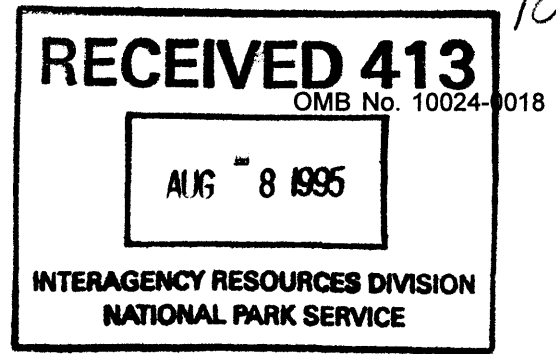


United States Department of the Interior
National Park Service

National Register of Historic Places Registration Form



This form is for use in nominating or requesting determination for individual properties and districts. See instruction in *How to Complete the National Register of Historic Places Registration Form* (National Register Bulletin 16A). Complete each item by marking "x" in the appropriate box or by entering the information requested. If an item does not apply to the property being documented, enter "N/A" for "not applicable." For functions, architectural classification, materials and areas of significance, enter only categories and subcategories from the instructions. Place additional entries and narrative items on continuation sheets (NPS Form 10-900a). Use a typewriter, word processor, or computer, to complete all items.

1. Name of Property

historic name Tilden School for Teaching Health

other names/site number 5DV2768

2. Location

street & number West Fairview Place and Grove Street [N/A] not for publication

city or town Denver [N/A] vicinity

state Colorado code CO county Denver code 031 zip code 80211

3. State/Federal Agency Certification

As the designated authority under the National Historic Preservation Act, as amended, I hereby certify that this [X] nomination [] request for determination of eligibility meets the documentation standards for registering properties in the National Register of Historic Places and meets the procedural and professional requirements set forth in 36 CFR Part 60. In my opinion, the property [X] meets [] does not meet the National Register criteria. I recommend that this property be considered significant [] nationally [] statewide [X] locally.
(See continuation sheet for additional comments [].)

[Signature]
Signature of certifying official/Title

August 2, 1995
Date

State or Federal agency and bureau

In my opinion, the property [] meets [] does not meet the National Register criteria.
(See continuation sheet for additional comments [].)

Signature of certifying official/Title

Date

State or Federal agency and bureau

4. National Park Service Certification

I hereby certify that the property is:

- entered in the National Register
See continuation sheet [].
- determined eligible for the National Register
See continuation sheet [].
- determined not eligible for the National Register.
- removed from the National Register
- other, explain
See continuation sheet [].

[Signature]
Signature of the Keeper

Edson H. Beall
Entered in the National Register

Date 9-7-95

Tilden School for Teaching Health
Name of Property

Denver, CO
County/State

5. Classification

Ownership of Property
Property

(Check as many boxes as apply)

- private
- public-local
- public-State
- public-Federal

Category of Property

(Check only one box)

- building(s)
- district
- site
- structure
- object

Number of Resources within

(Do not count previously listed resources.)

Contributing	Noncontributing	
5	0	buildings
0	0	sites
0	0	structures
0	0	objects
5	0	Total

Name of related multiple property listing.

(Enter "N/A" if property is not part of a multiple property listing.)

N/A

Number of contributing resources previously listed in the National Register.

N/A

6. Function or Use

Historic Function

(Enter categories from instructions)

HEALTH CARE/sanitarium

DOMESTIC/single dwelling

Current Functions

(Enter categories from instructions)

DOMESTIC/multiple dwelling

DOMESTIC/single dwelling

7. Description

Architectural Classification

(Enter categories from instructions)

LATE 19TH AND 20TH CENTURY

REVIVALS/Classical Revival

LATE 19TH AND EARLY 20TH CENTURY

AMERICAN MOVEMENTS/

Bungalow/Craftsman

LATE VICTORIAN/Italianate

Materials

(Enter categories from instructions)

foundation CONCRETE

walls BRICK

roof ASBESTOS; TILE

other STONE

Narrative Description

(Describe the historic and current condition of the property on one or more continuation sheets.)

Name of Property

County/State

8.Statement of Significance

Applicable National Register Criteria

(Mark "x" in one or more boxes for the criteria qualifying the property for National Register listing.)

[X] A Property is associated with events that have made a significant contribution to the broad patterns of our history

[X] B Property is associated with the lives of persons significant in our past.

[X] C Property embodies the distinctive characteristics of a type, period, or method of construct represents the work of a master, or possesses high artistic values, or represents a significant and distinguishable entity whose components lack individual distinction.

[] D Property has yielded, or is likely to yield, information important in prehistory or history.

Criteria Considerations

(Mark "x" in all the boxes that apply.)

Property is:

[] A owned by a religious institution or used for religious purposes.

[] B removed from its original location.

[] C a birthplace or grave.

[] D a cemetery.

[] E a reconstructed building, object, or structure.

[] F a commemorative property.

[] G less than 50 years of age or achieved significance within the past 50 years.

Narrative Statement of Significance

(Explain the significance of the property on one or more continuation sheets.)

9. Major Bibliographic References

Bibliography

(Cite the books, articles and other sources used in preparing this form on one or more continuation sheets.)

Previous documentation on file (NPS):

[] preliminary determination of individual listing (36 CFR 67) has been requested

[] previously listed in the National Register

[] previously determined eligible by the National Register

[] designated a National Historic Landmark

[] recorded by Historic American Buildings Survey

[] recorded by Historic American Engineering Record

Areas of Significance

(Enter categories from instructions)

HEALTH/MEDICINE

ARCHITECTURE

Periods of Significance

1915-31

Significant Dates

1915

1924

1931

Significant Person(s)

(Complete if Criterion B is marked above).

Tilden, Dr. John Henry

Cultural Affiliation

N/A

Architect/Builder

Edbrooke, Harry W.J.

Weller, John G.

Primary location of additional data:

[X] State Historic Preservation Office

[] Other State Agency

[] Federal Agency

[] Local Government

[] University

[] Other:

Name of repository:

Tilden School for Teaching Health

Denver, CO

Name of Property

County/State

10. Geographical Data

Acreage of Property 3.5 acres

UTM References

(Place additional UTM references on a continuation sheet.)

A. Zone Easting Northing B. Zone Easting Northing
13 497600 4401360

C. Zone Easting Northing D. Zone Easting Northing

[] See continuation sheet

Verbal Boundary Description

(Describe the boundaries of the property on a continuation sheet.)

Boundary Justification

(Explain why the boundaries were selected on a continuation sheet.)

11. Form Prepared By

name/title Thomas H. Simmons and R. Laurie Simmons, historians

organization Front Range Research Associates, Inc. date 12/9/94; Rev. 3/10/95

street & number 3635 West 46th Avenue telephone (303) 477-7597

city or town Denver state Colorado zip code 80211-1101

Additional Documentation

Submit the following items with the completed form:

Continuation Sheets

Maps

- A USGS map (7.5 or 15 minute series) indicating the property's location.
A Sketch map for historic districts and properties having large acreage or numerous resources.

Photographs

Representative black and white photographs of the property.

Additional Items

(Check with the SHPO or FPO for any additional items)

Property Owner

(Complete this item at the request of SHPO or FPO.)

name Multiple ownership-see Continuation Sheet

street & number date

city or town state zip code

Paperwork Reduction Act Statement: This information is being collected for applications to the National Register of Historic Places to nominate properties for listing or determine eligibility for listing, to list properties, and to amend existing listings. Response to this request is required to obtain a benefit in accordance with the National Historic Preservation Act, as amended (16 U.S.C. 470 et seq.).

