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Measures *and* Maxims in the Cure  
*and* Prevention of Consumption

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Issued by  
The Anti-Tuberculosis Society  
incorporated as  
The St. Louis Society for the Relief and  
Prevention of Tuberculosis  
25 Locust Street  
ST. LOUIS  
U. S. A.  
1908



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# A Model Sick Room for Consumptives



This exhibit shows how to care for a consumptive in the home, so that the remainder of the family will be absolutely safe.

Our Nurses will call and advise you, free of charge.

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**THE ANTI-TUBERCULOSIS SOCIETY**

Dear Patient:—

The object of this little book is to put into your hands authoritative statements in regard to tuberculosis, which it is felt will be of great service not only to you in your fight to get well, but also to others who may come under your personal influence.

It is not true that consumption is a hopeless and incurable disease. You will hear some doctors even now say that they have never seen a case of consumption which got well. We reply to that by showing our cured cases, and by saying that anyone who says that consumption is not curable lays himself open to the charge of inability to discover the disease in its earliest stages.

We will agree that the advanced consumptive is rarely cured, although we know that by careful living under the guidance of a physician, who thoroughly understands the disease, the sufferer may live several years in comparative comfort. We want to impress this fact on you and your friends: *Consumption; in the early stages is perfectly curable, in the later stages it is only rarely cured.* What follows naturally from this statement? The patient must go to a competent physician at the earliest possible moment.

You may ask, "How am I to tell when I or my friend has early consumption, or tuberculosis, as we prefer to call it?" This is not an easy question to answer, but we may point out the danger signals which, if disregarded, will land you in the ditch. A general run-down condition, together with loss of weight, and tired feelings are suspicious signs. It is best not to wait too long before consulting a doctor. Insist

that the doctor make a thorough examination of you on the bare skin. It is cheaper for you in the end to consult the best doctor in your town. He will be honest with you, he will find out what is wrong with you, and, moreover, he will not charge you a lot of money.

Naturally such symptoms are only occasionally the early manifestations of the infection with the germ of tuberculosis. Again, a neglected cough may so change the resistance of the lungs that the germs of consumption gain a foothold in the weakened part.

In everyone's body there is a constant struggle going on between the disease germs which are always entering the body through the air and food, and the body itself. We may liken it to an army besieging a town. The town represents the body and the besiegers are the germs. During the siege a breach is made in the walls and some of the invaders get in. At once all the forces of the town rush to the break and the invaders are repulsed. But let famine or pestilence seize the town and then the besiegers force a break in the walls, then indeed it would be difficult for the townspeople to repel them, and the town is taken and sacked and burned. It is quite the same with the body and the germs. Provided we keep our bodies in health, do not undermine them by bad habits, overwork, sleeping in stuffy, ill-ventilated rooms, our bodies are able to repel assault after assault. So one need have no fear of any disease if he keeps himself well and lives a healthy life.

Blood-spitting, that is, actual red clots, is always serious and means that there is already disease of the lungs. Go at once to a doctor and be thoroughly examined. We sometimes see a person who had a hemorrhage several years before, and had never been properly treated, suddenly develop a rapidly fatal form of consumption.

Just one more fact which you should know. It is that real malaria never causes two chills in one day, the sweating is never in the early hours of the morning, and there is not the utter exhaustion following the sweating. *Such symptoms are almost always caused by consumption.*

You frequently hear people say that the doctor is of little use because he gives them no medicine for the lungs. He talks to them and examines them frequently, but he always asks how much they eat, how many hours they sleep, how many hours are spent out of doors, whether the bowels move regularly, if there has been any fever, any increase of the cough or the sputum, etc. All these questions seem, to some people, foolish. They have an idea that some special kind of medicine should be given them, and it not infrequently happens that they will take the most remarkable concoctions which kind (?) friends recommend. The doctor knows what he is doing. If he thought it best to fill a person's stomach with nasty medicine and thereby spoil the appetite, he would do it.

Suppose a ship with all her crew and cargo was started from Sandy Hook to Queenstown by the captain, but he remained behind. The crew thought that, once pointed in the right direction, the ship would keep her course and reach port. But there were storms and cross currents which they did not calculate to meet, and the ship was thrown far out of the course and wrecked on the rocks. Another ship had its captain. Now and then he went in the pilot house in order to see that the ship held her course, and when the storms came and the ship was getting off her course, his knowledge of navigation enabled him to put the vessel back, and to reach port safely. Your doctor is your captain. He can tell you what to do and how to steer your ship to the port of health, but he must be frequently consulted to find out if you have lost your bearings and are about to lose yourself in the breakers.

