

The Efficient Sanatorium.

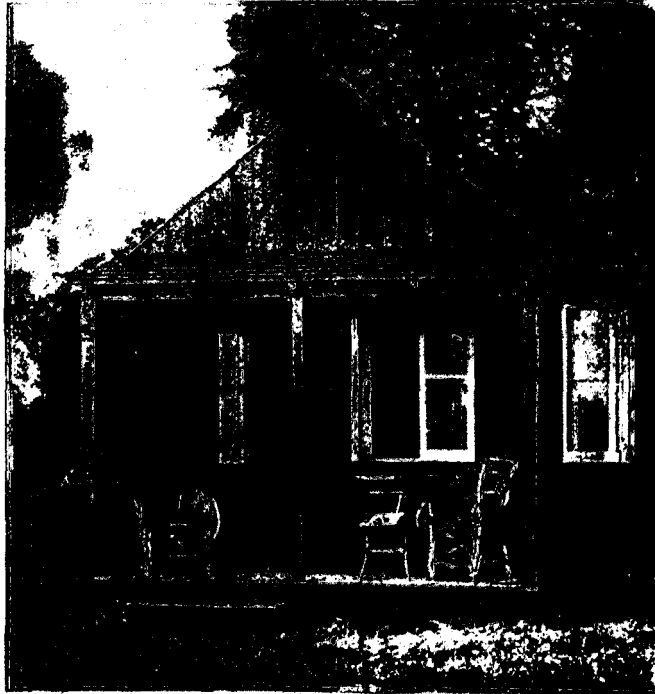
By CHARLES REINHARDT, M.D.

Eleven years have passed since, on my return from a visit to an open-air sanatorium in Germany, where a friend had successfully undergone the treatment for phthisis, I published the first account of the sanatorium method of treating consumption which appeared in this country. Of course, I am well aware that more than half a century earlier Doctors Boddington and McCormack had advocated those principles upon which the open-air treatment is based, and, indeed, that the former had established a consumptive home or sanatorium, at Sutton Coldfield, Warwickshire, where he successfully treated several patients, in spite of the opposition of incredulous members of his own profession; though, unfortunately for him, and for the British race, he met with such overwhelming persecution that his patients were driven away, and he was compelled to transform his sanatorium into a private asylum for lunatics. And nothing more was heard of the treatment of consumption by means of open air, generous diet, and regulated exercise, under proper supervision, till fifty or more years had elapsed, during which period the dread disease must have claimed some millions of needless victims in this country alone.

When first I told my medical colleagues in 1895 that I was satisfied that phthisis was curable by such simple means as those employed in the German Sanatoria I was politely informed that my story was incredible, and that I must have been mistaken in the diagnosis of the case, to which I made specific reference; for they said it was impossible that a person who

had pulmonary tuberculosis in a stage of the disease which involved extensive cavitation, pronounced emaciation, marked pyrexia, repeated hæmoptysis, and other characteristic symptoms, could have been restored by such simple measures to satisfactory health, with supernormal weight, and renewed capacity for strenuous work. And yet the case referred to was that of a medical man who broke down with phthisis in 1893 and who completed his cure in 1895, and has remained in really excellent health ever since, and who at the present time thinks nothing of undertaking a cycling expedition which would fatigue many a person of good health who had never suffered any serious illness in his life.

In 1899 the establishment of open air sanatoria in this country commenced, and within a few months I began to advocate the separate chalet principle as being by far the most economical and efficient. The public mind, however, and especially that which resides within that portion of the public known as the medical profession, is conservative, and it could not admit that a sanatorium consisting of what was termed "temporary buildings" which were



A CHALET.

so inexpensive as to cost only a tenth part of the sum commonly expended upon hospitals, gaols, and other public institutions, could really produce the best of results. Therefore many open-air sanatoria were erected at a cost of twelve to fifteen hundred pounds a bed and upwards, and consequently the impression gained ground that the open-air treatment is a costly one, whereas in point of fact it should be, and may be made, the most inexpensive and most simple of all methods by which lost health may be regained.

I considered however that practice was more convincing than precept, and I established a

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