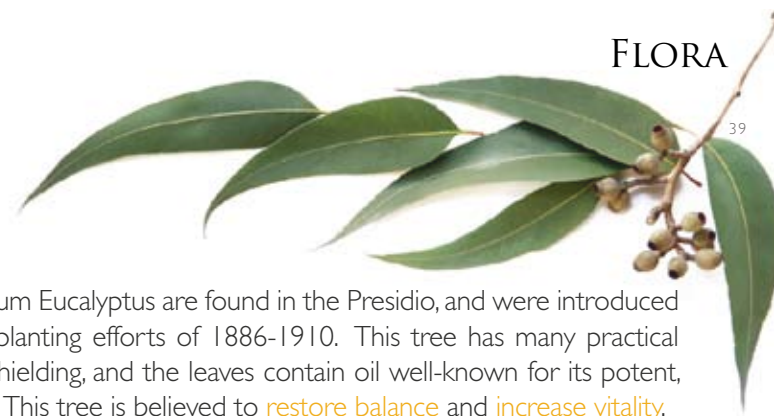
The River Red Gum and Red Flowering Gum Eucalyptus are found in the Presidio, and were introduced to the natural landscape by the military planting efforts of 1886-1910. This tree has many practical uses, from building materials to weather shielding, and the leaves contain oil well-known for its potent, **refreshing scent** and **medicinal properties**. This tree is believed to **restore balance** and **increase vitality**.

Eucalyptus oil is known to cure various conditions when used as vapor or smoke inhalants and topical solutions. Referred to as **“the fever tree”** in Australia, the Eucalyptus is a sacred tree to Aboriginal tribes. Because theirs is an **oral tradition**, it is forbidden to reveal the medicinal or **mythical secrets** of this tree to any unaffiliated person as such information is considered **“initiation knowledge.”**

Eucalyptus trees are the source of wood used as a Digeridoo, the very traditional Aboriginal **instrument** that is essentially a natural woodwind. Described as a branch or portion of a tree that has been hollowed by termites, one uses circular breathing techniques to make the low, layered, and **drone sound** so characteristic of this instrument.



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FLORA

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### BAY LAUREL

The Bay tree is regarded as **charmed, sustaining, healing, honoring, and protective**. It has no dormant season, and has been credited with significance and useful attributes for centuries. The Greek tale of Apollo and Daphne tells of the Bay’s everlasting bloom. Used in **teas, baths, poultices, and ointments**, the oils and extracts from this tree are used in healing skin conditions and other physical ailments.

**Culinary uses for Bay leaves** are quite familiar in contemporary lifestyles and have been for some time. For example, it is common to find a Bay leaf added to soups, scrambles, sautés, and savory dishes. Bay Rum Cologne is a simple recipe that extracts the nuances of this particular grower for use in flavoring life another way...

**“The bay leaves are of as necessary use as any in the garden or orchard; they serve both for ornament and use, for honest civil uses and for physic [medicine], yea both for the sick and the sound, for the living and the dead... from the cradle to the grave, we still have use of it, we still have need of it.” -English Herbalist : John Parkinson.**



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OAK

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The oak tree is native to the Presidio lands and was rather significant to the Ohlone peoples as well. Known as the **tree of hospitality** and pioneering, two qualities that align closely with the Ohlone ideals and ways, it is said that the lives of these Natives were tied to the biological rhythms of oak trees. Specifically, the Black Oak and the Tan Bark Oak were used by the Ohlone for building and as additives in tea, ink, and leather because of the high tannin content.

Oak acorns were used by the settling Europeans to make ersatz coffee, a favorite hot beverage, and oak forests were coveted “masting” or grazing grounds for domestic livestock. Oak is one of the largest, naturally sustainable sources of cork, and the strongly astringent tree fibers are useful in making tea for **aid in digestion** or topical applications to **treat inflammation and skin irritations**.

According to myth and meanings, this tree is often associated with weather deities, specifically those connected to **thunder and lightning** because its deep tap root invites lightning strikes more so than any other species. **Sovereignty, power, and generous giving** are commonly likened to the Oak tree. In providing a habitat for many species, Oaks represent **nurturing** and **protection**. It is the tree of Robin Hood and King Arthur, illustrating their common position as compassionate and powerful protectors. For **elevated energy** or in seeking to **manifest personal goals**, one might benefit by savoring a walk in the Oak forest.

### ATMOSPHERE

#### BAY LAUREL POSSIBILITIES...

BAY Tea  
 bay feature dishes | the BAY RUM scent  
 Bay Leaf Recipes  
 Bay Forest Bathing : an ancient Chinese practice of soaking the pure air of a Bay Tree forest to achieve wellness and clear thinking.

Bay Laurel Sipping Chocolate :  
 1/2 c. half and half and 1/2 c. milk OR 1 c. milk  
 1 fresh bay leaf  
 1 tbsp. + 1 tsp. unsweetened cocoa powder  
 1 tbsp. + 1 tsp. sugar  
 1 1/2 tbsp. bittersweet chocolate chips  
 a few drops pure vanilla extract  
 a few dashes freshly grated nutmeg  
 whipped cream optional..  
 Combine ingredients over medium heat, stirring consistently without allowing the mixture to boil. Remove from heat, remove bay leaf, add vanilla and nutmeg. Serve with a dollop of whipped cream and a dash of nutmeg on top.



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Also known as Koa by native Hawaiians, the Acacia tree is internationally significant in a spiritual sense. From the Christian Tabernacle and Christ's crown to the Egyptian, Arabic, and Chinese associations **LANA WITH GAPING Journey** and the **cycle of life and death**, this tree is laden with symbol and sentiment. Most often, the acacia is associated with a boat or vessel that carries the individual's consciousness through life and into death. Acacia trees are home to the north gods according to Chinese tradition, and are often **associated with sensitivity and protection**.

