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ON SANATORIA:—LOCALITY AND CURE.*

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Tuberculosis, which has figured prominently in medical history since its earliest day, has been treated in every conceivable way. Climate, however, seems to have met with the greatest favor, but the question of localities has been much disputed throughout centuries.

We are indebted to Brehmer, of Goebersdorf, for having successfully established a systematic treatment, consisting of absolute rest, open air life, and an abundant supply of very nutritious food, which was conducted under his strict supervision in a closed establishment, a sanatorium. Since then, his methods have been modified, both on the continent and in America. Dr. Trudeau, in the Adirondacks, has adapted the sanatorium life of the continent to American ideas, by his cottage plan of habitation, with a central administration building. In Canada, we have a duplicate of the far famed Adirondack Sanatorium, at Gravenhurst, Muskoka, situated at an elevation of somewhat less than 800 feet above sea level, which has for the last two years been doing very excellent work. The Loomis Sanatorium, at Liberty, N. Y., which is situated at an altitude of 2000 feet on the N. Y. O. and W. Ry., at a distance of 119 miles from New York City, on a plateau adjacent to the Catskills, offers similar advantages to our own Laurentian Range. The winters are long, cold and dry, the summers cool, the soil sandy and porous.

* Being part of a Discussion on the "Prevention and Cure of Tuberculosis" at the Montreal Medico-Chirurgical Society, April 1st, 1899.