

THE IMPORTANCE OF REST IN THE TREATMENT OF PULMONARY TUBERCULOSIS.

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In the modern treatment of pulmonary tuberculosis three important factors are recognized; namely, food, fresh air and rest and we are realizing more and more that the greatest of these is REST. In fact as Doctor Stewart of Manitoba has said, "REST IS THE CURE."

When we realize that the average healthy individual spends about $\frac{1}{3}$ of his life in sleep and several hours more in freedom from work to repair the ordinary wear and tear incident to life's activities, how much more rest should be required when tissues are injured by disease and when at this time extra demands are thrown upon them? During sleep, which more nearly approaches complete rest, all cellular activity is lessened, mental exertion ceases, muscular activity is lessened, metabolic changes decrease, temperature lowers, circulation becomes slower, blood pressure is reduced and respiration becomes slower and much shallower. When the lungs are the seat of disease, it is necessary that the body cells have the minimum demands upon them.

The ordinary case of tuberculosis requires rest and care for a long time—years rather than weeks or months—and even after all activity has ceased in order that the reparative process may go on.

The longer I work with tuberculous patients the more firmly convinced I am of the necessity of a more absolute rest, carried out for longer periods of time even after there are no signs of activity.