Another Ray of Hope For Consumptives.

An Illinois Physician Explains How He Has Devised a Plan to Cure Nine Out of Ten Cases of Tuberculosis.

Since the downfall of the Koch lymph there has been no scheme for the cure of consumption comparable in ingenuity with that recently made public by Dr. W. A. Shepard, of Elgin, Ill. As reported in the Times-Herald of Chicago this discovery of his is the result of twelve years of study and experiment. It was used seven years, with gradual and scientific changes, before it was made public. The doctor kept his mixtures secret, not that he was undesirous of giving the world the benefit of his deductions, but to save failure in the hands of experimenters. The process was strong, as the enemy was strong, but now that he is convinced beyond a shadow of a doubt that he has solved the mystery he is inviting professional examination, and there is barely a day passes that some physician does not visit the laboratory to learn the truth of Dr. Shepard's position.

It was decided in the beginning that the thing to do in handling consumption was to provide by artificial means the benefits which result from the natural helps found in the climates which are helpful. Dr. Shepard went to New Mexico, and at a high altitude made experiments, seeking to gather the secrets from the air.

DEVICE FOR INHALATION.

He was partially successful, and, coming home to Elgin, began the building of a device which should encourage the deep inhalations which come naturally to one who either comes suddenly into cold, crisp atmosphere or invariably results at high altitudes. He took advantage of the first symptom of consumption—a prolonged expiration, an increased attempt of the lungs to throw off the enemy which is taking possession of the tissues. This he accomplished by an apparatus in which the air should be exhaled against a certain amount of resistance, and in this way each cell was given a course in gymnastics.

This was the first step Dr. Shepard then took up the accepted theory that no chemical could be introduced into the lungs powerful enough to destroy the microbe without destroying also the tissue. He then reasoned that it was impossible to kill the microbe. The only practical thing to do was to find remedies which would so strengthen the sound parts of the lung that they should be safe against the attack of the microbes, and by their health should make the lungs so active that even the most ambitious microbe should be frightened and induced to leave the body. It was to be a plan in which the good cells should fight the battle for the crippled ones, and by their activity drive out the disease. It was an easy process to arrive at the instrument—a long delicate one to find exactly the ingredients upon which the strong cells would grow stronger and defy the attacks of the microbes.

TECHNICAL TREATMENT.

Shorn of the technical words, the solutions which supplement the work of the gymnastics are composed of iodine, phenal alcohol, bromine and the various preparations from the seaweed and various tar products. The combinations vary according to the condition of the patient. In some instances chief among the remedies are carbolic acid, iodine and a combination so arranged that formaldehyde is given off when air is passed through the machine. These are highly inimical to microbe growth, and, while they do not destroy it, then render the conditions so unfavorable that the microbes will not multiply, and the patient is able to throw off the destroyer.

Dr. Shepard, who has had some of his most phenomenal cases investigated by a wholly disinterested commission, with Mayor Wayne at the head, finally reached that place in his investigation where it was possible to combine the gymnastics and the antiseptics and stimulants. This he accomplished by an inhaling apparatus. It consists of an ordinary spirometer. There are two tubes, connected with the mouth piece. The inhalation is made through one, the exhalation through the other, two valves in the mouth piece cutting off one tube when the other is in use. The inhalation tube passes into a bottle inside the spirometer. The air passes through the bottle and picks up the antiseptics in the form of vapors. The effect is almost instantaneous, causing a sensation like nothing else than one would feel from pouring water into the lungs. The remedies are felt into the farthermost corners of the lungs.

AIR IS FORCED OUT.

Having filled the lungs to their fullest capacity, the rule is to force every particle of air out through the exhalation tube. It passes into the spirometer, which arises with small resistance. This calls into play every muscle of the chest, and by the activity drives the remedies farther into the cells than during the inhalation. It is known that for each foot in stature, the lungs of the individual should be capable of an unvarying air capacity. It has been found by the investigation that as soon as this capicity is reached or approximately reached, either by the complete banishment of the microbes from the diseased portion or by the development of the portions which have not been destroyed, the patient is out of danger. The records of the laboratory prove that the capacity improves from the very beginning and it is also shown that the capacity has been increased in four weeks from a tiny amount to 170 at each inhalation So much for the method. A word about the result.

"I feel perfectly safe in saying that consumption is a curable disease," said Dr. Shepard last night. "All cases can be cured, if taken at the proper time. No case need be lost if taken before the lung structure is so exhausted that there is nothing left for the remedies to act upon. I have always had a horror of foisting upon the public an undeveloped theory and feel that it is a very serious matter to claim one has a cure for consumption until it has been used long enough to know that it is a cure for consumption, and that the cure, when made, is permanent. I find that where the treatment is applied to those who have hereditary tendencies to consumption that that tendency seemes to be completely eradicated and the patients left in such condition that there is really very little danger of their acquiring the disease. In other words, they seem to be immunized against it.

COMMON SENSE COMBINATION.

"The tendency of medical thought in these days is to fads and sensational methods. This is neither of them, but merely a plain, common sense combination of old-fashioned means to produce results indicated by recent scientific researches. The essential features are the distensions of the air cells, the gymnastic exercise of the chest muscles, which increases the patient's power of breathing, the antiseptics, which retards the multiplication of the bacilla, and the internal medicines given for the diathetic condition of the patient.

