

Safe Rules For Summer

Seasonable Advice for Those Who are Seeking Health Out-of-Doors

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THE average layman would suppose, very naturally, that the out-door life and the hygienic treatment for tuberculosis could be carried out much more thoroughly, satisfactorily and easily in summer than in winter, but if we turn to those who have had experience in treating this disease or being treated for it we will find that they have learned that it is by no means the case.

This recalls the story which comes down to us from a classic age of the contest between the sun and the wind as to which was the most powerful. They finally decided to test their powers upon a stranger who was passing, that one to be declared the strongest who could the most quickly cause him to remove his cloak. The wind blew and blew, harder and harder, but the more it blew the tighter did the wayfarer wrap his cloak around him till finally the wind gave up in despair. The sun now began to shine with fervor and in a little while the traveler himself removed his cloak.

Just so it is easier for a patient to prepare himself to resist the rigors of the winter, the cold, snows and winds than to withstand the heat and the relaxing days of summer time and any physician handling this disease would gladly, as far as his patients' welfare was concerned, have the year made up of only autumn and winter weather and looks with more or less anxiety to the return of the less bracing, less tonic and often debilitating days of spring and summer. The patient's weight as a rule decreases during these months as was well demonstrated in a recent paper by Dr. Lawrason Brown, his temperature is harder to control, his appetite is less vigorous, his sleep less refreshing, and during the hotter hours of the day say from twelve to five, it is often preferable that he should be indoors rather than outdoors owing to the uncomfortable heat.

This is equally true whatever the latitude for the summer heat, as far as its intensity is concerned, is very little different in northern or southern places in the United States, the difference chiefly being in the duration of the hot season, Canada being very hot in summer, while arctic explorers report great and uncomfortable heat on the coast of Greenland during the short summer of those regions. However, while the summer is not the best time for most cases it is comforting to reflect that not only are there some people, chiefly those past sixty, who do best in summer time, but that with intelligent care and forethought our summer results may be made very satisfactory although never approaching what we can accomplish in autumn and winter. Taking

up the various points which one dwells upon in planning out the life of a tubercular patient and following the order used in the "Hints and Helps" which were published in this journal, I would turn first to the subject of exercise.

Exercise in summer should always be less than in winter and in places where the humidity is high, care should be taken to protect oneself by an umbrella from the sun's rays while walking. Moreover in hot weather walks should be taken early in the morning and late in the evening, and between eleven and five they should be avoided. In those who tend to perspire freely, care should be taken not to sit down to cool off after a walk with the underclothing soaked with perspiration. Again too, in summer time roads are apt to be more dusty than in winter and both in walking and more especially in driving care should be taken not to inhale dust, the mouth being covered if necessary by a handkerchief when passing through it.

As to rest in summer time, even in those who have reached a point when they need little rest in winter, it is wise to take a rest every afternoon during the hot months and much more care must be taken in summer than in winter, to see that while reclining outdoors the head is kept out of the sun. The total hours of outdoor life also cannot be as many in summer as in winter. In patients who sleep in rooms from eight to twelve hours of outdoor life can easily be attained in winter or about twenty to twenty-two by those who sleep outdoors. In summer according to my experience these hours are considerably lessened especially in unusually hot weather and the patient will do better spending the hours from twelve to five on very hot days quietly indoors in well ventilated rooms than outdoors. Of course sensitive patients who in winter time are slow in accustoming themselves to outdoor life, can on account of the ease with which they get chilled more quickly begin outdoor life in summer, but this is a small matter as practically universal experience teaches us that even these sensitive ones very soon get hardened.

As to amusements there are more that are available in summer time and the temptation to overdo is therefore naturally greater and must be carefully guarded against. Personally I consider tennis always too violent an exercise for those with any tuberculosis even if healed. The violent motions, sudden strains and the traction on the chest wall by the powerful arm-chest muscles are too severe a strain for such people. Golf when reasonably indulged in has no such