

# **INFORMATION FOR THE TUBERCULOUS**

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Information for the tuberculous by Frederick William Wittich

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**FREDERICK WILLIAM WITTICH**

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# INFORMATION FOR THE TUBERCULOUS

*Frederick  
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1918

TO  
MY WIFE  
JEAN WETTERAU WITTICH





There is one topic peremptorily forbidden to all well-bred, to all rational mortals—namely, their distempers. If you have not slept, or if you have slept, if you have headache, or sciatica, or leprosy, or thunderstroke, I beseech you, by all angels, to hold your peace, and not pollute the morning, to which all the housemates bring serene and pleasant thoughts, by corruption and groans.

—*Ralph Waldo Emerson.*



## PREFACE

This little book is the result of many requests from patients who exhibited great interest in weekly talks given by the author while he was doing sanatorium work. It does not claim for itself more than an attempt to help those who are struggling to take the cure. The material will be recognized by those who heard these talks, since it was used at that time.

An attempt has been made to deal with questions which frequently arise and which are constantly asked by the struggler against tuberculosis.

The author, a one time patient of no light infection, who was on the cure for more than two years but who has been enjoying good health while working steadily for the past three years, has a keen interest in everything bearing upon tuberculosis and an earnest desire to help, be it in a great way or a small one, all who are using their fighting chances. And if this little book shall aid anyone through demonstrating how best to use both time and energy in the fight, it will have fulfilled its mission.