

# CANADIAN OUT-DOOR LIFE.

A MAGAZINE DEVOTED TO THE GOSPEL OF OUT-DOOR LIFE  
IN THE TREATMENT OF TUBERCULOSIS, AND THE VALUE  
OF FRESH AIR AND HYGIENIC LIVING FOR EVERYONE

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## Fighting Consumption in Canada.

The Treatment of Tuberculosis at the Nova Scotia (Provincial) Sanatorium.

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THE latter decades of the nineteenth century are replete with literature, both practical and theoretical, upon the treatment of tuberculosis, yet it remains for the twentieth century to achieve anything like a certainty in the prevention, arrest, or cure of the dreaded disease. When we recall the work of Jenner, in ameliorating, at least, if not wholly preventing, that fearful scourge, small-pox, by vaccinia, or view the wonderful victories won by Serum Therapy over diphtheria and allied diseases; when we consider the light and knowledge, which may be given us by the microscope in bacteriological research, we take heart and believe that in the near

future, we will have become victorious over this great White Plague.

### OUT-DOOR TREATMENT IN THE FORTIES

As far back as the forties, Dr. Sydenham of England, established for himself an almost national reputation for curing consumption, by outdoor treatment, conjoined with horse-back riding. In the sixties and seventies, the late Dr. J. B. S. Jackson, lecturer on Pathology at Harvard, held and demonstrated to his classes, that many cases of advanced tuberculosis, were healed and cured by a life in the Western wilds. Many will remember his specimens of the lungs of the cadaver, with large cavities cicatrized, the

adjacent tissues vitalized and healthy, giving the subject years of usefulness and eventually succumbing to the power of another affection or mayhap to accident. His subject was dry and to many uninteresting, and he gained the soubriquet from his classes of "Morbid Johnny." But his insight into the nature and working of this disease was as logical and correct as that of to-day. I have grateful remembrance of his instruction upon this subject.



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