Interestingly, the wood is ideal for use when hollowed into a Hawaiian canoe and also as the main timbers and ribs for small ships and cargo barges: two applications very much in line with the symbolic meanings associated with the material.

Acacia pods and seeds can be eaten or used in nourishing cakes. Ash from burned acacia is believed to give infants strength when applied to the inside of their mouths, and if placed on the skin when sick, the leaves are said to **stimulate detoxification** through perspiration.

**X**tension  
A M E N I T Y  
GARDEN RESTORATION

LOCAL PRODUCE

With the current project plans, there is opportunity to restore the hospital gardens to provide produce and an connection with the residential and local communities. This would be a healthy option for those interested in local, organic foods that contribute to a health-conscious lifestyle.

Pedro Font noted the smooth red bark, shiny leaves, and edible red berries so characteristic of the **Madrono pine trees** in his expedition journals. These recognizable greens are native to the Bay Area, and have many practical uses. The seeds are edible raw, when roasted, or crushed into cakes and breads and provide an excellent source of potassium, magnesium, vitamin E, and carotenes. These trees produce resin that can be used for waterproofing pitch or body paint, and specifically the Lodgepole Pine was used for the structure of Native American tipi dwellings.

Often associated with life and death, pine wood and seeds are commonly used in burial traditions and to **ward off spirits**. The Blackfoot tribes carved "**story sticks**" from pine wood that were given to children to signify the number of stories that child had earned as a reward for doing errands.







53a

**Xtension**  
ATMOSPHERE  
PRESIDIO WEATHER

WIND, CHILL, FOG

A distinct sipping chocolate recipe with a kick of warming cayenne could be reserved for the especially cold, windy, and foggy days.



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CLIMATE

The typical **climate** at the Presidio is one of **cool days, moisture-saturated air,** and wind. It's comparable to Mediterranean characteristics, which includes temperate, wet winters that are balanced by warm, dry summers. Because of its coastal location, the marine fog and moving air are familiar in this part of the city.

WIND

**Wind** is the energy for sailing and windmills. As it also shapes land, enlivens **flags,** and inspires **dreams.** When one dreams of wind, it symbolizes an individual **life force,** representing life **changes** or a greater external change. Gusty winds signify stress or turmoil, but also allude to specific energy that is needed to make changes in life. Usually, it is the **sound** of wind that reminds one of an associated dream, and the audible experience of this natural force is recognized as having **spiritual significance.** Bay Leaf oils counteract the effects of wind on the body.

FOG

**Coastal fog** has a way of **blanketing the land** with a sense of **mystical** weight. Moisture in the air is beneficial for athletes because it **moisturizes the lungs,** adding elasticity for ease of quickened breath and respiration. It is also **rejuvenating for the skin** as a **natural hydrolot.** Because of the dense eucalyptus forests, Presidio air is noticeably refreshing and scented with the medicinal oils.

COOL

The cool and humid coastal air requires specific **clothing, activities,** and **nourishments.** Cool weather can be detrimental to the skin and muscles and motivates Bay Area residents to accommodate these conditions in a variety of ways.



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SPA MENU

**Brown Sugar Body Melt**

Sugar body scrub contains natural AHA's to slough away dry skin, leaving the skin hydrated and revived. Follow the scrub with a warm oil application and wrap the body in a thermal cocoon. The warmth will send the guest into deep relaxation.

**Chocolate & Bay Hydrating Body Mask**

This delectable creamy chocolate mask hydrates and nourishes winter skin. This treatment is finished off with a refreshing mist of Bay Laurel hydrolat.

**Aromatherapy Herbal HotTowel Infusion**

Warm wet towel compresses infused with herbs and aromatherapy oils are used to sooth away stress in this calming treatment.

**Warm Oil Scalp Treatment**

A luscious scalp massage with warm oil will nurish your hair and scalp bringing dull dry hair back to life. It is a wonderful enhancement to any treatment.

**Bath Therapies**

What is the perfect way to unwind? Before an in-room massage, offer guests a 20 min. soak in their personal bath tub with a custom blended bath oil of their choice.

Suggested blends...

Detox: Juniper and Cypress

Hydrate: Oat and milk

Warm: Pine and ginger

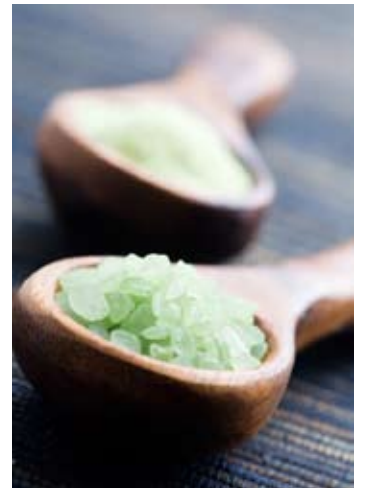


AMENITY  
SPA & HEALING

PRESIDIO THERAPIES

Methods for healing and rejuvenation could be specifically tailored to the Presidio environment and include yoga, spa treatments, nourishment, and water therapies.

Some remedies could include warming and hydrating spa therapies and massage, seasonal cookbooks available to residents in the public kitchen. Or, heat-generating asana guides in a yoga deck or book, and personal indulgences such as *Sonoma Eucalyptus Spa Blankies* or *Tara Herbal-Ease* weighted compresses might be available. When heated in a microwave or hot towel caddy, the blankets release a delightful eucalyptus aroma that encourages deep relaxation. And, because the Bay leaf counteracts the effects of wind on the skin, special massage or oil treatments would be part of the service offerings at PHSH.