We know that there are many who feel that when a person has tuberculosis he must be gaunt and haggard and racked by cough. This is not true. We, who study this disease, know that a person who appears strong, ruddy, and healthy may have the early symptoms and signs. This person, though he or she may look perfectly well, is an ill person and should be made to understand that only by following the advice of the doctor to the letter will he or she have a chance to get perfectly well.

It is of no use to have a doctor if you do not have enough confidence in him to obey everything he says. He knows that it is hard for you to follow regulations, and tiresome to be told always the same old things, but that is the only way to keep yourself on the course. Every minute, every hour, you must hold the check rein on yourself and obey instructions to the letter.

There are many other matters which are of importance, some of which you will find in the booklet. Please read it carefully. Keep it always near you.

THE ANTI-TUBERCULOSIS SOCIETY,

Fourth Floor.

625 Locust Street.

St. Louis.

Kinloch 'phone: Central 2545-R. Bell 'phone: Olive 1319.

## What Consumption Is

Consumption, or as physicians call it tuberculosis of the lungs, is a chronic disease of the lungs, caused by a very minute germ. Contrary to popular belief consumption is only rarely inherited. Nearly all who have the disease have acquired it from someone who has it. While it then is a disease that is transmitted from one person to another no one need fear the disease if he keeps his body in good health and if he helps to teach those who have consumption how to keep from spreading the disease.

## How the Disease is Spread

Some scientists believe that those who develop tuberculosis in adult life have had the germs in their bodies since infancy, the children swallowing them in milk from cows with tuberculosis. The general opinion is that the dried spit of the consumptive is the dangerous factor. The spit contains millions of germs. When this is dried and mixed with dust little children playing on the floor or people walking along the streets, or in cars or houses can inhale or swallow the germs. It is certain that germs may be in our bodies for many years without our knowing it or suffering in any way. Our health is not a bit affected. Almost any serious illness, however, that saps our strength may give the consumption germs a chance to grow.

The moral is keep the body healthy.

## The Danger to Others

If you have consumption and if you spit any and everywhere, on floors, on sidewalks, etc., you do not know how many innocent people you are giving your disease to. You are as dangerous as a man with a pistol who is "shooting up" a town. He may not hit anybody, but then again he may kill someone. It takes a long time to acquire consumption. Some healthy bodies can destroy more germs than other healthy bodies and weak bodies can destroy but few germs. If every one stopped spitting on the floors, sidewalks, etc., consumption would soon become a rare disease, whereas now it is the commonest and most fatal disease we have in our midst.

## How to Prevent the Spread of Consumption

As the germs of consumption are contained by the million in the spit of a consumptive, the way to prevent the spread is to destroy the spit. Sunlight kills the germs in a few minutes. Boiling temperature, strong antiseptics kill them. Men should shave moustaches and beards. All spit must be destroyed. Every article of clothing may reek with millions of germs if the consumptive is careless. A handkerchief should always be held in front of the mouth when coughing and under no circumstances should it be used to spit into. There is nothing degrading, disagreeable, or disgusting in carrying around in the pocket a metal or glass spit cup. Its use may save the lives of people you don't even know. Your handkerchief should be always kept in the same pocket and nothing else put in there. A pocket lined with thin rubber tissue is recommended. Your handkerchiefs, your underclothes should be boiled sep-

arately when washed. Your hands should be kept scrupulously clean, finger nails short, and the mouth should be rinsed and teeth cleaned several times daily. Only by observing the greatest cleanliness of your person can you be sure that you do not spread the disease.

## A Foolish Attitude

Many people are now panic stricken when they come near a consumptive. They think that the mere presence of a consumptive will contaminate the surroundings and that they will acquire the disease. That this is perfectly absurd goes without saying. You, who have consumption, are no more to be feared than such a foolish person, if you follow the precautions laid down in the preceding paragraph. The person who always keeps his mind clean and his body healthy need have no fear of catching consumption.

## Measures for Your Cure

First and foremost is Obedience. If you are not willing to obey to the letter what your doctor says, you cannot hope to get well. You may not think you are very ill, but everyone who has consumption even in its early stages is ill and his or her chance to get well depends on obedience to instruction.

As long as you have any fever you must rest. This means in bed night and day. It does not mean to sit around the house. Rest means absolute quiet in bed. It is only by adhering strictly to the letter that you can hope to improve.

Fresh air is essential to your cure. Night and day you must breathe fresh air. Winter and summer, it makes no difference what kind of weather, your windows must be fixed so that there is plenty of ventilation. Without fresh air you can-

not hope to get well. Fresh air properly taken will make your cough grow less, will stop it in fact, it will stop your night sweats, your fever. It will give you an appetite, make you sleep soundly, help build up your strength.

*Plenty of good food is the foundation of the cure of consumption.* Besides the regular meals you should drink from one to two quarts of milk a day, eat six to nine raw eggs. Cotton seed oil or olive oil, butter, sugar must also be taken. Butter is an excellent way to get fat into the system. It is better than oils of various kinds.

