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AFTER-EFFECTS OF INFLUENZA AND THEIR SANITARIUM TREATMENT

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A well equipped Sanitarium is a hospital plus, therefore its patients are as well operative as non-operative cases. At our Hillside Sanitarium we did not admit any active influenza cases, but had a large number of patients who suffered from sequelae of the disease. Even at as late a date as now we receive sick people suffering from an after-effect of the "Flu."

As to the treatment of the cases under discussion it is plain that individualizing is necessary here as well as in any group of diseases. It is the patient that is to be treated and not the

disease, as is plainly seen in the different symptoms grouped together under the name of "Neurasthenia" of which no two cases are alike. The same applies with equal force to the many different sequelae of this disease.

In our surgical department we have had cases of cholecystitis and appendicitis which were easily proven to be true sequelae of influenza, and while the treatment of these might, in a measure, be considered either surgical or internal, we have considered the patients' safety to be best served by instituting operative means. We have not regretted our course, for in every instance we found such pathology as would a priori demand surgical intervention. In nearly all appendices we found hard concretions aside from numerous kinkings and adhesions and in cholecystomies we found invariably the "cat's tongue" condition of the mucous membrane. In one case we found complicating gall-stones of all sizes and too numerous to admit of a correct count. The appendices were, of course, removed and the gall bladders drained with the exception of the last named case which was treated by cholecystectomy.

When we come to considering the treatment of the non-surgical cases, we step into the real realm of the Sanitarium Treatment, for only such a well-equipped institution can combine all the means of advantage for the proper treatment of the types mentioned. That the indicated homeopathic remedy has been diligently chosen and given, goes without saying, and in the large majority of cases Gelsemium has been the simillimum, especially in the nervous manifestations. Coffea or Belladonna were frequently indicated, as well as Kali. Phos. and Magnesia Phos. Hensel Tonic as an iron preparation is an old stand-by with me, and deserves much credit in the good results we have been able to obtain.

Aside from the medical preparations used, a modern Sanitarium is especially equipped to give all forms of hydiatic and electrical treatments, combined with manual massage and proper diet. Most of our patients suffered from nervous manifestations, ranging all the way from slight neuralgias to deep, despairing melancholia. All such cases must be placed in the best possible condition for free elimination from skin, kidneys, and bowels by natural means. Perspiration is easily induced by the Electric Light Cabinet Bath followed by a hot tub shampoo and full body massage. Where in addition we find symptomatic heart involvement, the artificial Nauheim bath is of greatest value. The same treatment will stimulate the action of the kidneys, especially if a large carbon light or the cluster Burdick partial body light is used over the region of the kidneys and the vibrator over the same. Proper bowel movements are stimulated, not by laxatives, but by the proper diet for such cases, which leaves out meat, tea and coffee, and gives instead large quantities of hot water, bran foods. i. e. bran breads, honey, vegetable diet (which also gives bulk) and plenty of juicy, raw fruits. Add to this the above named treatment in combination with electric vibration over the course of the ascending, transverse, and descending colon and an occasional Bullock enema,* and your patients will rapidly abandon the habit of taking ever increasing doses of laxatives. Any case of neurasthenia will be materially benefitted by this treatment, and all cured if depressing external influences can be eliminated.

Neuralgia and rheumatism are frequent sequelae of influ-

*See formula in *Constructive Surgery and Medicine*, Chicago, June, 1919, page 83.

enza and are certainly trying to the patients as well as tests for the skill of the physician. But since I have adopted Radium drinking and Radium injection, expensive as they are, and treated all the cases with Auto-hemic Serum, I do not dread them when I can have them under the general Sanitarium treatments. That we look for focal infection in teeth, tonsils, sinuses, gall-bladder, for irritation of the pelvic orifices and for spinal irregularities goes without saying. When these causative factors are removed, we can undertake the treatment with a great deal of confidence. However, all the modes mentioned and hydrotherapy and electricity must be available in addition to a good tension table, in order to relieve some of the very worst cases.

The gastro-intestinal manifestations of influenza sequelae are numerous, but are very often associated with or caused by the above mentioned neurasthenic conditions and are cured by the same means. Here, however, the milk diet and later exclusive fruit diet is of especially great value. Where ulceration of the duodenum accompanies the condition, the patient should be built up as rapidly as possible and then becomes a surgical subject on whom gastro-jejunostomy should be performed. Simple dyspepsia yields readily to fasting followed by careful selection of light food with gradually increasing quantities. The very important vitamins are especially to be found in raw fruit. Proper hygiene of the mouth must never be neglected nor should any existing pathology of the pelvic orifices be overlooked, for they play a very important role in the effective treatment of our patients.

Bronchial catarrhs are no rare sequelae of influenza and yield promptly to the combined homeopathic and sanitarium treatments. Of greatest value in these cases we have found

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