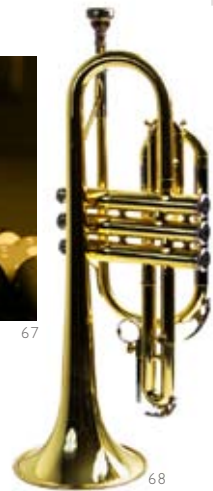
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# PRESIDIO Atmospheres [CHARACTER CONTEXT]



## Xtension AMENITY BALANCED LIFESTYLE MAINTAINING DUALITY

Residents and guests can find pleasurable diversion through billiards, games, theater, music, or other classes and groups that are part of the lifestyle here.



Today's Presidio is a place of **diverse atmosphere** that runs deep and contains a unique condition because of its broad and **layered history**. The land itself offers a particular **escape** which is part of what makes the forested area a sought after destination. From early peoples to today's urban inhabitants, **connection to the natural** is a common craving. Interestingly, there is a common thread of escape that surrounds and flavors life in the Presidio. The **natural is an escape**, while the **military** and **medical** societies contain a **need for escape** in order to maintain **balance**. Without one circumstance, its opposite would not be necessary, nor desired, and therefore the Presidio is a place of this duality contained in each subsequent chapter as its story is revealed.

## US MILITARY

As the area received more permanent settlers, this land became a stronghold for the inhabiting countries. The structured regimen so characteristic of military life is a fitting parallel for the **athlete** and **professional** alike : determination and discipline makes a fine recipe for accomplishing a determined goal. Gradually, the Presidio became widely known as one of the more **desirable posts** for stationing orders and rarely disappointed officers and visitors wanting to partake in the **entertaining and somewhat luxurious lifestyle** offered there. Favorite activities included **polo**, **fishing**, a game of **billiards**, a visit to the **theater**; singing competitions, and of course, one could usually hear the continual **sound track** of the Military Band's repertoire. Eight-time Grammy recipient, trumpet player **Herb Alpert** attributes much of his excellence to the disciplined time he spent as a member of the Presidio Band. The War Department theatre first rolled "I'm From Missouri" in 1939, and continues its picture shows today. Even the drills were entertaining : from some of the earliest days of Fort Point through the Civil War, staged battles and expert cavalry riding were well publicized events and many civilians attended the **expositions**.



One Christmas menu included a roasted leg of lamb, turkey, shrimp salad, mashed potatoes, fig bars, lady fingers, and strawberry Jell-O with whipped cream... among other delectables.



Military men are known to have been **well nourished** while stationed at the Presidio. "Good cooks are hard to find outside the Army." Buffalo Beer was a favorite beverage made by the Buffalo Brewing Company of Sacramento, California in 1889. In any circumstance, and in the sentiment of Virginia Woolfe's words, "**one cannot think well, love well, sleep well, if one has not dined well.**" When one is well-nourished, the individual is then able to engage well in life's joys and responsibilities. Military meals in the field were known to be a fine alternative: an **MRE**, which signifies a **Meal Ready to Eat**, was the staple when a good cook was... harder to find.

Both military and medical lifestyles are **regimented, particular, tacit, and precise**. It seems this dual complexity within the Presidio helped developed an overall aire of **luxury, wellness, comfort, hospitality, and leisure** – something of a country club, per se. Interestingly, these two groups can both be classified as "**24 Hour Societies.**" Translation: they both function – and must – continually. Vigilant and cycling always, both the military and medical worlds create a setting that is in some ways inescapable. As such, there is a **need for distraction, diversion, and otherness**. Could this possibly be a means for understanding the luxurious and coupled components present within the overall Presidio atmosphere? In response to their conditions, it's possible that it could explain why both societies developed a liking for a frequent [alcoholic] sip. **Jell-O shots**, frequent record of visits to the local pubs, the well-known services in PHSH's **medical detoxification ward** [story to follow...], and a record of high turnover rates for employees are some notable indicators of the need and a common desire for a beverage-induced mental reprieve.

## Xtension

### ATMOSPHERE CREATE THE SENTIMENT PROJECT INTENTION

This is a place where people are invited to think well, love well, sleep well, get well, and stay well. Ultimately, it will be a place to LIVE well.





# PHSH

# Hospital

## (BUILDING AND CONTEXT)

Known today as the Public Health Service Hospital, or PHS, the country's first public health care initiative was established as the Public Health Service by President **John Q. Adams's Act** for the **Relief of Sick and Disabled Seamen in July of 1798**. To facilitate the organization, **twenty cents was deducted from the monthly wage of each merchant seaman and was used to build or rent hospitals and finance medical care**. Located first in the major port cities--specifically San Francisco, New Orleans, and New York City--these hospital facilities were intended to both **treat** and **restore** marine industry employees, and to **contain diseases** acquired abroad that might otherwise spread to the general population. The patient lists were internationally diverse and care was provided to many Native Americans and agricultural workers as well.

### 1853 & 1875

San Francisco's first Public Service Hospital facility was completed in 1853. Located at the intersection of Harrison and Spear Streets in Rincon Point, the original building was significantly damaged in the earthquake of 1868. In order to re-establish the facility, the US Treasury Department leased a portion of land from the Presidio to build a new marine hospital that was ultimately completed in 1875. Although the PHS occupied Presidio land, **the organization was not directly connected to the US Military Fort[s]**. Through the 1900's the PHS remained a **research center** for plague diseases, disease control, quarantine duties, and medical examinations of seafarers arriving via Angel Island.