This is a diet scheme in outline:

Breakfast, 7:30 a. m.  
Forenoon lunch, 10:30 a. m.  
Dinner, 1:00 p. m.  
Afternoon lunch, 3:30 p. m.  
Supper, 6:30 p. m.  
Glass milk at bed time.

Milk and eggs and crackers and butter should be the lunches. Rare beef may be eaten in large quantity. You may have raw beef sandwiches. Be regular in your habits. *See that your bowels move once a day at least.*

*The following foods are prohibited:* fried foods, salt fish, hashes, gravies, veal, pork, cabbage, turnips, pies (except rarely), pastry, sweet wines. It is better not to eat: carrots, parsnips, cucumbers, beets except in small quantities if they agree with you.

*Do not over eat.* Because you are told to eat all this food don't try to do so the first day. Work up to it gradually. Just as soon as you find that you are becoming nauseated stop, and give the stomach a rest. Call on the doctor at once and find out from him what to do.

If you want to do something, to eat or drink something think whether you were told to do it. If not, wait and ask your doctor.

You cannot hope to get well by yourself. No ship left to itself reaches port. The captain steers it. So the doctor must constantly watch you in order to steer you clear of the shoals, safely to the port of good health.

## Maxims

Night air is not dangerous.

Your stomach determines your cure. Don't abuse it.

Night sweats often come from too much bedclothes.

If you want to do anything don't do it. Ask the doctor.

More people die from ignorance than from actual disease.

Don't think you know more than the doctor; if you do why aren't you a doctor?

Fresh air is the best tonic we know of. It is the only thing that we don't have to buy.

Shun all consumptive "Cures." There is no "sure cure" remedy for consumption.

Nature works slowly but surely. Help her to make you well.

The man who takes medicine on the advice of a friend is a fool, and the friend is usually a liar.

Thousands of the brightest minds in the world are seeking a sure cure for consumption. Strange that they can't find it when there are so many sure cures for sale. Some one is lying.

Always obey your doctor. He knows more than either you or your friends.

Don't abuse your stomach. It is your best friend. The one with a strong stomach has the best chance to get well.

Be regular in your life, food, sleep, exercise, habits.

Nature loves regularity, you must court nature. The sun does not rise every now and then, but regularly every day. Imitate nature and she will help you.

Don't ever wear chest protectors, they make your lungs weak.

Take no medicine but what your doctor orders for you.

Walking is exercise, so is talking. If you want to do either ask your doctor.

What is the use of having a doctor if you do not obey him and trust him?

People gain flesh and strength while lying in bed.

Spit keeps the disease going. Destroy all spit and the disease will vanish.

Improvement does not mean cure. You may improve steadily for months, and lose it all by carelessness.

Control your cough. The only time you should cough is when you have to expectorate.

Digestion commences in the mouth. Chew your food well, and keep your teeth clean and in good condition.

When in doubt ask your doctor.

Do not become alarmed if you should have a hemorrhage. Keep perfectly quiet and send for a doctor.

**IF THE MATTER COUGHED UP** be promptly destroyed, a person suffering from consumption may frequently not only do his usual work without giving the disease to others, but may also thus improve his own condition and his chances of getting well. If all precautions are taken, there is no danger to the healthy in the ordinary intercourse of the family or society.

## What to Do

Obey your doctor.

Destroy all your spit either by fire or by strong antiseptic solution.

Keep your hands and mouth clean.

Hold a cloth over the mouth when you cough.

See that flies do not soil their feet with your sputum.

See that your bowels move every day.

When told to sit up or exercise for five, ten, fifteen minutes, etc., time yourself by the watch.

Keep your feet dry and warm.

Dress according to season.

Sleep with windows open winter and summer.

Be cheerful and hopeful. A quiet mind and an easy conscience will pull you over many a rough place.

You must eat and eat and eat. The more you can eat the better it is for you.

Ask the doctor all your questions.

When you hear of some wonderful cure, ask the doctor about it.

## *What Not to Do*

Don't tell your troubles to everybody or to anybody.

Don't become discouraged. You may improve for months and lose all in a day by some foolish act.

Don't wear chest protectors, they are an invention of Satan.

Don't get your feet wet.

Don't sleep with blankets and comforters in warm weather.

Don't drink any liquor unless especially told to do so by the doctor.

If you want to do anything, don't do it. Ask the doctor.

Don't take any advice from well meaning friends.

Don't take patent medicines of any sort.

Don't take any medicine advised by a friend. He may be honest in his intentions, but he does not know. You wouldn't get a plumber to tune your piano or ask a blacksmith to mend your watch, why should you get one to treat you when you are sick?

