

**RULES FOR RECOVERY FROM
PULMONARY
TUBERCULOSIS: A LAYMAN'S
HANDBOOK OF TREATMENT**

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Rules for Recovery from Pulmonary Tuberculosis: A Layman's Handbook of Treatment by
Lawrason Brown

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LAWRASON BROWN

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FROM
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A LAYMAN'S HANDBOOK OF TREATMENT

BY
LAWRASON BROWN, M.D.

SECOND EDITION, THOROUGHLY REVISED



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It has been deemed wise to omit illustrations from this book. The reader is referred to the "Journal of the Outdoor Life," wherein many if not all of the articles mentioned in this work are to be found fully illustrated.

YSAHEL IMAI

B87
1916

PREFACE

THIS little book has been written to help patients avoid blunders, which are very easily made at first, but very apparent to any patient who knows the problem. It has been written primarily for the author's patients, for the mild and pleasurable excitement of human intercourse deflects at a thousand angles the train of thought, and many important details may not be sufficiently emphasized or overlooked entirely. It is not the author's intention that the book should be hastily read and laid aside, like the modern novel, but he believes that it should be read slowly, chapter by chapter, day by day. When it has been carefully read in this manner, he hopes it will be used as a book of reference, a handbook, so to speak, of the fundamental principles of the cure. He has attempted to make clear the whys and wherefores of many rules ordinarily given to patients in an oracular manner, for he believes that the day has come when the physician should look upon the patient, not as an ignorant child, but as a human being endowed with more or less mature intelligence, as one, in fact, who has a right to demand an explanation of the way certain effects follow certain causes. The physician of today must

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teach as well as serve, or better, he must teach in order to serve most intelligently. There may be a few patients who are willing to do what they are told without thinking about the matter, and for these explanations may possibly for a time be unnecessary.

The writer owes much to Dr. Trudeau and to his colleagues in Saranac Lake, from whom he has borrowed expressions, similes and ideas. He wishes to take this opportunity to express his deep and affectionate gratitude to Dr. Trudeau and to his associates, without whose aid and stimulus this little book could never have been written.

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INTRODUCTION AND SUMMARY

"The physician must not only be prepared to do what is right himself but also to make the patient, the attendants and externals cooperate."

It is well for every patient to understand the nature of this disease, and what his problem is. It is no easy problem and a large percentage of patients fail in the attempt to solve it.

The disease, tuberculosis, is the most widespread in the world; it occurs everywhere, you might say, that man lives, from the north polar regions to the equator and south to the south pole. It is more prevalent, however, in certain regions than in others. All races are prone to it. Some of them, especially those that live out of doors, do not have it until they begin to live indoors. The American Indian, for instance, is more susceptible to it since he has begun to adopt the ways of civilization. The Arabs and Bedouins and some of the African tribes do not get it until they begin to live in houses and towns.

The disease is caused by a tiny, microscopic plant. It is called, as you know, the tubercle bacillus. It is not green, like the fern in the window, but is very much the color of a wall (buff), and is shaped just like a lead-pencil. It is so small that through the hole made by a pin in a sheet of paper, a thousand of these little germs