### 1932

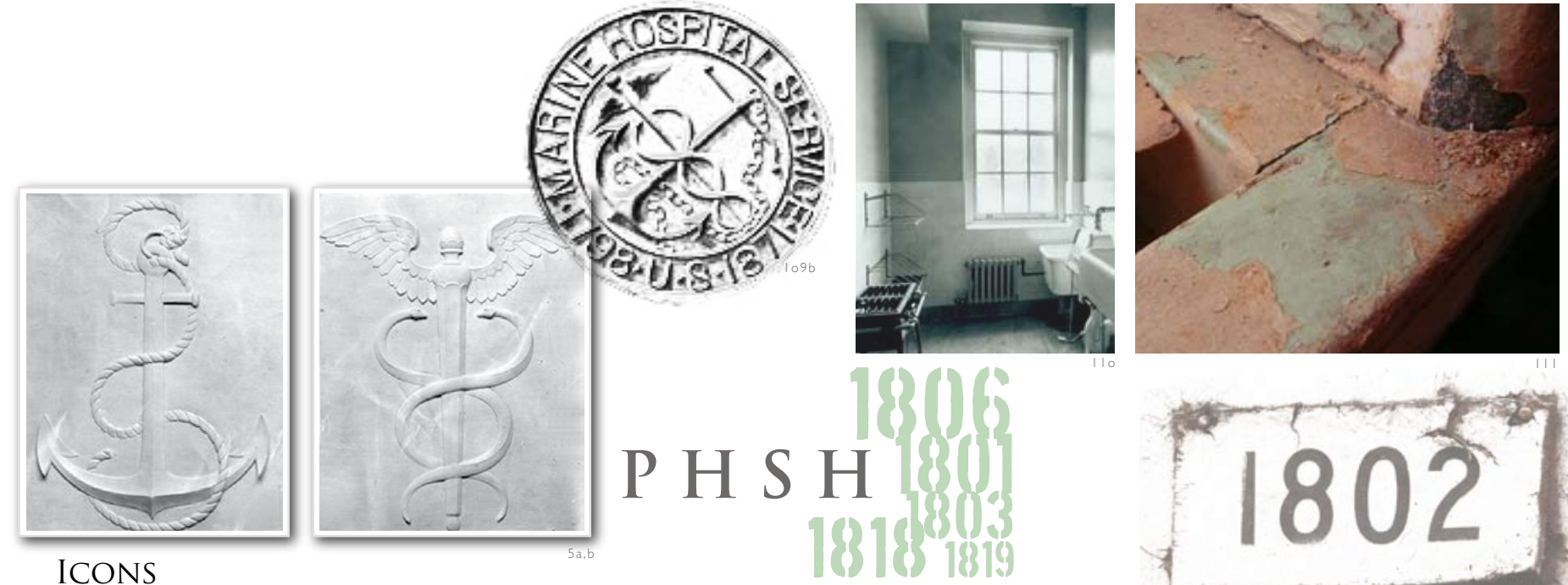
In 1932, the wood-frame structure was replaced by the current **reinforced concrete building** that stretched itself 6 stories high as the largest structure on the post. This building was slightly re-located and re-oriented, and included very intentional planning concepts for campus approach, building relationships, **open space, views, landscaping**, and pragmatic needs. The other buildings included the medical **wards, nurses' quarters, officers' quarters, and laboratories**.

## Xtension

### ITEM 20 CENTS

#### COMMUNITY INVOLVEMENT

Twenty cents could be added to each resident's month rent and any other transaction at the PHS facility. The funds collected could be donated to a local and public health cause or organization.



## ICONS

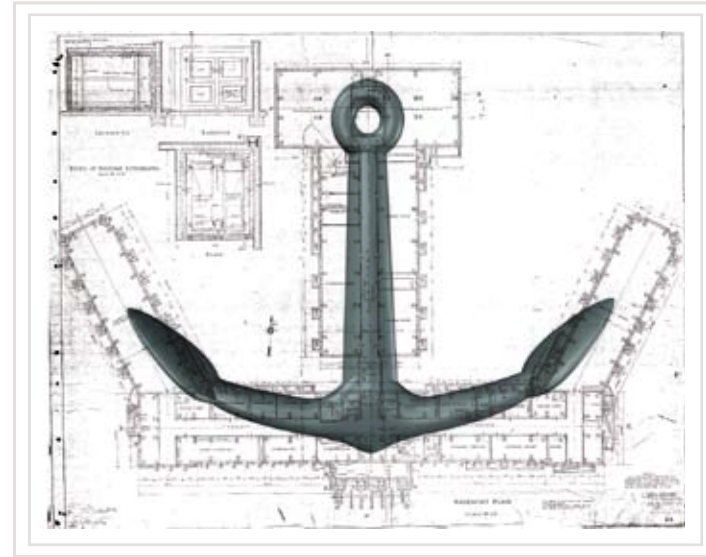
Cast into the **limestone** work on either side of the building's entry portico, and originally used as part of the iron entrance gate, the anchor and caduceus symbols welcome and immediately introduce visitors to the dual elements of PHS's original purpose and history. As the first visual and tactile encounter, one's experience in this place is immediately infused with relevant meaning.

## SHAPE

A review of the 1932 building **plan** reveals lines that echo the shape of a **ship anchor**, a thing of two-fold significance : it has a **symbolic** quality, and the design is practical in its ability to procure direct **light** and **fresh air** for as many rooms as possible. The 1950s brought yet another expansion that included two additional wings, a new entrance pavilion, extended operational space, and parking amenities. These latest changes were not stylistically aligned with the original building and did not maintain the intended **spatial relationships** that were characteristic of the 1932 site plan.

