

**CHANGE OF AIR,
FALLACIES
REGARDING IT**

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Change of air, fallacies regarding it by John Charles Atkinson

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JOHN CHARLES ATKINSON

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CHANGE OF AIR :

FALLACIES REGARDING IT.

BY

JOHN CHARLES ATKINSON, Esq.

MEMBER OF

THE ROYAL COLLEGE OF SURGEONS, OF ENGLAND.

LONDON :

JOHN OLLIVIER, 59 PALL MALL.

1848.



P R E F A C E.

CONSUMPTION is unquestionably at the head of all the fatal diseases of the human body. No single malady appears even to approach it. How highly important then it is to institute a scientific enquiry into the principles which ought to regulate "Change of Air," when it is known, that after all remedies have failed, medical men recommend travelling, a sea-voyage, or some other expedient for change of air, as the *last resource*. Sometimes such changes produce wonderful effects, but it has never been theoretically explained on what grounds. "Change of Air" must, therefore, be said to be prescribed empirically, and not according to any rational principle.

I have endeavoured, to the best of my ability, to speak of the *fallacies* of the public on this

important subject, in a philosophical and practical manner; and I trust, by the avoiding of all unnecessary technicalities, the present work will be found useful, and afford comfort and consolation to those, labouring under the malady, whose means will not enable them to go *out of town*, in conformity with the usual recommendation and the usual custom.

Scrofula has been, and is frequently, confounded with Consumption, or considered to be co-existent in the same habit; but the difference between Consumption and Scrofula has of late years been more clearly defined, and the peculiarities of such are fully pointed out in the following pages.

Scrofula is commonly attended by enlargement of glands external to the body; and these frequently, if not discussed, suppurate, and continue discharging often for many years, if no counteracting remedies are employed: generally bones in the neighbourhood of such abscesses become softened, exfoliate, bringing the constitution to its lowest ebb, with great

prostration, and a slow, weak pulse. The peculiarities of Consumption are wholly of an opposite tendency ; and hence the mischief of confounding the two, not only in adopting remedial means, but especially in recommending change of climate.

There is another very important point on which considerable error exists. The confounding of Bronchial with Tubercular affections ; the bronchial often continuing to old age, whilst the career of Consumption is generally early and rapid.

Romney Terrace, Westminster.

July, 1848.