

resistance of the patient, we allow him from three to ten days to acclimatise himself and get used to the open-air treatment. On his arrival the patient is kept in bed in his room. By gradually opening the ventilators and glass doors he becomes accustomed to the contact with the air. As a general rule it is permissible, after the time indicated, to expose him to the fresh air. For this purpose his bed is wheeled on to the large gallery adjacent to the bedroom, where air and sun have free access. He will stay here an hour the first day, two the second, three the third, and so on. During this time the temperature is regularly measured, as are the pulse and respiration, and the blood and urine examined. It is on the day that free access is given to the air-cure that the heliotherapeutic treatment properly so-called begins.

Clothed in linen or white flannel, according to the season, and with a white linen hat, protected by a screen and wearing smoked or yellow glasses, the patient makes his first air-cure on the solarium.

Wherever the tuberculosis has localised itself, whether it is coxalgia or Pott's disease or cervical adenitis, we always begin the sun-cure on the lower extremities. By this natural revulsion we avoid pulmonary congestion, cephalæa, and giddiness, as well as an intense local reaction in a focus, which would be the consequence of a premature local exposure.

The first day, only the feet are exposed, at intervals of one hour, five times, and for a period of only five minutes. The next day the legs will be exposed, and the same method followed. The third day the legs will be exposed as far as the groin. The upper portion from the knee to the groin will be exposed for five minutes three or four times; the lower portion, from the knee to the ankle, for ten minutes, three or four times, while the feet will be exposed three or four times for ten minutes. The fourth day the abdomen will be the new segment; the fifth day one will proceed to the insolation of the chest with the same precautions, and covering the region of the heart with a damp cloth.

If the condition of the patient will allow of it, he will be placed on his stomach, and present alternately the front and back of his body to the sun, which increases the total number of exposures to six or eight. Lastly, the sixth or seventh day, we will be able to expose the neck and head, due attention being paid to how he accustoms himself to it, and to pigmentation of the teguments. The preliminary precautions will soon be no longer necessary, and the patient will be able to support the sun for six or eight

hours with perfect comfort in winter as in summer.

The pigmented teguments, over all their surface, take a beautiful bronze tint, varying from copper to chocolate colour. We have insisted particularly on the importance of the pigmentation. . . . As our experience increases, the more we are convinced of the importance of the pigmentation, which is nearly always proportional to the resistance of the patient. Delay or absence of its appearance permits one to form a prognosis with the utmost certainty. We know also that it gives to the skin a peculiar power of resistance and favours the cicatrization of sores, and confers upon the teguments an immunity against cutaneous affections by microbes. . . . At a low level, the rational treatment of Pott's disease and articular tuberculosis of the lower limbs by immobilisation in a reclining position cannot always be applied long enough, immobilisation generally inducing a failing of the general health. In the mountains, long and strict immobilisation, together with the open air life, in no ways hinders the reconstitution of the organism; on the contrary, it is favourable to it.

MEDICINE AND PUBLIC HEALTH.

Sir Thomas Barlow, Bart., K.C.V.O., M.D., F.R.S., in the course of his presidential address to the International Medical Congress, said:—

"It is impossible even to enumerate the varied ways in which medicine has co-operated with economics, social legislation and philanthropy, which we sum up briefly as public health. The school house and the scholars, the home of the poor, the colliery, and the factory, the dangerous occupations, the sunless life of the mentally deficient, have benefited, and will benefit still more, by its friendly invasion. And I venture to foretell that, not many years hence, every department of life and work shall be strengthened and purified and brightened by its genial and penetrating influence.

"Surely I have said more than enough to justify my contention that we have come into a goodly heritage, and that that heritage is like a lofty and magnificent tableland of knowledge and efficiency. The gaps are being filled; we are no longer isolated, but are working side by side on adjacent areas which are inseparably connected. Every day we gain fresh help from the auxiliary sciences, and we realize more and more the unity and the universality of medicine.

"May this Congress increase our good fellowship, our mutual understanding and co-operation."

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