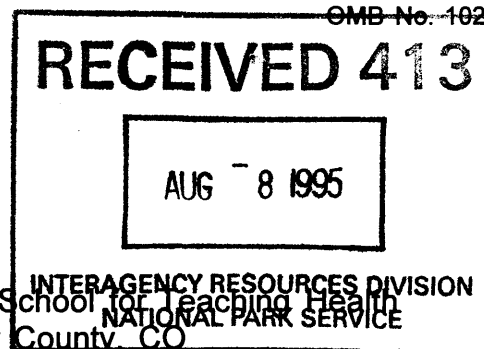
Estimated Burden Statement: Public reporting burden for this form is estimated to average 18.1 hours per response including time for reviewing instructions, gathering and maintaining data, and completing and reviewing the form. Direct comments regarding this burden estimate or any aspect of this form to the Chief, Administrative Services Division, National Park Service, P.O. Box 37127, Washington, DC 20013-7127; and the Office of Management and Budget, Paperwork Reductions Projects (1024-0018), Washington, DC 20503.

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**NATIONAL REGISTER OF HISTORIC PLACES
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Tilden School for Teaching Health
Denver County, CO



Introduction

The Tilden School for Teaching Health covered approximately 3.5 acres and encompassed most of the block bounded on the north by West Highland Park Place (West Bosler Place), on the east by Grove Street (Roxburgh Court), on the south by West Fairview Place, and on the west by Irving Street in Denver, Colorado (See Figure 1). The extensively landscaped campus, located immediately west of Highland Park, included four principal brick buildings and a small brick garage (See Photograph 1). The Administration Building, located at 3209 West Fairview Place, occupied an existing single family Italianate style house constructed in 1875.¹ The remainder of the buildings were constructed during the district's period of significance, 1915-1931. The nominated district includes the entire extent of the school's campus. All five buildings are contributing resources within the district.

Description of the District

Patient Apartments, 3279 Grove Street, Harry W.J. Edbrooke, (1916). The Patient Apartment Building was the first new building constructed at the Tilden Health School (See Photograph 2). The facility consisted of furnished apartments in which patients resided while learning to medically care for themselves. Architect Harry W.J. Edbrooke designed the large brick building in the Classical Revival style, with solidly crafted construction similar to the residential apartment buildings then achieving popularity in Denver's Capitol Hill neighborhood. The three-story, hipped roof building is dominated by a central, circular, two-story portico composed of smooth columns with Corinthian capitals supporting an uncovered balcony with solid balustrade accessed by French doors. The symmetrical building features an elaborate wooden entrance surround with pilasters and consoles supporting a balcony with wrought iron balustrade accessed by French doors. A transom and sidelights with tracery accent the main door which is illuminated by a hanging metal lantern.

Brick quoins ornament the corners of the red and dark brown brick forward section of the building, which is slightly larger in width than the rear section of the building (See Photograph 3). The rear section of the building is composed of less expensive unvariegated brick. The building is crowned by a banded cornice and red tile roof and divided on the forward portion by a secondary cornice between the second and third stories. The evenly spaced six-over-six-light double-hung windows of the building were essential to interior ventilation and illumination and have divided sidelights and tooled stone sills. The first story windows of the forward section are slightly inset and are topped by semi-circular blind arches filled with contrasting decorative brickwork. Decorative brickwork panels are also found beneath the first story windows. Second and third story windows have flat arches with brick and stone lintels. Side elevations of the rear portion of the building display less elaborately ornamented tripartite windows, including columns

¹This building was designated an individual Denver Landmark (number 153) in 1984.

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Tilden School for Teaching Health
Denver County, CO

of specially designed recessed bay windows with casements which open inward. A raised, uncovered platform porch with concrete base and low wrought iron balustrade in front of the building was utilized for heliotherapy and relaxation. The patio was originally enclosed by low brick walls.

Main Building, 3249 West Fairview Place, Harry W.J. Edbrooke (1919 and 1923). The Main Building was the largest structure erected on the school campus. The building was constructed in two stages, with the eastern U-shaped part built in 1919 and the western L added in about 1923, resulting in the massive E-shaped form (See Photograph 4 and Figure 2). A further expansion was contemplated but never completed, although foundations for an additional wing were put in at the northwest corner of the structure. The building contained patient rooms, a lecture hall (in the garden level basement of the central projecting wing), and a dining hall (in the garden level of the eastern wing).

The two-story brick Craftsman influenced building with raised basement level is divided by a brick belt course between the basement and first story and has a low hipped roof with overhanging eaves and exposed decoratively shaped rafters. Five gabled dormers on the facade have exposed rafters, stucco, and multi-light triple windows. The fenestration of the building is composed of triple windows on the facade wall of each projecting wing, evenly spaced groups of three one-over-one-light double-hung windows along side elevations of wings, and paired double-hung windows on the central portion of the building. All windows have brick lintels and rusticated stone sills.

Entrances to the building are centrally located on the facade of each projecting wing and in and adjacent to two one-story, rounded, projecting sunrooms with raised porches located in the two walls between the projecting wings. The facade of each projecting wing contains a central door flanked by divided sidelights which is reached via stairs with stucco covered brick stairwalls (See Photograph 5). These entrances were originally sheltered by small gabled hoods supported by decorative braces. The second story of each projecting wing facade has been altered by the removal of the hoods and inclusion of a second story entrance with glass block sidelights accessed by metal fire stairs.

The sunrooms (See Photograph 6), which have truncated conical roofs and multiple light doors, open onto a raised uncovered porch area with low stucco covered brick walls (See Photograph 7). The western sunroom is topped by a balcony with metal balustrade accessed by three sets of doors and the eaves above the sunroom feature decorative brackets (See Figure 3). The porches were originally covered by pergolas extending from the sunroom roofs and supported by slender columns with Corinthian capitals atop brick piers. Adjacent to the sunrooms are entrances covered by small hoods with decorative braces. The eastern elevation of the building faces a raised brick patio adjacent to a landscaped area with brick walkways. A basement-level boiler room topped with brick walls extends from the rear of the building.

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Tilden School for Teaching Health
Denver County, CO

Clinical Building, 3289 Grove Street, Harry W.J. Edbrooke (1923). The Classical Revival style Clinical Building at the northeast corner of the campus was completed in 1923 (See Photograph 8). The facility was never equipped or furnished and patients were never housed here. Dr. Arthur Vos and his family occupied the second story of the building during his tenure. The 1923 building reflects many of the design elements of the 1916 Patient Apartment Building.

The Clinical Building is a three-story hipped roof building composed of red and dark brown brick on the slightly wider, forward portion of the building, and less expensive unvariegated brick on the side elevations toward the rear and the back of the building. Like its neighbor to the south, the building is dominated by a central, rounded, two-story portico. The portico is composed of round columns and squared engaged columns with Corinthian capitals which support a balcony with solid roof-line balustrade. The portico cornice is ornamented with dentils and modillions. The central entrance door with sidelights and transom is elaborated by a wooden surround with pilasters and consoles supporting a balcony with wrought iron balustrade accessed by French doors. Metal lanterns flank the entrance.

The Clinical Building was originally composed of two stories with a garden level basement (See Figure 4). In 1954, the Harry W. Hammond Company added a third story by jacking up the original roof and creating an upper story. The materials and ornamentation of the original building and its neighbor dictated the design of the added story (See Figure 5). The building has a banded, projecting cornice and a secondary cornice with dentils and modillions (the original cornice of the building) between the second and third stories. The six-over-six-light double-hung windows with divided sidelights of the forward portion of the building are similar in design to those of the earlier Patient Apartment Building: first story windows are topped by blind arches filled with decorative brickwork and have decorative brick panels beneath tooled stone sills and second story windows have flat arched brick and stone lintels. Unlike the earlier building, the third story windows are set immediately beneath the cornice and do not display the same lintels as the second story. The rear portion of the building has paired, one-over-one-light double-hung windows. A raised, uncovered porch with brick walls with rounded corners extends along the front of the building.