## COLOR

Originally known as **institutional green**, and now called "Distant Mountain," this particular **hue** is one of the colors that has already been specified in the south-facing apartments at the PHS development. This color was commonly used in hospitals of the 1930s because, in general, green is known as a **calming hue**. Also, since it is the complimentary color to red, it provided visual **relief** to surgeons and doctors and eliminated the common nuisance of glare as light was reflected from a stark white wall.





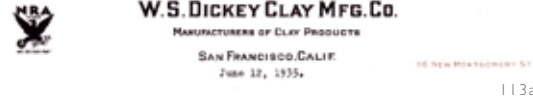
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## MATERIALS

### BRICK

To reduce the risk of fire damage, the 1932 hospital structure plans called for brick as the structural building material. The bricks used were acquired from the local fabricator **W.S. Dickey Clay Manufacturing Company**, founded by Walter S. Dickey and located in Livermore, California. As one can see today, the bricks are a characteristic **golden yellow**. The plant is known for its **various brick types, custom embossing**, face brick, pressed brick, **enamel brick, ornamental brick**, hearth and mantel tile, and polychrome terra cotta.

These various types of **brick** were designed to accommodate certain conditions, such as **weather effects, vegetation**, and certain chemicals, whereas others were specific types of **clay** or **soils**, or could retain certain **colorings** for **aesthetic uses**.

### LIMESTONE

The **historic limestone façade** of the PHS Hospital boasts a **carved anchor to the left** of the entry portico, and a **caduceus on its right**. The significant carvings **together symbolize the combined portrayal of both the Merchant Marines and the hospital building**. It is believed that this particular limestone was **quarried in Indiana**, and as welcoming icons, these stone images are a telling focal point at the restored entry point.

Limestone conveys **calmness** and **serenity, mystique** and **romance**. It is a very **soft, sensuous**, and **elegant natural stone**, yet, **neutral** and **versatile**. Limestone combines **subtlety** and **sophistication**, and its consistent color adds **warmth** to contemporary buildings.

Bands of this stone emerge from the Earth's surface in often **spectacular rocky outcrops** and **islands**. For example the Verdon Gorge in **France**, Malham Cove in North Yorkshire, **England**, the Ha Long Bay National Park in **Vietnam**, and even in **Northern California** locations where athletes climb limestone walls. It is quarried for roadbeds and gravel roads, building and landscape construction, and cement manufacturing.

Limestone is **layered** and **formed from the skeletons and shells of sea creatures** that lived in **warm seas** millions of years ago. It will often contain **seashells** and **fossils** embedded in the surface. It is a unique stone and at times, contains **visible mysteries of our past** within. When limestone **re-crystallizes** or "changes its structure", **it becomes marble**.



113i

### MARBLE

**Marble** is a focal material in the **floor, wainscoat**, and **stairways** of the hospital building. It is a **luxurious** and very practical material for hospitals : as a **hypoallergenic stone**, it is **sterile**, and was commonly used before porcelain tiles were more readily available. Upon entering the building and walking through its halls, the **abundance of marble appeals to the senses** of visitors today, just as it did in earlier times.

**Carrara marble** originally comes from the province of Massa-Carrara, in **Tuscany**, Italy. Famed for the **white, or blue-gray marble** quarried there, it is not far from **Florence**, and is nestled against the Carrione River. This stone has been used in building since **Roman times**, and in many well-known, and still often visited buildings. **Michaelangelo's David** was carved from Carrara marble because it was valued above all other stones.

Marble is associated with the **astrological sign Gemini**, and is an emblem of **immortality, success**, and **education**. It is the **symbol of purity, tradition**, and **fine taste**, and is said to **promote universal love**. This material is advantageous for use in hospitals, kitchens, and bathrooms for its sterility, texture, and ability to retain cold. Notably, marble is consistently **eleven degrees [Fahrenheit] cooler** than any other stone in nature when left at room temperature.



113k



113l



113m



113j



### TREATMENT

#### MARBLE STONE MASSAGE

##### CIRCULATION AND COOLING

Used in conjunction with the hot, black Basalt stones, the unique temperature regulating characteristics of marble make it a perfect match. Marble is capable of maintaining its own cool temperature while absorbing heat from the body. It does not arrest circulation as would ice, but stimulates blood flow and rejuvenation of the muscle tissue. This healing duo reduces inflammation, increases blood flow, and is a powerful decongestant for an overworked, chronically tense, or inflamed tissue - a perfect treatment for athletes. Residents and guests could purchase marble stones as gifts or enjoy this signature treatment in the treatment room.



113n

# PHSH *Medical Life* [CULTURAL NUANCE]

As a place for rest and healing, hospitals contain a particular atmospheric quality and provide their own form of nourishment. Everything in a place for making one well is very much in line with the attributes that promote well-living : **expertise, light, fresh air,** and **cleanliness.** As the hospital for treating merchant seamen, the PHSH was filled with individuals who had not experienced constance or a sense of belonging to anyone or anywhere in months.

## **X**tension TREATMENT DETOXIFICATION

### NATURAL CLEANSING

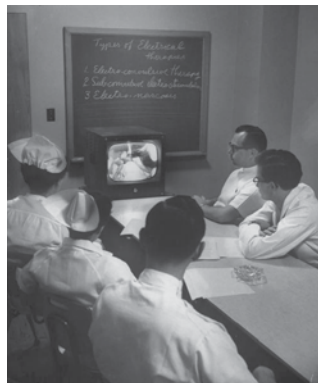
Bodily “detox” methods include saunas and steamrooms, while meditation offers the opportunity to cleanse the mind. Both could be offered for residents at the PHSH as an overall health and wellness amenity. Additionally, the opportunity for outdoor activities is also cleansing for the mind and body.

