## Fresh air and sunlight for good health

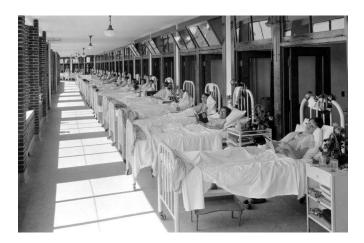


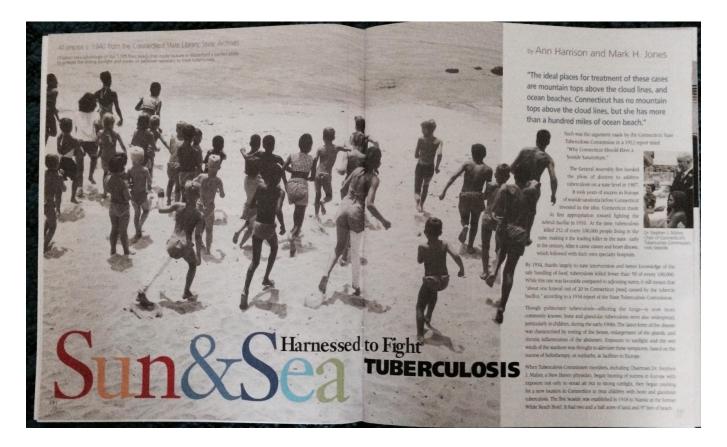






This home in Raleigh, NC, like several homes in the area, contains a consumption porch. These second floor porches allowed people who were suffering from tuberculosis to push their beds out onto the porch at night to sleep outside. It was believed that the fresh air helped improve the condition of people with this illness.





In the late nineteenth and early twentieth centuries, TB patients who could not afford to leave home for a sanatorium tried to achieve the benefits of rest and open-air living, as this woman did by sleeping in a tent on the roof of a New York tenement. The snow mimicked the mountain air of many sanatoriums. (Courtesy of the Chest Collection, Bellevue Hospital Archives)



Some TB patients sought the benefits of sleeping in the open air while living in their homes. This patient's bed was raised off the floor, and she was able to sleep with her head out the window. (Courtesy of the Chest Collection, Bellevue Hospital Archives)