The 1954 remodeling also included an addition housing a stairwell and elevator tower which was added to the northeastern corner of the Clinical Building (See Photograph 9). The brick of the addition matches that of the original forward portion of the building, although the secondary cornice was not extended to the addition. The elevator tower has a shallow pyramidal hipped roof with red tile which extends beyond the roofline of the Clinical Building. Addition windows are nine-over-nine-light double-hung sash. Another alteration which occurred after 1935 was the enclosure of rear porches on the first and second stories of the clinic. The original brick piers of the porches are still extant.

Garage (1924). The brick garage has a gabled roof with overhanging eaves and exposed rafters (See Photograph 10). The southern elevation of the garage has three sliding wooden garage

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Tilden School for Teaching Health
Denver County, CO

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doors with multi-light windows and the eastern elevation has one. The rear of the building includes an inset area enclosed on one elevation with wooden lattice.

Administration Building, 3209 West Fairview Place, John G. Weller (1875). The Administration Building (Photograph 11) was the only building included in the Tilden School for Teaching Health which was not specifically constructed for the institution. Originally a single family home, the 1875 two-story brick dwelling atop a stone foundation displays an asymmetrical composition with gabled and hipped projections and originally featured a third-story square tower on the southeast facade (See Figure 6). The low-pitched hipped roof of the residence has widely overhanging eaves with paired brackets beneath and a wide, paneled frieze. Tall, narrow, one-over-one-light, double-hung windows have segmental arches, stone sills, and crowns composed of brick and stone with carved keystones. The projecting gables on the southern and eastern elevations display two-story bay windows.

A one-story porch partially wraps around the southern and eastern elevations. The porch, with low mansard roof with triangular panels, is topped by cresting and supported by square posts with beveled corners ornamented with etched brackets. A secondary porch with similar design elements is located on the northern end of the eastern elevation. The segmental arched entrance on the southern elevation has paired, paneled entry doors with large panes, sidelights, and a transom with crown which mimics those of the windows. On the second story above the entrance are paired windows.

Alterations to the residence, in addition to the removal of the third-story tower (after 1935), include a small early addition at the northeast corner of the building. The one-story, shed roofed brick addition includes a later alteration of glass bricks on its eastern wall. The porches of the house have been reconstructed. A wooden privacy fence encloses much of the property.

Landscaped Grounds. The grounds of the Tilden Health School were extensively landscaped with flower gardens, trellises, ponds, and brick walkways. The wrought iron street lamps featured circular globes bearing the name "TILDEN". Many of these landscaping elements are now deteriorated or missing, particularly to the rear of the Main Building. The brick walkways to the east of the Main Building are still extant. The lampposts also remain (with plain globes) and a wrought iron fence was installed along West Fairview Place in 1994. Many of the trees and other vegetation planted during the early twentieth century still survive (See Figures 7 and 8).

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Tilden School for Teaching Health
Denver County, CO



Figure 2. This circa 1924 view northwest shows the massive, E-shaped Main Building.
SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
Denver County, CO



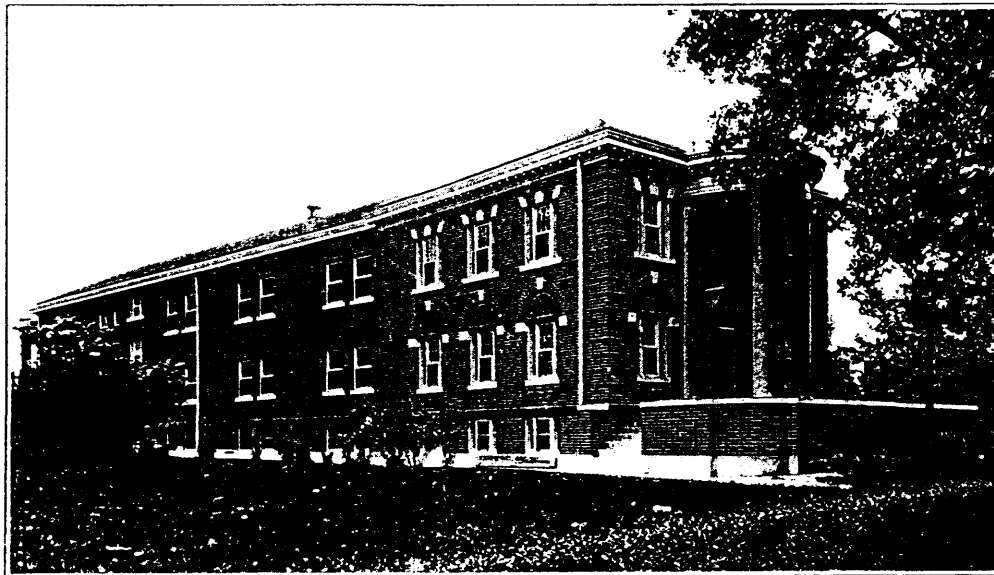
Figure 3. The construction details of the western sunroom are illustrated in this circa 1924 view north of the Main Building. SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
Denver County, CO



Building No. 3. The Tilden Health School, Denver, Colorado

Figure 4. The Clinical Building is shown in this circa 1924 view to the north. SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
Denver County, CO



Figure 5. The Patient Apartment Building (left) and Clinical Building appear in this circa 1926-27 view northwest across Grove Street from Highland Park. SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
Denver County, CO



Figure 6. The former Bosler-Yankee house (center) served as the Administration Building for the school. The house is flanked by the Main Building (left) and the Patient Apartments (right) in this view northwest circa 1924-25. SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
Denver County, CO



Figure 7. A formal garden immediately east of the Main Building, which featured brick paths, a birdbath and pool, and a pergola, is shown in this 1926 view east. SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
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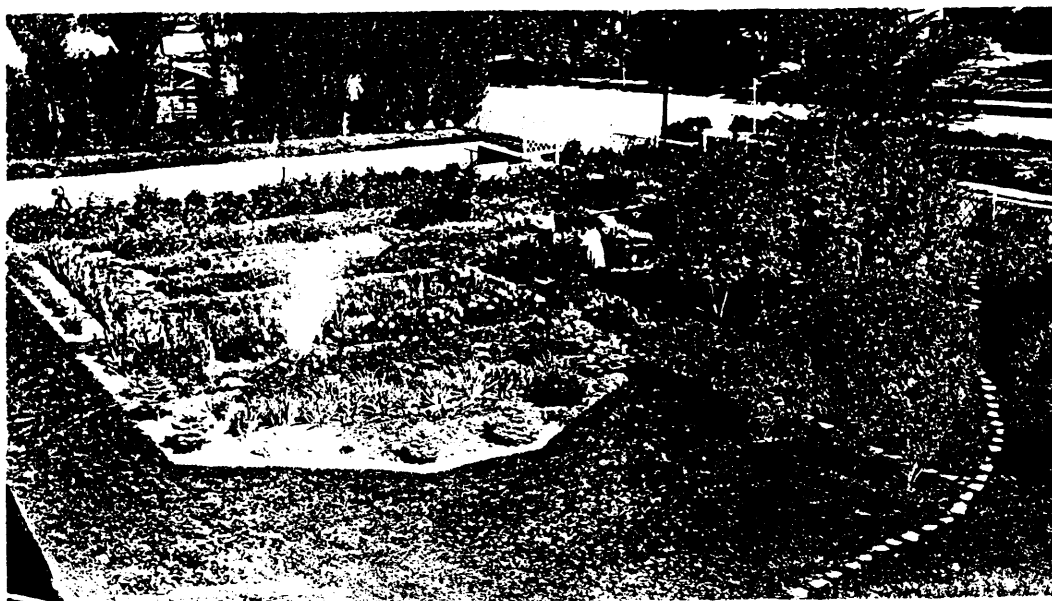


Figure 8. A large flower garden, an open grassy area, stone stepping stones, and a wooden trellis fence highlighted the area behind the Main Building. This 1927 view west was taken from the Main Building. SOURCE: Arthur Vos, Jr., photographic collection, Denver, Colorado.