Aside from needing treatments for disease and a bit of mental escape from extended time spent offshore, the PHSH received numerous sailors after a lengthy visit to the Barbary Coast and other watering holes of San Francisco. Upon arrival, they received a good dose of **detoxification, rest, nourishment,** and **recuperation,** all rendered by the young female nurses. Since these “drunken sailors” had no formal place to stay while docked and the hospital detoxification unit was funded by the government based on the number of filled beds, these men kept the hospital wards full and the funds flowing : a clever and necessary symbiosis. Maryanne Button, a nurse at the PHSH, recalls that the patients were “grateful and pleasant” and that it “was a charming place to work.”

## DETOX



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168i



168j



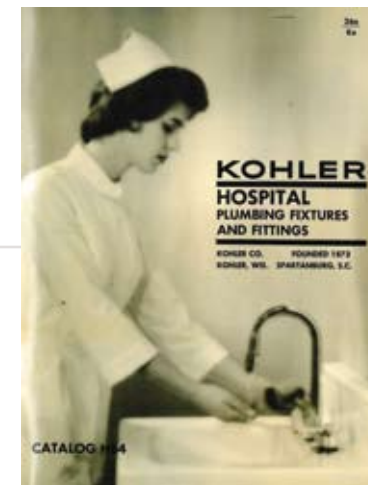
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## **X**tension AMENITY KOHLER HYDROTHERAPY SPECIALTY SPA

As a daily ritual for athletes, the warmth, bouyancy, and detoxification offered by a hydrotherapy spa would be beneficial to residents or anyone seeking relaxation. Featuring the classic Kohler for FF&E specifications, this spa could convey the history of PHSH and a refined sense of modernity as a center for specialty treatments.



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Both merchant marines and medical personnel were outfitted in **precise, clean, exacting lines** that were expressed in each detail of the fabrics and colors. As the agent for administering care, nurses often wore **white gowns, stockings, shoes,** and a **cap** with only a single stripe of navy color. Interestingly tied to the **mariners' colors and a nautical sensibility,** these uniforms expressed the **stark and sterile** atmosphere of the hospital.

The PHSH was a place of containment that simultaneously provided a **healing space for rest and revival where life could thrive.** Even still, in such a rigid and controlled environment, the desire for a good stiff drink to conclude and ease the day's regiment was common to most medical personnel.

Equipment and tools used in the hospital also represent cleanliness and the tangible components of civilization's modern amenities. **The Bold Look of Kohler** has been a part of PHSH since its early stages, representing a connection between the technology of medical equipment and the clean lines of modern design and sophistication. These reputable fixtures were **used throughout the hospital building,** representing a company that is still well known for its superior design and product selection.

## KOHLER



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UNITED STATES PUBLIC HEALTH SERVICE HOSPITAL  
SAN FRANCISCO

...A TEACHING HOSPITAL

**Beneficiary Groups:**

US Merchant Marine  
Native Americans  
Patients with Leprosy  
US Active and Retired Military  
Patients with Renal Failure  
Federal Prisoners  
Teaching Patients  
Others as identified by the Executive Branch or Congress,  
e. g. Indochinese Refugees

**Medical Services:**

General Medical and Medical Specialties  
General Surgical and Surgical Specialties  
Cardiac Catheterization  
Acute and Chronic Renal Dialysis  
General Dental  
Reconstructive Surgery for Patients with Leprosy  
Telemedicine Services for the Merchant Marine Industry  
Consultation Services for the US Coast Guard

**Major Research Programs:**

NASA:

- 1) Skeletal Response to Spaceflight (Apollo 14-16).
  - 2) Microgravity Bone Atrophy Monitoring Research on the Skylab.
  - 3) Development of Bone Density Equipment for Measuring Bone Mineral Content.
  - 4) Effects of Simulated Zero Gravity on the Cardiovascular and Metabolic Bone Systems.
  - 5) Development of Countermeasures to Prevent the Effects of Weightlessness on Bone Loss and Cardiovascular Dysfunction.
- Drug Development for the Treatment of Patients with Leprosy  
Epidemiologic Studies of Cardiovascular Diseases  
Clinical Studies (Clinical Trials) Concentrating on  
Atherosclerotic and Hypertensive Cardiovascular Diseases  
Studies in Renal Physiology  
Studies of Unorthodox Dental Amalgams

**Teaching:**

Training Programs for Medical Interns and Residents  
Training Programs for Surgical Interns and Residents  
Training Program for Ophthalmology Residents  
Supervised Rotations for Medical Students

DR. PHIL FROST  
PHYSICIAN  
1969-71 AND 1974-81

Dr. Phil Frost was a part of PHSB staff from 1969, when he received stationing orders from the US Navy Submarine Corps, and stayed until 1971. He then returned to the hospital from 1974 and remained until its close in 1981. Dr. Frost acted as Director of the Cardiovascular-Lipid Research Department, and was involved with various other departments that each offered a particular type of care to its patients. PHSB functioned as a teaching and research hospital, hosting interns, residents, fellows, and dentists who were welcomed there as they fulfilled educational training requirements.

Because of the very deep commitment among staff personnel to facilitating health for the public and maintaining close **involvement with developments within the field of medicine**, PHSB often accepted patients with **unusual cases or unfamiliar conditions** so that they might receive specialty care from a staff that was then able to augment their understanding of treatment options for particular diseases. Particularly, the development of **kidney dialysis treatment** was championed at PHSB, and has since become well-known today. Being located in San Francisco and surrounded by a handful of medical campuses, good relationships were established with the various faculty members from **Stanford, UCSF, and the local private schools** who would come to speak with PHSB staff or present information.

