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THE HYGIENIC AND DIETETIC TREATMENT OF
PULMONARY TUBERCULOSIS.

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Hygiene and diet are at present the chief factors in the treatment of pulmonary tuberculosis. It was Brehmer of Görbersdorf, in Germany, who demonstrated at the close of the fifties that pulmonary tuberculosis was curable. It was Trudeau, of Saranac Lake, who first adopted Brehmer's methods in this country, and placed the hygienic and dietetic treatment on a solid basis in America. Cured cases of pulmonary tuberculosis have now grown to such large numbers, that through them physicians and the laity regard the consumptive as a hopeful case, and not one predestined to death.

The treatment of phthisis is really nothing more than a heightened hygiene of the body and mind. The life processes must be maintained at the normal, or brought back into normal physiological condition if diseased, and it should be the aim of the physician to try and avoid the most insignificant set-back.

Phthisis even in the early stages is a severe disease, and should be treated throughout the whole course with the greatest care, and with the most unwearied patience. Both physician and patient should be undaunted by the relapses which so frequently occur.

The management of the mental condition of the patient is a cardinal factor in the treatment, and at the very outset the physician should try to establish a bond of sympathy between himself and the patient. The patient needs a strong support, and looks to the physician to supply this. He must abandon himself to the physician with complete confidence. The physician must gain this confidence by thorough physical examinations, and by the clearness and definiteness of his direc-

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