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Tilden School for Teaching Health
Denver County, CO

SIGNIFICANCE

The Tilden School for Teaching Health is significant under criterion A as an example of an intact campus of an early twentieth century sanitarium employing nontraditional treatment methods to restore and maintain health. The school is significant under criterion B for its association with its founder, Dr. John Henry Tilden, who developed and extensively wrote about his treatment theories and who was affiliated with the facility from 1915 to 1924. The Tilden Health School is significant under criterion C for the type and methods of construction displayed, which represent early twentieth century theories regarding patient treatment and building techniques integral to medical facilities of the period and their adaptation utilizing popular architectural styles of the early twentieth century. The district is also significant under criterion C as representative of the work of Denver architect Harry W.J. Edbrooke.

By the early 1900s, the operation of medical sanitariums had become a major component of the Denver economy. These facilities provided care for thousands of patients from across the country, as physicians believed that Colorado's climate and altitude were beneficial to those suffering from a variety of illnesses. The Tilden School for Teaching Health is significant under criterion A as representative of this era of the city's history, reflecting the popularity of private medical institutions which developed innovative medical regimens for their patients.

The district is also significant for its association with Dr. John Henry Tilden, who created the campus which reflected the medical theories he developed. Tilden planned and erected the buildings of the school and utilized them to train hundreds of patients in learning how to heal themselves through diet and hygiene. Dr. Tilden's emphasis on the body healing itself rather than a reliance on drugs and surgery presaged modern holistic medicine. The Tilden School for Teaching Health represents the culmination of Tilden's efforts in applying and disseminating his medical philosophies.

The district is significant for its representation of the influence of early twentieth century medical theory upon building construction. The Classical Revival and Craftsman designs of the school's buildings reflect the attempt to create medical buildings which incorporated popular elements of residential architecture. As many patients stayed for extended periods at the school, the buildings were designed to invoke a feeling found in the solid apartment buildings and well crafted homes of the era. The substantial raised porches and bright sunrooms were also utilized in medical treatment to provide access to the fresh air and sunshine which were considered vital components of a healthy lifestyle and keys to recovery from disease. The abundant use of large windows in the design of the buildings also reflected the importance of ventilation and light in medical theories of the period. The unusual bay windows found on the side elevations of the Patient Apartment Building were developed in response to these theories. The raised basement level of each building also provided important access to sunlight and air.

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Tilden School for Teaching Health
Denver County, CO

The district faces one of Denver's historic parks, Highland Park, which provided the natural setting considered vital for a sound mind and body. In addition, the grounds of the school were extensively landscaped with walking paths, benches, fountains, shade trees, flowers, and other vegetation to provide ample room for patients to receive outdoor exercise and relaxation. The extensive flower gardens, of which remnants are still extant, were intended to beautify the grounds, provide flowers for patient rooms, and allow leisure gardening as a healthful activity.

The district is significant as a major collection of buildings reflecting the work of prominent Denver architect Harry W.J. Edbrooke. According to Arthur Vos, Jr., the only architect involved in new building construction at the Tilden School for Teaching Health was Edbrooke.² A native of Chicago, Harry W.J. Edbrooke (1873-1946) studied architecture at the University of Illinois and the Armour Institute of Technology. After establishing a practice in Chicago, Edbrooke was invited to join the firm of his uncle, Frank Edbrooke, who was one of Denver's most successful nineteenth century architects. Harry Edbrooke was associated with Edbrooke and Company from 1908 until his uncle retired in 1913. During this period, such significant Denver buildings as the First National Bank and the Gas and Electric Building are attributed to Harry W.J. Edbrooke. Edbrooke then established his own practice and designed major buildings in Denver, including the W.H. Kistler Stationery Store, the A.T. Lewis Dry Goods Annex (the Rio Grande Building), the Ogden Theater, the Fifth Church of Christ-Scientist, and Valverde School.³

HISTORICAL DEVELOPMENT OF THE TILDEN SCHOOL FOR TEACHING HEALTH

Dr. John Henry Tilden

Dr. John Henry Tilden was the principal force behind the creation of the Tilden School for Teaching Health in Denver, Colorado (See Figure 8). Tilden was born in Montgomery County, Illinois, in 1851, the son of a well-known physician, and attended grammar and high schools in Litchfield, Illinois. Tilden graduated from Eclectic Medical Institute, Cincinnati, Ohio, in 1872, and subsequently practiced medicine in Nokomis, Illinois, Litchfield, Illinois, and Wichita, Kansas.⁴

²Edbrooke is identified on the building permit for the Patient Apartment building, but other permits do not list an architect. The 1875 Bosler-Yankee house was designed by John G. Weller.

³Thomas J. Noel and Barbara S. Norgren, **Denver the City Beautiful** (Denver: Historic Denver, Inc., 1987), 196; Wilbur F. Stone, **History of Colorado**, Vol. II (Chicago: S.J. Clarke Publishing Co., 1918), 220-221.

⁴Stone, III, 118.

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Tilden School for Teaching Health
Denver County, CO



Figure 9. Dr. John Henry Tilden (1851-1940) was the founder of the Tilden School for Teaching Health in Denver, Colorado. SOURCE: Steele, III, 119.

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Tilden School for Teaching Health
Denver County, CO

Tilden relocated to Denver in 1890, establishing a medical and surgical practice and serving on the State Board of Health. By the late 1890s, Tilden had become skeptical of conventional medicine. Writing in 1937, Tilden recounted his evolution away from traditional medical thinking:

I started as a drug physician, and believed in everything that the drug physician is taught to believe.... After losing confidence in drugs--after learning that the supposed cures that I had been making were self-delusions, and that I could get as good or better results with sugar or milk--I decided to prepare myself for surgery. Post-graduate studies and lectures in time prepared me for a few years of partial contentment in desecrating and vandalizing the human body.... It took me twenty-five years of constant self-criticism to pry myself out of medical and surgical superstition.⁵

Tilden rejected the germ theory as "a highly wrought and overworked, plausible fallacy, which is evolved to please the sensual, licentious, and voluptuous spirit of the age, and which gives the sensualist an excuse for not controlling his habits." The doctor argued against the efficacy of vaccination at combatting disease. In Tilden's view, the root cause of all disease was "autotoxemia":

Any being, with power to reason, knows that excessive indulgence in any and all habits leads to a breaking-down of the nervous system. Few, however, know that this breaking-down--enervation--is the direct cause of retention of waste products in the system. Few know that enervation is often the primary cause of constipation, or the cause of a failure of all organs of the body to excrete normally, and that the retention of excretions develops *autotoxemia, the universal cause of all diseases*.⁶

Tilden believed that it was the role of a physician to teach patients "to recognize all detrimental influences and teach him how to overcome them--teach him to know that there is no cure outside of himself." Diet and proper nutrition were important components of Tilden's approach, which argued against drugs and surgical intervention.⁷

Dr. Tilden popularized his views through a number of lengthy monographs, journals, and lecture tours. Books penned by the doctor included: **Cursed Before Birth: A Few Straight Tips Regarding Our Social Condition** (1895); **Food**, two volumes (1914-16); **Impaired Health: Its Cause and Cure, A Repudiation of the Conventional Treatment of Disease** (1917); **The Pocket Dietician** (1918); **Appendicitis: The Etiology, Hygienic and Dietetic Treatment** (1921); **Constipation: A New Reading on the Subject** (1923); **Toxemia Explained: The True**

⁵Dr. Tilden's Health Review and Critique, XII (July 1937):356-58.