PHSB staff provided assistance and support to the **Coast Guard** efforts and medical advice to **offshore ships** in the Pacific Ocean. Before reliable radio communication was readily available, medical personnel at the hospital would use **Morse Code** to communicate with the ships.

Some of the physicians lived on PHSB grounds and raised their children in the area. Specifically, Jim Tovey's little ones were known for their ability to hide so well in the hospital building that it was impossible to find them! The **Officers' Club was a favorite spot** to gather after hours for refreshment and social activities. Because there was such **camaraderie** among the staff, this group has remained **connected** beyond their time shared at the hospital, both through professional experience and personal friendships.

Dr. Frost said the word most apt to convey the sentiment at this hospital is, "**Collegial.**" He described it as a **place without competition**, where the staff was intent and passionate about providing the **best care possible** to their patients. It was **the choice facility of the area**, and those who worked there only **sing its praises**.

As an amateur film maker, physician, UC Professor, and San Francisco resident, Dr. Frost organized **25 year reunion for PHSB** staff and families that was held in November of 2006. Many individuals attended the event and were equally as excited to reconnect with long-time friends and colleagues and to share their stories as well.

KAREN HIPKINS  
NURSE PRACTITIONER  
1979-1981



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Audrey Zathrell 1965-1980 | Secretary  
Kathy Lenihan 1976-1981 | Nurse Manager ICU  
Robert Blumberg 1971-1980 | Intern  
John Max Vogel 17 years | Deputy Chief Surgery, Chief Researcher  
Artist Cooper 15 | years Carpenter  
Tod Dykstra 1971-1979 | Child who lived on the grounds  
Robert Sullivan 1963-1980 | Chief Cardiology  
James Kawth 1957-1978 | Intern, Deputy Chief Surgery  
Lois Sivula 1965-1980 | Medical Technician  
Karl Urbach 1952-1980 | Hospital Director  
Mary Bradford 16 years | Head Nurse ICU, Night Supervisor  
Jim Yarbrough 25 years | General Services

Ms. Karen Hipkins was a nurse practitioner at PHSB from 1979 to 1981. She was specifically part of the **Indochinese Refugee Clinic** that provided care and treatment to refugee patients from Vietnam, Cambodia, and Laos. After completing nursing school, she spent a significant amount of time in the South Pacific and developed an interest in the culture and people she met and served. Upon returning, she obtained her Masters in Public Health degree, with intentions set on becoming part of PHSB staff and this particular field. **Dr. Jeff Newman** was one of the initiators for the PHSB Refugee Care Division, and Karen was a part from its beginning. She remembers the staff as a multi-cultural, multi-lingual, and very hardworking crew. This division of PHSB was transferred to San Francisco General Hospital after its closing, and many of the nurses and doctors continued working together at the new location.

Karen expressed a fond connection with many of the other nurses and pioneering doctors that she worked with, and remembers the **true sense of camaraderie and humor** that characterized their group. She says they would often plan pot-luck lunches during the week, and because of the many diverse cultural backgrounds of the nurses, these were very **internationally flavored affairs**. She wishes she had been more fluent in the numerous dialects spoken between interpreters and patients, but none-the-less is very fond of her time as part of the surrogate family that included both patients and practitioners. Ms. Hipkins is still in contact with a number of her former colleagues, and is currently living in Berkeley where she's enjoying her retirement and the time it affords her to pursue her various interests.

JOHN SAMMONS  
CHIEF ENGINEER  
1975-1981



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As the chief engineer at the PHSB, John Sammons was responsible for sealing the building. He facilitated the gating that would enclose the structure until just recently, personally locked the building, and returned the key to US government officials. Mr. Sammons describes the hospital closure as an extremely abrupt happening, which helps explain why so many rooms still contain medical equipment and tools. "It was not a closure, it was a murder," Sammons relates. He and others were saddened that the building would no longer provide health services to the community.

The PHSB has very **deep roots in the community** from its earliest days and has been an organization that **served the community** by connecting a need with the appropriate services. "The mission of the U.S. Public Health Service Commissioned Corps is to protect, promote, and advance the health and safety of our Nation." Even though it is no longer a health care facility today, the PHSB can continue its connection to the local and international communities by remaining informed and involved with current needs and causes.

This hospital was a community, it was inspiring, it was about service and helping, it was about health and life... As these are the elements of living that give the experience meaning, PHSB has a perceptibly rich history of connection, wellness, and good that shall continue as the next chapter evolves.

Xtension

A T M O S P H E R E

MEMORIES

COLLECTING AND PRESENTING

The enthusiasm of many former PHSB employees is a common emotion when asked about the time each of them spent there.

The hospital building is precious to this group of individuals, and presents an opportunity to continue collecting memories and photos for historical preservation. As they are incorporated into the fabric of PHSB, they can then be enjoyed by future residents and their guests.



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# PHSH *Marine Life* [INDUSTRY HISTORY]



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Often mistaken for the US Marine Corps, the **Merchant Marines** are a different crew. Referred to as **mariners, seamen, sailors, or seafarers**, this group is responsible for piloting and crewing merchant ships. However, the confusion is common and understood since in times of war, the merchant ships are required to facilitate all military efforts.

