

The Treatment of Tuberculosis.

An interesting pamphlet on "The Efficient Treatment of Pulmonary Tuberculosis Among the Poor, with Special Reference to the Class Method," by Dr. Joseph H. Pratt, of Boston, is published by the Women's National Health Association of Ireland, to which it was in part delivered as an address.

Dr. Pratt states that "the essential features in the modern treatment of tuberculosis are so simple that the wonder is they are neglected so often. 'Rest in the open air is the medicine that cures consumption.' This sentence is printed on the record book of each of our patients. It gives the sum substance of the successful treatment of consumption. All other things are subsidiary to rest in the open air. Too much insistence cannot be laid on the importance of absolute rest. I believe that a case of pulmonary tuberculosis during the active stage should be given the same form of rest treatment that is employed in typhoid fever."

Dr. Pratt believes that the high mortality in tuberculosis is due in no small measure to the fact that the patient feels able to be up and about when the temperature is high. In most diseases with a corresponding temperature there is such bodily discomfort that the patient voluntarily takes to his bed. He points out that the importance of rest in this disease is not appreciated in England and America, as it is in Germany and France, where the *Liege-Hallen* form so important a part of the equipment of the sanatoria. The views of many English and American physicians are, he believes, expressed in the statement of Dr. H. Weber, "Physical

exercise forms one of the most powerful and most important therapeutic measures, and I would not willingly treat a phthisical patient without the help of bodily movement." The views of the opposite school of thought are voiced by Penzoldt, who believes such a method to be dangerous, and says: "I would not willingly treat a patient without rest, and would allow exercise only in exceptional cases." Dr. Pratt goes on to say: "The majority of incipient cases will recover in spite of exercise, but if good results are to be obtained in the moderately advanced cases insistence upon rest is necessary."

The writer proceeds to describe the day camp treatment which, used with considerable success in Germany, has spread to America. At Springfield, in Massachusetts, a day camp was started in 1907, with the result that the patients were so comfortable, and so strongly objected to returning to their stuffy homes at night, that in a few months the night camp was also arranged, thus converting the day camp into a camp sanatorium. Dr. Pratt considers that patients with active disease should be kept in the camp

night and day, but when convalescent, and moderate exercise is no longer harmful, they might spend their days in the camp and their nights on sleeping balconies at home.

The illustration which we publish on this page is of a covered balcony, the cost of which is £3 15s. It is thrown out from a bedroom, and used in America in the home treatment of consumption very effectively. The patient may use it both day and night, only going into the house to wash and dress.

Tents in yards, on porches, and on roofs



COVERED BALCONY USED IN AMERICA FOR THE HOME TREATMENT OF CONSUMPTION.

[previous page](#)

[next page](#)