⁶Dr. Tilden's Health Review and Critique, XII (July 1937):341 and 343.

⁷Dr. Tilden's Health Review and Critique, XII (July 1937):338.

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Interpretation of the Cause of Disease (1926); Practical Cook Book (1926); Children: Their Health and Happiness (1928); Philosophical Epigrams (1939). Tilden also published three journals on health, diet, and medical practice: **A Stuffed Club (1900-15); Philosophy of Health;** and **Dr. Tilden's Health Review and Critique (1926-40).** **A Stuffed Club** was started as "a magazine of protest, against superfluous surgery and the use of drugs, and has had a wide circulation all over the country..."⁸

Tilden founded and was associated with the Tilden School for Teaching Health from 1915 until 1924, when he sold his interest in the school. The doctor resumed private practice, continued writing, and opened a new, similar facility (the Tilden Health Institute) at 1173 Pennsylvania Street in 1927. Tilden continued to operate the Institute until a few months before his death at the age of eighty-nine in September 1940. His estate was valued at \$161,700.⁹

The Tilden School for Teaching Health

To advance his ideas on health, diet, and medical treatment, Dr. Tilden established the Tilden School for Teaching Health in northwest Denver. The school covered approximately three and a half acres, occupying most of the block bounded by West Highland Park Place, Grove Street, West Fairview Place, and Irving Street (See Figure 1). While no specific reason could be ascertained for selection of the site, several factors may have influenced the decision: the site was less than half a block from a trolley line; land was relatively cheap in North Denver compared to other parts of Denver; and Highland Park, lying across Grove Street to the east, provided an attractive setting.

Construction of the Campus

By 1914, Tilden had acquired an existing brick dwelling at 3209 West Fairview Place and was making modifications to convert the structure to health school purposes. Located at the southeastern corner of the campus, the house was designed and constructed in 1875 by architect John G. Weller for Ambrose Bosler. Bosler was a North Denver pioneer who was active in the Union Ice Company and other ice ventures. William H. Yankee bought the dwelling in 1882 and undertook extensive landscaping and other changes. Yankee had substantial mining interests in

⁸Stone, III, 118.

⁹**Rocky Mountain News**, 3 September 1940 and **Denver Post**, 2 September 1940, 13 and 6 September 1940, 7.

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Clear Creek, Gilpin, Park, Hinsdale, and Lake counties of Colorado. Tilden remodeled the house to serve as the Administration Building for his health school (See Figure 6).¹⁰

In 1916, a three-story, brick apartment house for patients was erected immediately north of the Administration Building at 3279 Grove Street (See Figure 4). Designed by Denver architect Harry W.J. Edbrooke, the building housed "furnished apartments for patients to care for themselves, everything being in a most sanitary condition..." The estimated cost of the building was \$50,000. Peter Hansen was the general contractor for the structure, which was completed in September 1916.¹¹

The Main Building of the complex was erected in two phases beginning in 1919. The initial U-shaped section on the east was completed in 1919, while a western, L-shaped wing was added in about 1923. The result was the largest building on the campus, a massive, E-shaped structure of two stories and a garden level basement (See Figure 2). Plans were made to further expand the building. A foundation for a wing at the northwest corner was put in, but the wing itself was never constructed. The sprawling building contained rooms for patients, two sunrooms, a lecture hall, and a dining room. Construction of the initial portion of the building was performed by Quick and Company at an estimated cost of \$75,600.¹²

The Main Building also included a large basement-level boiler house with a tall brick chimney at the rear by the northeast corner. The facility had two banks of coal-fired Burnham boilers and a large hot water heater. Steam lines were run through underground tunnels to heat the other buildings in the complex.¹³

A Clinical Building was completed in 1923 at the northeastern corner of the property (See Figure 5). The two-story brick building with basement was erected by the Kirchhof Construction Company at a cost of \$47,000. According to Arthur Vos, Jr., this building was never furnished or equipped as a clinic and never housed patients. Upon his arrival in September 1924, Dr. Arthur Vos, Sr., and his family converted part of the second floor of the building into residential quarters.¹⁴

¹⁰City and County of Denver, Building Permit Number 3394, 5 November 1914 and Denver Landmark Preservation Commission, Request for Landmark Designation, "3209 W. Fairview Place," Denver Landmark Number 153, ordinance number 26-84.

¹¹Stone, 118 and City and County of Denver, Building Permit Number 1033, 16 May 1916.

¹²City and County of Denver, Building Permit Number 1441, 30 June 1919 and Building Permit Number 1584, 15 July 1919 and Arthur Vos, Jr., interview, Denver, Colorado, 3 December 1994.

¹³City and County of Denver, Building Permit Number 1584, 15 July 1919 and Vos.

¹⁴City and County of Denver, Building Permit Number 6291, 7 December 1922 and Vos.

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A three-car garage at the rear of the Patient Apartment Building was the last building constructed on the campus of the Tilden Health School. The rear of the building contained a tool room. According to building permit records, the one-story, brick garage was constructed in 1924 at a cost of \$700.¹⁵

The grounds of the Tilden School for Teaching Health were extensively landscaped. The area north of the Main Building featured a grassy area and an extensive flower garden (See Figure 7). The garden provided cut flowers for patients' rooms. A trellis gate and a small fish pond were located at the northwest corner of the garage. A wooden lattice fence ran along the edge of the area, paralleling West Highland Park Place. To the east of the Main Building was a formal garden, with brick pathways, a birdbath and small pond, and a large trellis (See Figure 6). Lowell Masters, who lived just north of the school on Grove Street, was the gardener for the facility. Mrs. Arthur Vos, assisted by her son, Arthur Vos, Jr., planted some of the large evergreen trees located behind the Main Building and was involved in the planting and cultivation of the school's landscaping.¹⁶

By the mid-1920s, the Tilden Health School Association comprised three large buildings especially constructed for the facility, the remodeled Administration Building, and a garage, situated on three and a half landscaped acres. The cost of the facility's buildings approached \$175,000.

Operation of the Facility

The Tilden Health School Association operated from 1916 to 1931 and drew patients from around the United States, as well as from such foreign countries as Canada, Great Britain, and Australia. Both Tilden and his successor made cross-country lecture tours, discussing treatment methods and promoting the school. The operational break-even point for the facility was about thirty patients, according to Arthur Vos, Jr. Patient numbers tended to increase during the summer months, as healthseekers were attracted by the pleasant Colorado climate. The facility's population declined during the fall and winter months before picking up again in the spring. At its peak, the Tilden Health School housed about eighty-five patients and employed as many as thirty employees.¹⁷

Writing in 1937, Dr. Tilden explained that such a sanitarium was "a health resort--a place to go to find health. It will be a place where truth will stand before creed, school, sect, or order; where disease suggestions of all sorts will be banished; where the talk or conversation will be health-building..." Colorado historian Wilbur F. Stone observed that Tilden's "methods are unique and

¹⁵City and County of Denver, Building Permit Number 2134, 22 April 1924.

¹⁶Vos and Arthur Vos, Jr., photographic collection, Denver, Colorado.

¹⁷Vos.

