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Climate in Relation to the Treatment of Tuberculosis.

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SINCE at different times in the past 20 centuries various writers have attributed specific virtues to certain climates or locations, a brief review of the subject of climate in relation to the treatment of Tuberculosis is pertinent.

The importance of climatic treatment for tuberculosis, a belief of the ancients, has survived the advent of scientific medicine. The value of certain climates in the treatment of this disease was emphasised by the ancient Greek and Roman, as well as the Medieval Arabic Physicians. Hippocrates advocated a sojourn in the mountains. Aretaeus recommended sailing and the air of the sea shore. Celsus advised a trip to Egypt. In more recent times, Laennec advocated a residence on the sea coast. He found that the air of the mountains did not agree with many of his patients and believed that those with whom it did agree had only a small number of tubercles in the lungs. He said, "A residence by the sea side particularly in mild or temperate climates, is unquestionably the situation in which most consumptive patients have been known to recover. Indeed, I am convinced that we have no better means to oppose to this disease, than a sea voyage and resi-

dence on the sea coast in a mild climate."

Most of the English and Continental Physicians of his time, were sending their tuberculous patients to the seacoast.

For a brief period in the first half of the 19th century, treatment in caves was advocated and it is said that hundreds of tuberculous individuals went to the Mammoth cave in Kentucky with disastrous results. It can be seen that although climate was considered of greatest importance there was a difference of opinion as to the best climate for the consumptive.

It has been only within recent years that the value of climate as a therapeutic measure in the treatment of tuberculosis has been relegated to its proper place, one of minor importance.

Osler² says in speaking of climatic treatment, "This after all is only a modification of the open air method. The requirements of a suitable climate are a pure atmosphere, an equable temperature not subject to rapid variations and a maximum amount of sunshine. Conditions which should influence the choice of a locality are good accommodations, good food, and the patient be under the care