

## The Method of Treating Tuberculosis.

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"Suitable climates and good living have ever been the watchwords of the godly Physicians of the dim post. Celsus, Pliny, Galen and others have prescribed pure air, sea and mountain breeze, the merry sunshine, the jocund rustling of the pine forests and the milk-cure. The Indian sages have recommended the air of the neem, aswathwa, aswagandha, arjuna and pippali trees which lead to natural cure in a slow but perceptible manner. The date and the vineyard have also marvellous curative properties. The Devdaru, the Neem and the Pippali have been ever known as febricides, the aswagandha the arjuna and the vine are blood-enrichers of the first grade. The Princes and Nawabs of India have ever been fond of enjoying the air flapped by the wings of a million pigeons flying over the paths trodden every morning by their gracious steps. An idiosyncratic physician who apprehended the attack of tuberculosis caused a trellis to be made between two neem trees. The aswatha and neem trees have been consecrated to Bishnu and Jagannath where as the Bakul has been worshipped by hosts of up-country-men. The spiritual significance of these trees is nothing but their medical efficacy, spiritualised. The medical fathers of old advised climatic, hygienic and dietetic treatment as the cardinal principles in the cure of tuberculosis. Since the day of Hippocrates there has been a record of 200 cases of cure, scarcely a dozen a century. In 1898-99 a leading Physician of the Adirondacks, a leader of the modern methods of treating tuberculosis, advised a great Homœopath of Colorado to ventilate his room at night by raising the lower window sash or a broad board so that the air could filter in to the room between the upper sash and the lower.

He cured a very ill lady by advising her to remain all day and night, in winter, in a room the only ventilation of which was by means of three holes, each three inches in diameter. A mixed diet of milk, broths, eggs and meat brought her round. Bread butter, honey, chocolate coffee and milk are the items of continental breakfast. Alcohol and water in various proportions are rubbed over the patient every morning and the proportion of alcohol is decreased as the patient improves. Then a cold bath follows. The second breakfast is the same as the first minus coffee and at 10 'o' clock, a broth of cracked veal bones, barley, butter and eggs. Venison potatoes, carrots, peas, lettuce, nuts, apples, fish, fowls and even raw ham form the menu. The idea is to tempt the appetite of the most capricious. A glass of milk is given before retiring to bed. Expectations are carried in a pocket sputum flask, which is immediately burnt. Antiseptics are liberally used and the utensils used are strongly disinfected. This is the routine course of management at the Falkenstein Sanatorium in the Tannus mountains in Germany, ten miles from Frankfort. This is called also the Rest-cure Routine.

Dr. Walther demands constant circulation of air. He puts it thus "Stagnant water, stagnant air, same thing; draft is what we want." The greatest amount of sunshine must be procured. The out going walk should be a gradual ascent at snail's pace. This expands the lungs and strengthens the heart. The return walk should be a descent. Exercise is regulated by the patient's temperature which is taken per rectum four times a day (1) on walking (2) just after morning walk (3) after after-noon walk and (4) after retiring (9 p. m.). The temperature must not rise above 100°. Cold shower bath is optional, loathing of food and nausea are not allowed to interfere with the meal and

perseverance in eating develops the power of digestion and patients are induced to eat more and more till the disagreeable features are overcome. Light wines are allowed. The digestive organs should be given rest after labour. None is allowed to sleep in the same hall with the patient. No healthy man or woman is allowed. The patients even are forbidden to meet in a billiard room, lest they should contract the disease by breathing each others' poison. Much talking and indulging in games e. g. chess, cards, etc. fatigue the respiratory organs and fatigue means rise in temperature. If the temperature rises above 100°4 the patient must rest the whole day ( or the remaining portion of the day ).

A patient having contracted tuberculosis in the low lands will multiply his chances of recovery by a trip to the high lands. This is the method of rest cure of Nordrach ( Germany ) and Leysin ( Swiss Alps ), institutions located at altitudes ranging from 1300 to 4750 ft.—the altitudes favourable for consumptives. The smell of the goat is curative also.

In this connection the Ayurveda system of diet granted to such patients should be referred to. Chakradatta prescribes :—“শালি, যষ্টিক, গোধূম, যব, মুগ, দাড়িষ, হৃক্ষ, মধু, শর্করা, গোরক্ষতণ্ডুল, পদ্ম-মূল, শালুক, বিব, বিষ-মূল, পদ্মকেশর, ভ্রাম্বা, খঙ্কুর, আমলকী, ছাগ মাংস, ছাগমূত্র, ছাগ হৃক্ষ, ছাগগন্ধ, কুকুট ও কুব্বাদ মাংস । Susruta gives কুব্বাদা ব্যাভ্রগৃধ্রাদয়ঃ । খরকাকোলকবুকধীপিগবাস্ব নকুল বিভালানাম্ মাংসং ভক্ষ্যছাগাদিমাংস ব্যাজেন দেয়ম্ । Susruta allows the meat of the crow, the cat, the ass, the vulture, the owl, the mongoose, the tiger, the leopard and the snake, which should be salted with *Saindhav* ( সৈন্ধব ) and fried in mustard oil and lastly wine, but forbids co-habitation ( which kills the man ). Loss of semen and blood, which originate the disease, must be recouped by regulated diet and exercise and perfect abstinence from sexual intercourse.

The fair sex captivates the sight, the ear, the nervous system and the mind, in which she resides, and does really revolutionize the feelings and sensations, dominates over the sentiments, sensualises the dreams and tantalises the soul with inordinate passions, casual desires and excitements resulting in discharges of semen with or without erections, the heralds and beating of funeral marches to the grave, so to say. Let no lady come within the sight, hearing, or imagination of the tuberculous patient. The lady, even though a devoted nurse and well-wisher, helps excitement and the mind is prone to sexual intercourse or adultery in private or in imagination even though physical satisfaction be out of the question or impracticable. Even the most devoted wife should refrain from pleasing her convalescent husband and abstain from indulgence in this killing kindness. Let not the patient say (to his doctor, a fact from personal experience). "Sir, you are too hard upon me in forbidding my wife to come near me and touch me. I am most miserable without her or her graceful nursing, night and day. How can I live? You are digging my grave, to tell the truth. "I am very desolate and gloomy".

( To be continued )

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### Editorial Notes and Comments.

**Our Sincere Fraternal Bijoya Greetings.** On this auspicious occasion of the year we convey our sincere fraternal greetings and good wishes to our numerous readers and subscribers.

We pray to the Goddess Durga for their peace and prosperity.

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**Women Doctors in Japan.** If we consult the Medical Directory of Japan, we will find that there were only