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original and, what is more, they are effective. He teaches his patients how to cure themselves." The **Rocky Mountain News** wrote in 1924 that his "theory with reference to proper treatment of disease... has become famous."¹⁸

Dr. John H. Tilden was involved in the operation of the facility until 1924. In July of that year Tilden sold the bulk of his interest in the corporation to Dr. Arthur Vos, Andrew Jergens, and Frank C. Adams of Cincinnati, Ohio, for \$150,000. Dr. Vos had visited the facility in 1921 to study Tilden's methods and planned to continue the teaching of Tilden's methods. He shared Tilden's views on the importance of proper diet and remonstrated patients to eat foods containing plenty of "elements." Dr. Vos had helped Jergens, an heir to the Jergens Soap Company fortune, regain his health, and, in gratitude, Jergens had supplied financing for the acquisition of the health school for Vos.¹⁹

The relationship between Tilden and the new owners soon became acrimonious. In December 1924, Vos, Jergens, and Adams sued Tilden and Frieda B. Gantz, the former secretary of the health school association, alleging that the two had "conspired to injure the business of the Tilden Health school..." The suit charged that Tilden and Gantz copied and used the school's mailing list, planned to publish a competing health magazine, and were attempting to set up a competing health facility. The record does not reveal the outcome of the suit, but Tilden published **Dr. Tilden's Health Review and Critique** from 1926 to 1939 and operated the Tilden Health Institute in east Denver from 1927 to 1940. The Tilden School for Teaching Health continued to operate under the direction of Dr. Vos until 1931.²⁰

An advertisement for the facility during the Vos years proclaimed: "Where Thousands 'Hopelessly Ill' Get Well Without Drugs, Serums or Surgery." The notice listed successful experience in the treatment of asthma, colitis, goiter, hardening of the arteries, hay fever, high blood pressure, nervous prostration, rheumatism and arthritis, and ulcer of the stomach. Diet and hygiene were viewed as the keys to treating "disease conditions usually regarded as incurable."²¹

Closure of the School and Subsequent Uses

In the 1930s, the onset of the Great Depression resulted in declining numbers of patients for the Tilden Health School Association. The facility closed its doors in December 1931 and the corporation went into receivership. Dr. Vos returned to Cincinnati, where he practiced medicine

¹⁸Stone, III, 118 and **Rocky Mountain News**, 18 December 1924, 9.

¹⁹**Rocky Mountain News**, 18 December 1924, 9 and Vos. Adams was treasurer of the Jergens Soap Company.

²⁰**Rocky Mountain News**, 18 December 1924, 9. Tilden married Ms. Gantz following the death of his second wife.

²¹"The Tilden Health School," advertisement. In the Denver Hospitals and Sanitariums clipping file, Denver Public Library, Western History Department, Denver, Colorado.

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until his retirement and edited **Health Culture** magazine. His son, Arthur Vos, Jr., was appointed receiver by the Denver District Court.²²

Efforts to sell all or some of the school's buildings in the midst of the Depression were unavailing. The younger Vos disposed of various items of school equipment and successfully operated the patients' apartment building as the Highland Park Apartments until 1935, when his association with the complex ended. The four principal buildings of the campus eventually came under separate ownership and uses.

A controversy arose in 1933 when 250 indigent elderly men were housed in the Main Building by the Denver Emergency Relief Committee. Nearby residents protested housing such a group "in the heart of a select residential district" and successfully won an agreement to move the old men to downtown hotels. From 1934 to 1939, the Main Building housed the Highland Park Hospital under the direction of Louis E. Luebbers. Luebbers and his wife, L. Nadine, lived in the house at 3209 W. Fairview Place from 1936 to 1940. From 1940 through the early 1970s, the Offield Convalescent Home (later the Offield Nursing Home) was located in the Main Building. Mrs. Maude M. Offield was the original superintendent. Subsequent occupants of the structure have included the Carefree Guest Home and Highland Living.²³

The Clinical Building remained vacant until the Highland Park Infirmary located there in 1935. From 1936 to 1938, the Industrial Clinic Hospital occupied the building under the direction of Dr. William B. Lewis. The Adult Blind Home was housed in the building from 1940 to the early 1980s. In 1954 a third story and elevator were added to the building to meet the special needs of that organization. The building now is known as Heather Grove.²⁴

The patients' apartment building has operated as the Highland Park Apartments since 1930. Samuel G. Baker was a longtime manager/janitor for the apartments. The Administration Building reverted to its original use as a single family dwelling by the mid-1930s and presently serves that function.²⁵

²²Vos.

²³**Rocky Mountain News**, 9 September 1933, 3 and Denver Householder and City Directories, 1931-86.

²⁴Denver Householder and City Directories, 1931-86.

²⁵Denver Householder and City Directories, 1931-86.

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Rocky Mountain News. 18 December 1924, 9; 9 September 1933, 3; and 3 September 1940.

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Vos, Arthur, Jr. Interview, 3 December 1994, Denver, Colorado, by Thomas H. Simmons.

_____. Photographic collection. Denver, Colorado.

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GEOGRAPHIC DATA

Verbal Boundary Description

The boundary of the district is indicated on Sketch Maps 1 and 2. Sketch Map 1 is a portion of a real estate parcel map from the Assessor's Office, City and County of Denver, at a scale of approximately one inch equals 150 feet. Sketch Map 2 is an extract of a 1929-30 Sanborn Insurance map, which shows the district boundary, buildings, and photographic references.

Boundary Justification

The district boundary includes all of the buildings and grounds that were a part of the Tilden School for Teaching Health during its period of significance.

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Ownership Information

Current owner names and addresses for each of the buildings within the district appear below, according to information supplied by the Assessor, City and County of Denver, December 1994 and March 1995.

3249 West Fairview Place, Highland Living (the Main Building)

Harmer, Harold F., Jr. and Harmer, Nancy W.
3249 West Fairview Place
Denver, Colorado 80211

3279 Grove Street, Highland Park Apartments (the Patient Apartment Building and the Garage)

Peacock, C. Herschel and Peacock, Helen J.
1676 South Van Dyke Way
Lakewood, Colorado 80228

3289 Grove Street, Heather Grove (the Clinical Building)

Sleeth, Allan and Sleeth, Janet
Sleeth, Larry and Sleeth, Cynthia
3289 Grove Street
Denver, Colorado 80211

3209 West Fairview Place, private dwelling (Administration Building)

Painter, Keith Dee and Painter, Elizabeth Hampton
3209 West Fairview Place
Denver, Colorado 80211

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Index to Photographs

The location and direction of photographic views are indicated on Sketch Map 2. Information that is the same for all photographs:

Name of the Property: Tilden School for Teaching Health
City and State: City and County of Denver, Colorado
Photographer: Thomas H. Simmons
Date: November 1994 (numbers 1-10); March 1995 (number 11)
Location of Original Negatives:
Josh Comfort Architecture
1624 Market Street
Denver, Colorado 80202

Photo Number	Description of View
1	View west from Highland Park of the Administration Building (left), the Patient Apartment Building (center), and the Clinical Building (right).
2	View west of the facade of the Patient Apartment Building.
3	View southwest of the facade and north elevation of the Patient Apartment Building.
4	View northwest of the facade of the Main Building.
5	View north of the central wing of the Main Building.
6	Interior view southwest of the western sunroom of the Main Building.
7	View north of the eastern sunroom of the Main Building.
8	View north of the facade and southern elevation of the Clinical Building.
9	View northwest of the facade of the Clinical Building.
10	View north of the facade and eastern elevation of the garage.
11	View northwest of the Administration Building.