"The formulas are not secret. We use various remedies, according to the condition of the patient, chief among which are carbolic acid, iodine and a combination so arranged as to give over formaldehyde when air is drawn through it. These are highly inimical to microbic growth, and, while it is absolutely impossible to introduce any substance into the human body so powerful as to destroy the microbes without destroying also the tissues of the body, we can render the conditions so unfavorable that they will not multiply, and the patient will have a chance to throw them off.

"In seven years I have not lost a single case in the first stage, and have cured a large proportion of those in the suppurative stages. I took a case in Denver last June—the daughter of an official of the Northern Pacific railroad, whose home was in St. Paul. She had been in New Mexico and Colorado for several months and had failed to improve. At the time of taking her case she had all the classical symptoms of tuberculosis—cough, daily fever, emaciation and other symptoms peculiar to the later stages of the disease. In November her father brought her to Chicago to have me decide, upon examination, whether she could return to St. Paul this winter. I found a rosy, hearty-looking girl, apparently perfectly well. The upper and middle lobes of the right lung were completely destroyed as far as usefulness was concerned, but perfectly cicatrized and healed.

HE CITES INSTANCES.

"We have people living here in Elgin who were given up by their doctors six or seven years ago and are now working every day and are perfectly well. There are two people living at Des Plaines whose cases were pronounced hopeless by their physicians, but they were cured by this treatment five years ago, and are apparently as well as anyone. The most positive proof of improvement is the gradual diminution of bacilli found upon successive microscopic examinations of the sputa. The reason that the cures are permanent is that the ulcerations are gradually healed and the remaining healthy lung tissue is opened up and developed. This process takes time, and is in marked contrast to any plan of simply destroying the bacilli. If it were possible to suddenly and absolutely destroy every bacillus in the patient he would very soon be as bad as ever, for we are constantly exposed to the contagion, and it requires a certain weakened condition to make it possible for the germs to become implanted. If, then, we destroy the germs without improving the general and local conditions, we merely drive the cows out of the field and leave the bars down for them to come in again.

"A very large percentage of our cases have been living in the same house with or have nursed cases of consumption within two years, and in many instances the contagious nature of it is perfectly plain. In one family of four children one had consumption, following la grippe. By the time he died the other three were beginning to show it. One of them has since died, another is in a very low condition and the third is nearly cured.

HEREDITY NOT DANGEROUS.

"Heredity is not so dangerous as has been popularly supposed. In over 500 cases about 60 per cent. report a history of the disease in the family. I think of 500 men on the street nearly as large a percentage would be found to have consumption in the family. It is the most common of all diseases."

Chicago physicians who have investigated the discovery believe that much of the mystery surrounding the disease has been cleared up. Dr. Will T. Shepard in the Masonic Temple, says: "It is scientific, rational and in accord with the latest researches made in the treatment of consumption."

Dr. E. S. Bailey in Michigan avenue has studied the effects and declares it is 'an excellent adjuvant in the treatment of lung and bronchial diseases." He is a classmate of Dr. Shepard.

Dr. J. J. Thompson in the Marshall Field building says: "The discovery of Dr. Shepard of Elgin is one of the best possible means of treating lung troubles. I can recommend the use of it to every practitioner. I am convinced of its value in the line of its claims."

Dr. Carter, of Marion, Ind., who was recently at the laboratory, writes that he has adopted it in his practice and knows of nothing else of modern invention equal to it in the treatment and cure of consumption.

Health is the best inheritance. It leaves its influence even to the third and fourth generation. What greater happiness has life in store for any man than to live to a green old age surrounded by his children and his children's children, and see them all robust, happy and successful. Happy the man who lives to carve at the wedding suppers of his grandchildren. Picture yourself a gray-haired but hearty old man at the head of the table at your grandson's wedding, thanking your Maker for the blessing of long life, and asking the blessing of good health for generations yet unborn. It lies in almost every man's power to be thus blessed if he will. If he will only obey Nature's laws and be watchful of his health, he will have long life and happiness.

The best preserver of health is Dr. Pierce's Golden Medical Discovery. It keeps the digestion perfect, the liver active, and the blood pure. It is the best flesh-builder and nerve invigorator. The man who resorts to it whenever he feels any symptoms of approaching ill-health will live to a hearty old age. Druggists sell it. Nothing else is "just as good."

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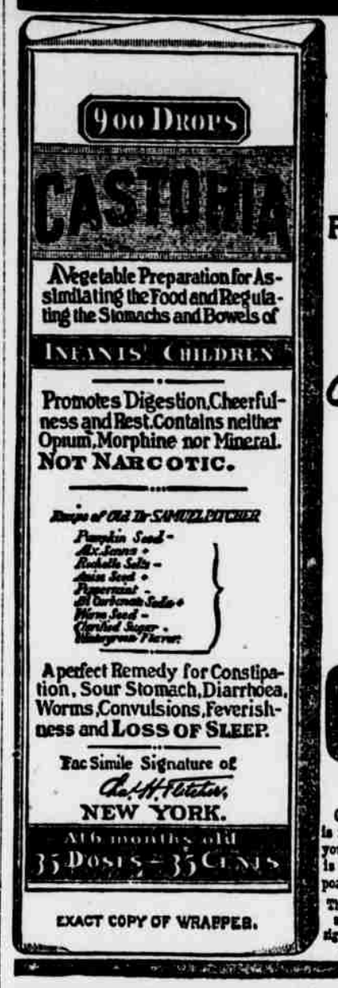

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