

CLIMATIC TREATMENT OF PULMONARY PHTHISIS.

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During the past ten years my advice has been given to a large number of persons suffering from pulmonary disease. Under my direction pulmonary invalids have taken up their residence for a longer or shorter time in nearly every well-known health resort on this continent. I have sent but few phthysical invalids to other countries, for within our own boundaries may be found every diversity of climate. From these experiences, without entering into the details of individual cases, I have reached the following conclusions:

First—That we can expect permanent improvement in cases of developed phthisis only after a prolonged residence in the locality which experience has proved to be best suited to each individual case. Permanent favourable results cannot be obtained from an annual change of climate.

Second—That cases of *tubercular* phthisis in any stage of the disease grow steadily and rapidly worse in all localities. Such cases do best in the quiet, well-ventilated apartments of their own homes, where they can be surrounded by all those influences and circumstances which tend to make a feeble invalid comfortable.

Third—That cases of *fibrous* phthisis in every stage, whether the fibrous process commenced in the pleura or in the bronchial tubes, even after retraction of the chest walls, especially in the infra-clavicular region, is well marked, and the bronchial dilatations which accompany it give the physical sign of extensive cavities, improve, and often reach a condition of comparative health, when they take up their residence in regions having very high altitude, such as are found in Colorado and in the Rocky Mountain range. The benefit which asthmatic and emphysematous invalids derive in these regions is most marked. I know of no locality where these classes of pulmonary invalids make such rapid and permanent improvement. Experience has led me to be very cautious in recommending these regions of high altitude to

invalids with catarrhal phthisis. In the advanced stage of this form of phthisis, I have never seen good results from a residence in such regions, and it is quite doubtful whether any one in its first stage has received benefit. It is stated by some of the advocates of the Colorado climate, that by it advanced cases of phthisis are greatly benefitted, and often reach a condition of apparent recovery. In these favourable cases I would rather the exact nature of the diseased processes than the physical signs had been given, notwithstanding by some so much importance has been attached to the latter. My own experience leads me to believe that only cases of fibrous phthisis are benefitted in regions of very high elevation.

Unquestionably, the majority of cases of pulmonary phthisis are of the catarrhal variety, and it is in giving advice as to the climate and locality best suited to this class that the greatest experience and judgment is to be exercised by the medical adviser. One thing seems certain that after the stage of softening and excavation is reached by this class, no climate will long delay the fatal issue. It is during the stage of pulmonary consolidation, or during the period of enfeeblement which precedes consolidation, that we may expect permanent improvement and perhaps final recovery.

I have seen only a very limited number of cases of catarrhal phthisis permanently improved by long sea voyages or a residence in a warm climate. A large number in the early stage of this disease, going from a northern to a southern winter, are temporarily improved: after the first apparently beneficial effects are passed, the degenerative inflammatory processes go on more rapidly than before. The invalids whom I have found to be most markedly benefitted by a sojourn during the winter months in a southern climate are those convalescing from some acute pulmonary affection, in whom the delayed convalescence raises the fear of possible phthysical development, and those in whom acquired or hereditary phthysical tendencies exist, yet there may be no positive physical signs of disease of the lungs. The list of such cases is a long one, and the results obtained are most satisfactory. My favourite resorts for such cases are Aiken in South Carolina, Pilatka, Enterprise and Gainsville in Florida,