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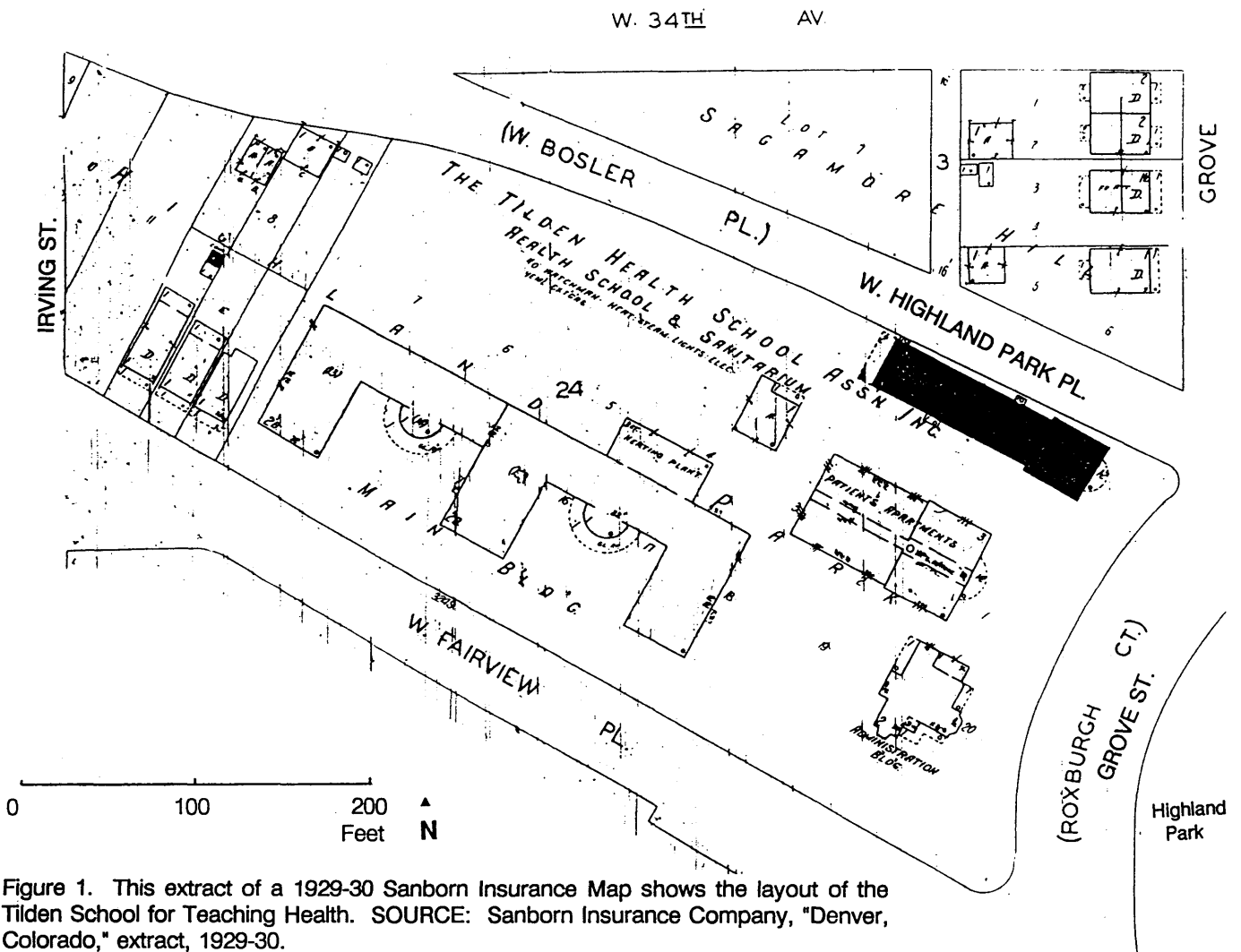


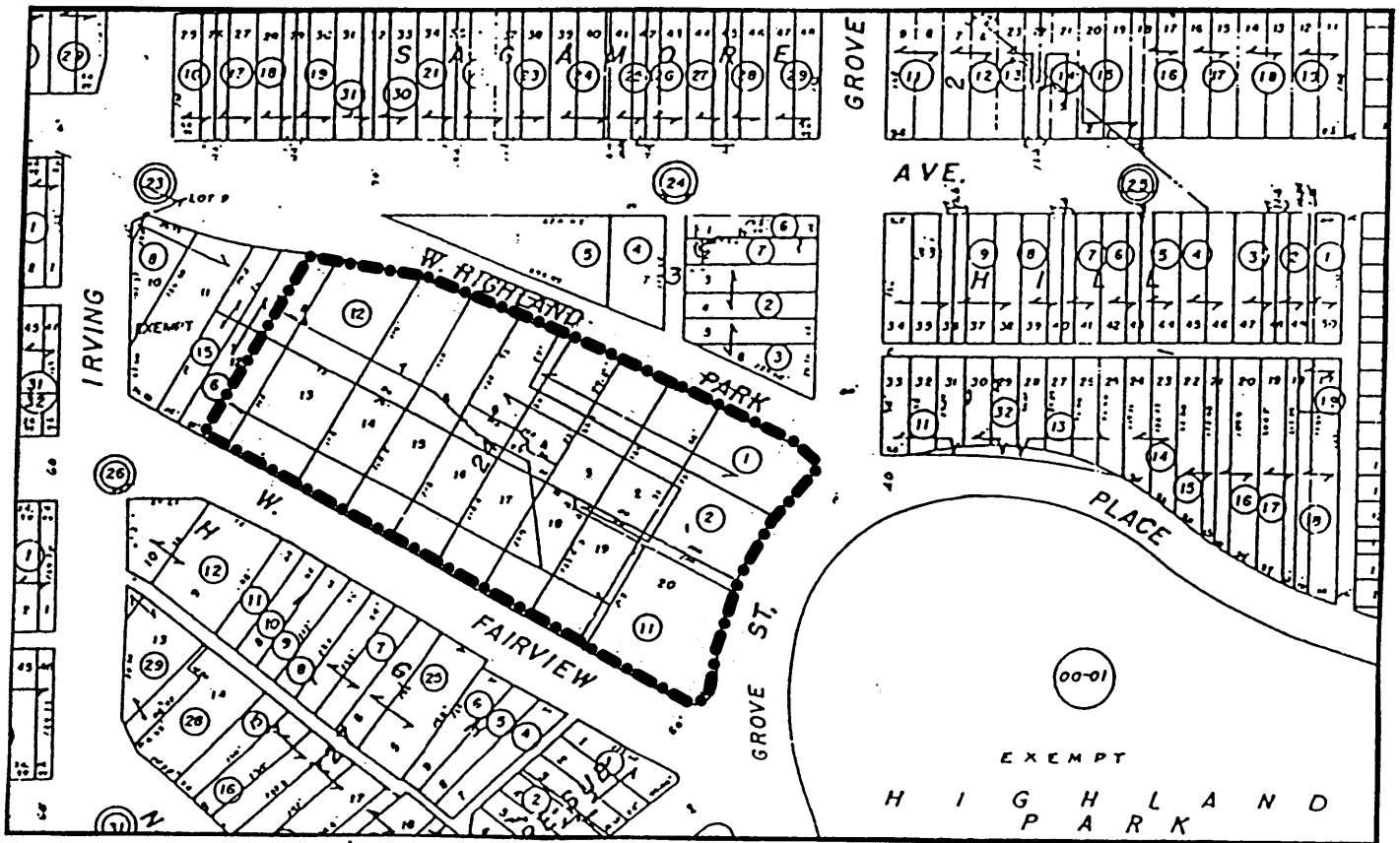
Figure 1. This extract of a 1929-30 Sanborn Insurance Map shows the layout of the Tilden School for Teaching Health. SOURCE: Sanborn Insurance Company, "Denver, Colorado," extract, 1929-30.

