

GENERAL INFORMATION

By Dr. F. P. Baker, M. D.

There are many more active cases of tuberculosis in Oklahoma than there are beds available for the care of the tuberculous and for this reason it is often difficult for one to gain admission to the sanatorium at Tahleah in a short space of time.

At this time we can accommodate sixty-five patients who are classed as bed patients (ones who require more or less absolute rest treatment.) Because a person can be up and around at home is no indication that one will be classed as an up-patient at the sanatorium. We find sixty per cent of our incoming patients require absolute rest.

We can care for about 50 patients who can be up and dress and walk to 3 meals a day. We have a rated capacity of 100 beds in this institution and run over capacity most of the time. We classify a patient as a bed patient when either of the following conditions are present, the fever keeps 99 or above, spitting of blood, night sweats, extreme loss of weight, severe cough, or a diseased condition in the lung that does not improve. Frequently at the home people do not go to bed and stay in bed with fever 101 or 102. Any signs of activity of tuberculosis call for rest in bed.

Patients should never be sent to the sanatorium unless notified by the superintendent to come because it often becomes our painful duty to send them back when we do not have room for them. The proper procedure to pursue when getting a patient into the sanatorium is to have a physician obtain application papers. These papers consist of a history blank to be filled in by the patient, an examination blank to be filled in by the doctor in charge of the case and another blank to be signed by the county commissioners certifying that the applicant is a citizen of Oklahoma and that one is or is not able to pay maintenance which is \$10 per week payable two weeks in advance.

A tuberculosis sanatorium is always one of

the most expensive of the state institutions to maintain as the inmates must be fed substantial food, they require nursing and are not the type that can be employed to any great extent. When they become able to work they are usually ready to be sent home and allow others to take their places. The more advanced cases we have, the less we do for eradicating the disease and the more it costs the state.

Should you be an applicant for admission to the sanatorium and have to wait to gain admission you should go to bed and stay in bed from four hours a day to all the time according to the severity of your symptoms. Symptoms you may not consider serious may be very serious and you will not err by spending too much time on your back. Drink plenty of milk, eat eggs, meats, vegetables and fresh fruits.

When sent for to come to the sanatorium you should promptly comply. One will need a fever thermometer, bathrobe, bed room slippers, pajamas or night gowns. Pajamas are more preferable for both men and women and should be of outing flannel or light material according to the season of the year. Tooth brushes and other toilet articles also should be furnished by the patient.

You will be furnished with everything by the state that comes directly under maintenance such as medical and nursing care, food, laundry and medicines.

THE WILL TO GET WELL

By F. M. Pottenger, M. D.

Every patient who starts in the fight against tuberculosis should have the will to get well. He may get well without it, but he will shorten the necessary period of treatment and be surer of recovery with it and the process will be less tedious. Some one has said that the treatment of tuberculosis consists in doing all the things that one does not want to do, and leaving undone all the things that one wants to do. While