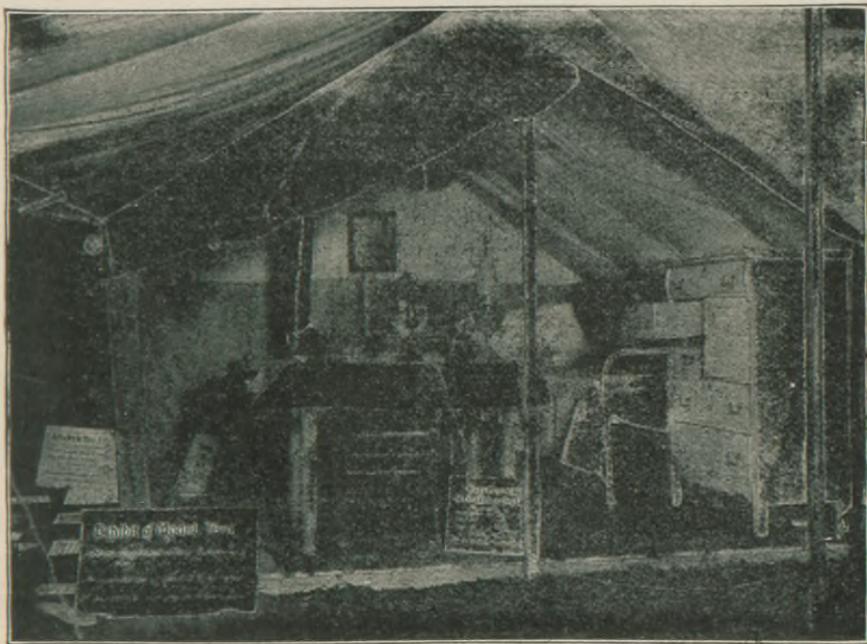
Don't play with your health. When you lose it no amount of money can buy it back.

This Little Book is Loaned to You by The St. Louis  
Society for the Relief and Prevention  
of Tuberculosis

It is Not to be Loaned by You  
or Given Away

Extra Copies for Yourself and Friends will be sold at  
Ten Cents A Copy.

## A Model Tent for Consumptives



This exhibit shows how to care for early cases of tuberculosis in tents in the yard or on the roof of the home.

Our Nurses will advise you, free of charge.

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**THE ANTI-TUBERCULOSIS SOCIETY**

If you suspect that you have consumption, consult your physician at once, or if unable to pay a physician, visit any one of the following dispensaries for examination and treatment:

**EVENING DISPENSARY FOR WOMEN, 1607 WASH ST.**

Office hours, 7:30 to 9:30 p. m. Monday, Tuesday, Thursday and Friday nights only.

**O'FALLON DISPENSARY, 1806 LOCUST ST.**

Office hours 11 to 12 a. m., 3 to 4 p. m. No Sunday hours.

**PHYSICIANS' AND SURGEONS' DISPENSARY, JEFFERSON AND GAMBLE STREETS.**

Office hours 11 to 12 a. m. No Sunday hours.

**PROTESTANT HOSPITAL DISPENSARY, 1011 N. 18TH ST.**

Office hours 10:30 to 11:30 a. m. No Sunday hours.

**ST. JOHN'S DISPENSARY, 2228 LOCUST STREET.**

Office hours 11 to 12 a. m. No Sunday hours.

**ST. LOUIS CITY DISPENSARY, 11TH AND CHESTNUT STS.**

Office hours 8 to 11 a. m., 3 to 6 p. m. Sunday 9 to 11 a. m.

**ST. LOUIS UNIVERSITY, GRAND AVE. AND CAROLINE ST.**

Office hours 11 to 12 a. m. No Sunday hours.

**UNITED JEWISH CHARITIES BLDG., 9TH AND CARR STS.**

Office hours 11 to 12 a. m.

**WASHINGTON UNIVERSITY DISPENSARY, 615 N. JEFFERSON AVENUE.**

Office hours 11 to 12 a. m., 2 to 3 p. m. No Sunday hours.

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## **Dispensaries for the Treatment of Tuberculous Children**

**MARTHA PARSONS HOSPITAL, 3400 SCHOOL ST.**

Office hours, 2:00 to 3:00 p. m. No Sunday hours.

**ST. LOUIS CHILDREN'S FREE HOSPITAL, 400 S. JEFFERSON AVENUE.**

Office hours 1 to 2 p. m. No Sunday hours.

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The following hospitals will care for consumptive patients:

Missouri State Sanatorium for Incipient Tuberculosis, at Mt. Vernon, Mo.

Mt. St. Rose Sanatorium, Broadway and River Des Peres.

St. Louis City Hospital, 14th and Carroll Sts. Male patients only.

St. Louis Female Hospital, Arsenal and Sublette Aves. Female patients only.