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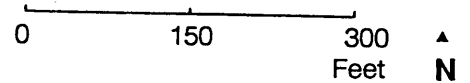
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**SKETCH MAP 1
TILDEN SCHOOL FOR TEACHING HEALTH:
District Boundary**

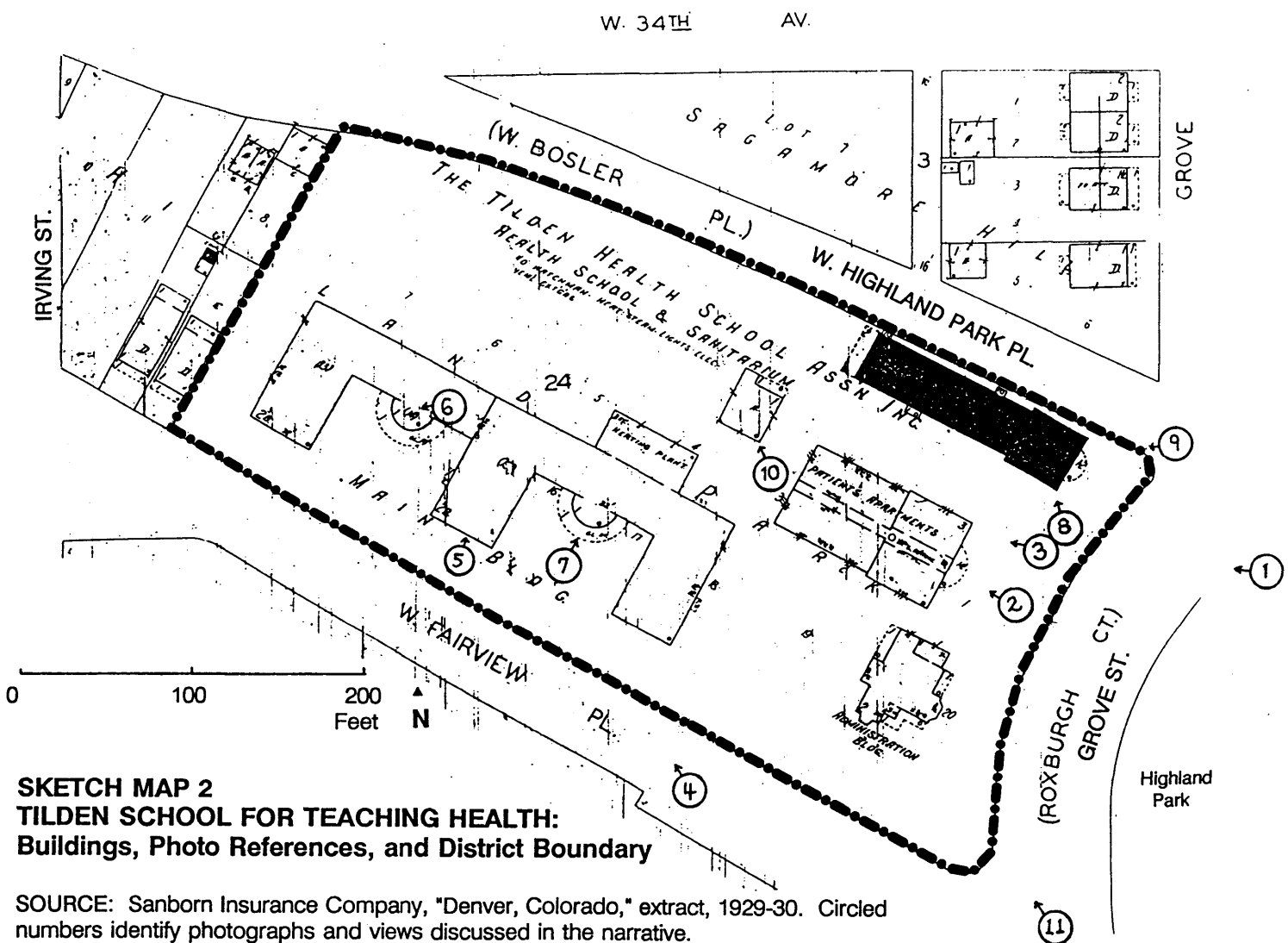


SOURCE: City and County of Denver, Assessor's Office, Real Estate Parcel Map (extract), Map Number 2292.

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**SKETCH MAP 2
TILDEN SCHOOL FOR TEACHING HEALTH:
Buildings, Photo References, and District Boundary**

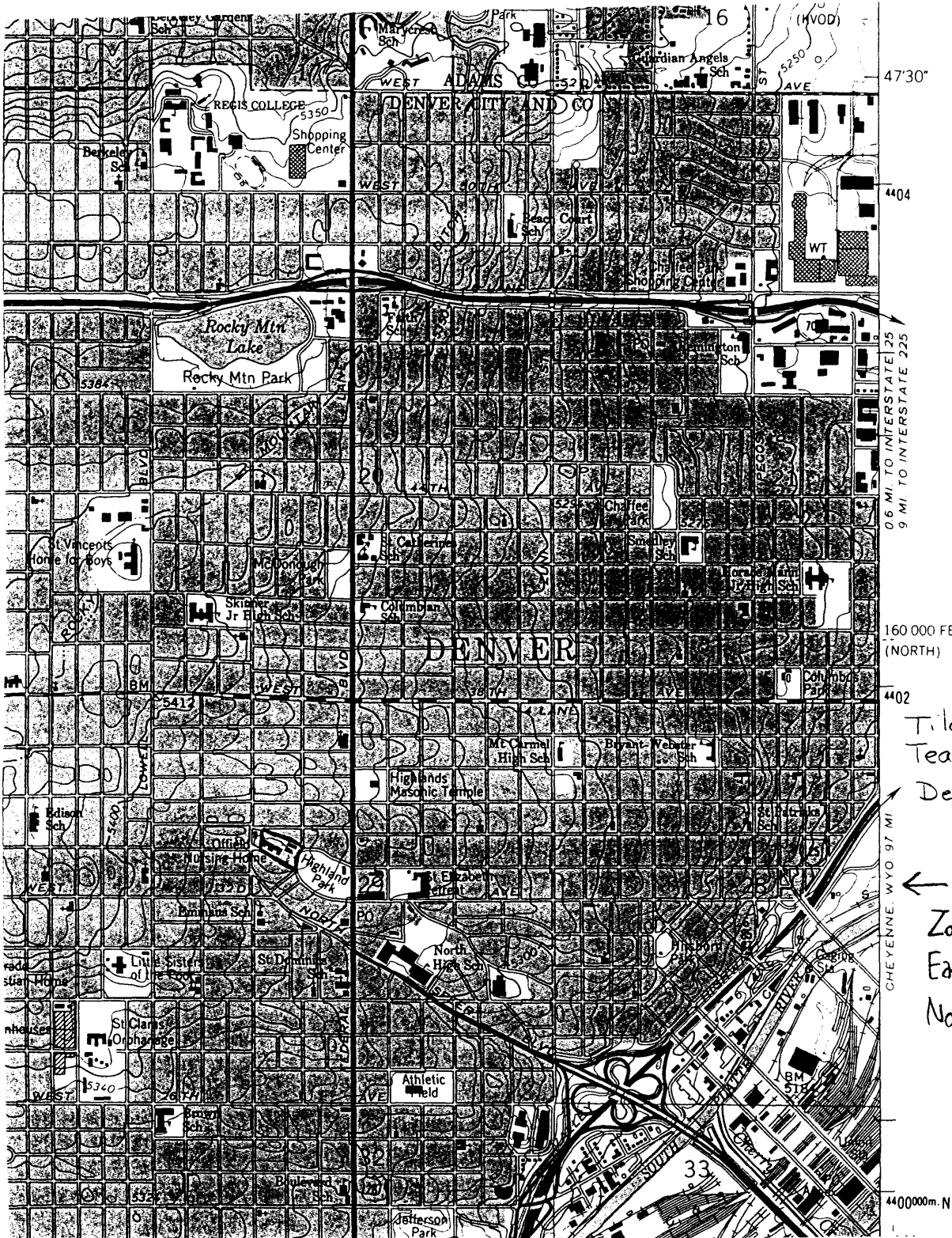
SOURCE: Sanborn Insurance Company, "Denver, Colorado," extract, 1929-30. Circled numbers identify photographs and views discussed in the narrative.

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← UTM's
Zone 13
Easting 497600
Northing 4401360