## ORIGINS

Lief Erikson founded the settlement known as Vinland which was located in Newfoundland and functioned as a seat for organizing the international sea trade's men. Vinland developed as additional colonies emerged and began trading with England. The Merchant Marines officially took a more formal persona in Machias, Maine on June 12, 1775. A group of crew members, armed with pitchforks and axes, emboldened by the news of victory in Lexington, Massachusetts, boarded an unarmed lumber schooner and ambushed an armed British warship. Upon securing control of the HMS Margareta, they used the armed boat to capture more British boats in the area, causing great chaos in the British shipping industry.

Various other organizations were combined in the 20th Century to establish an official organization for merchant sailors. These previous organizations included the Revenue Cutter Service that was responsible for **preventing smuggling**, which was later combined with the **Lifesaving Service** and the **Lighthouse Service** to become the US Coast Guard. Conditions for early mariners were less than enviable due to the poor conditions of extended living in confined space and the associated health risks involved. In 1915, the Seamen's Act established regulations that would protect the welfare of these individuals and ensure their proper compensation.



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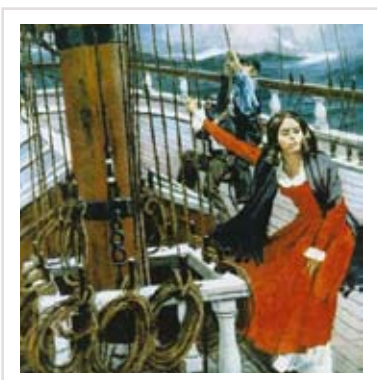


# PHSH

## Individuals [NOTABLE CHARACTERS]

### STRONG MEN MERCHANT MARINES

An extensive collection of unexpected names can be connected to the Merchant Marines. As former mates or associated in other ways, some of these individuals have established other, possibly more well-known reasons for fame. Dan Devine and Frank Sinkwich have football talent to claim, while Jim Bagby, Jr. and Charlie Keller were east coast baseball stars. [Drew Bundini Brown](#)<sup>129</sup> was the assistant trainer for Muhammad Ali and [Joe Gold](#)<sup>126</sup> founded the [Gold's Gym](#) chain - still a popular favorite! [Allen Ginsberg](#)<sup>128</sup>, [Jack Kerouac](#)<sup>127</sup>, and Bob Kaufman are significant to the beat poetry movement and two comic artists, Johnny Craig and Ernie Schroeder each have a set of sea legs.

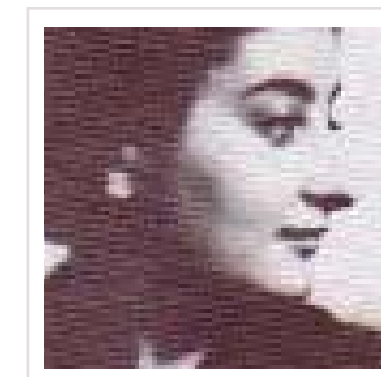


### MARY PATTEN (1837-1861)

In July 1856 Mary Patten and her husband Joshua Patten left New York City for San Francisco on a [clippership](#) named [Neptune's Car](#). Mary was [nineteen years old and pregnant](#). She had previously accompanied her husband on several sea voyages where he had taught her to navigate the ship. On this particular voyage her husband mistrusted his first mate and therefore assumed all the duties of his position. Unfortunately, Captain Patten fell ill and his wife [Mary had to take command](#). Navigating the ship and caring for her ill husband consumed her so completely that she was unable to change her clothes for fifty days! Upon arrival in San Francisco in November of 1856, the vessel insurance company rewarded her with 1,000 dollars for her proven ability as Captain!

### ESTHER SILVERSTEIN BLANC (1913-1997)

Ester Silverstein Blanc moved to San Francisco in 1934 to become a registered [nurse](#). Her first job was at the Marine Hospital in San Francisco where [most of her patients were sailors](#). Ester recalled that by November 1936, "Spain was all everyone talked about... the boys politicized me... They were fighting to make things." She committed herself to the Republican cause in Spain, and joined a group called Medical Aid for Spanish Democracy. Ester later served as a second lieutenant in the U.S. Army Nurses Corps during WWII, received her Ph.D. in the history of medicine, and taught at the University of California in San Francisco. She wrote several children's books including, [Long Johns for a Small Chicken](#).



"I'm Popeye the Sailor Man...  
I live in a garbage can...  
I'm strong to the 'finich,'  
cause I eats me spinach!  
I'm Popeye the Sailor Man!"

### POPEYE THE SAILOR MAN (1929-2009)

Of course, one can never forget the spinach-swallowing, corn-cob pipe smoking, forearm brandishing, Olive Oyl-loving Popeye. This favorite "Sailor Man" was a Merchant Marine made famous by numerous and long-lived appearances in [comic strips](#), television shows, movies, and radio programs. The first Popeye comic strip was featured in the daily King Features comic strip "[Thimble Theater](#)" on January 17, 1929, and his fame has grown ever since. The host of characters is extensive, but Popeye's girlfriend Olive Oyl, the orphaned baby [Swe'Pea](#), Bluto or Pluto, and [Mr. J. Wellington Wimpy](#) are some of the well-known crew. Wimpy [loved his hamburgers](#), Pluto [or Bluto] loved [Olive Oyl](#), and Popeye loved canned [spinach](#)!

### NETTIE K. GRAVETT

Nettie was a librarian at the Palo Alto Hospital who often visited the library at the San Francisco Marine Hospital to lend [books from her collection to the ex-soldiers](#) who were there.



#### AMENITY

### NETTIE'S LIBRARY & STUDY A PLACE TO RELAX AND LEARN

The library could feature historical books or those that feature specific relevant topics, such as San Francisco, Merchant Marine culture, or the building itself.

