

Seven years ago I had a patient who had extensive infiltration of the upper lobe of the right lung, and a small deposit in the apex of the left. He had fever, night-sweats and hemorrhages, and was rapidly losing flesh. I advised him to throw up the indoor occupation at which he was engaged, and as it was necessary that he should gain a livelihood, take up some outdoor occupation. He bought a horse and cart and took a position as overseer of extensive building operations in various parts of the city. He spent ten or twelve hours a day in the open air and slept in a large room with the window wide open, winter and summer. He took creosote in fair sized doses, as well as such tonics as arsenic, strychnia and hydrochloric acid. He ate four meals a day, and there was no restriction on his diet except that he was instructed to use meat (including fats) and eggs very freely. He commenced to improve at once, and within a few months had gained fifty pounds. He has had no cough for some years, the lung is healed, and notwithstanding a recent attack of inflammatory rheumatism, looks the picture of robust health and weighs 228 lbs. I have had similar experience with some others. Even advanced cases with cavities have shown remarkable improvement. One young man who had been confined to the house for months, and whom I at first expected to die within a month, gained thirty pounds, and was in fair health for a year, when an acute outbreak quickly carried him off. Before I adopted the open-air treatment I never saw a single case of pulmonary tuberculosis get well. The patient should, when in the house, occupy the room with the most sunshine. If the temperature is 100° F. or over, he ought to rest in the summer on a hammock or couch in the garden—in the winter wrapped up in blankets, with a foot-warmer under his feet, on a couch or chair on the veranda, or other sheltered place. Nothing must be allowed to interfere with a full exposure to fresh air for from six to twelve hours daily. The air of the mountains and forests is, of course, purer, and therefore better than that of the crowded city, but we are now discussing the home treatment, and must take the home as we find it, and climatic considerations need not be discussed.

Of specific treatment I need say but little, as none of them have as yet given uniformly satisfactory results.

The condition of the digestive organs and the diet are of the greatest importance, and but little progress can be made until digestion is put upon a satisfactory basis. It is worse than useless to stuff a weak stomach with strong foods. Rest in the open air, or better, a change of air will usually improve the digestion, if the diet is for a time restricted to milk, buttermilk or kunyss, with meat juices or egg albumen. If this fail it may be necessary to resort to forced alimentation through