

Thesis for M.D. degree \_\_\_\_\_

The Jensen treatment of Lupus Vulgaris:  
The benefits to be derived from it.  
Comparison between it, and other way of  
treating the disease \_\_\_\_\_

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This paper has been written with the object of proving that the treatment of Lupus Vulgaris by means of Ultra Violet light is superior to all other methods of treatment at present in vogue.

Dr. Jensen of Copenhagen was the first to introduce the use of Ultra Violet light in the treatment of this troublesome disease; about five years ago. This method of treating the disease is attracting a good deal of attention among the medical profession, and in order to see in what way patients were treated, and to see what were the results, I paid a visit to the Jensen Institute last month.

The Institute is under the Corporation of Copenhagen, and is not a private money making establishment.

It is open daily to visitors, and Queen Alexandra is a frequent one, and takes a great interest in the patients.

Medical men from all parts of Europe and America, can be seen there daily.

The present building is new, in large grounds, and in one of the best parts of the town.

Patients come from far and near. There are 120 at present under treatment, among them 14 British ones, chiefly from Scotland. Patients do not live in the Institute, but reside in rooms in the neighbourhood.

The cost of treatment is £5.12 per month for foreigners. Good board and lodgings can be had for £6 per month. Total cost under £12 per month. When patients are first admitted they are examined by the physician in charge, who makes a note of the case, and examines the lupus spots, and presses on them with a glass spatula, so that he can see the exact size of the tubercle through the glass. After that the part to be treated is marked round with blue pencil.

Patients are all photographed on admission and also on leaving the Institute.

There are seven lamps at present in use, all placed in a large bright hall.

The walls and windows are not painted red, as is usually thought.

Each lamp stands about 8 feet in height, on a strong metal pedestal, and is covered with a red paper shade to keep the dazzling light from the eyes of patient and nurse.

The nurse wears coloured spectacles.

The electric light is placed in the centre of the lamp in a line with the pedestal, and four tubes, not unlike telescopes are arranged round about it. The larger end of the tube is towards the light, and the other end projects downwards at an angle towards the patient, who lies on a couch. Four patients can by this means be treated by one light.

The tubes contain three lenses of rock crystal, and in between the lower and middle lens there is placed distilled water contained in a central tube, and round about this ordinary cold water circulates to diminish any heat. The nurse is provided with a hollow lens, with a current of cold water flowing between the glasses to still further cut off any heat. The water is carried in and out by means of thin rubber tubes, not unlike drainage tubes. The patient lies on a couch directly under the narrow end of the tube, and the nurse places the hollow lens over the part to be treated and brings the light to a focus on the spot marked out in blue pencil.

The patient lies in that position for  $1\frac{1}{4}$  hour. Talking is not objected to, provided the light is not moved away from the part under treatment. After treatment the part is dressed with zinc ointment and the patient can go away, if he wishes. In some cases the light causes a slight burning sensation, and to reduce that uneasy feeling the lower end of the tube is fitted with a perforated diaphragm that cuts off some of the rays.

Some of the patients have such tender skins that vesication and suppuration take place. In these cases treatment is stopped until the skin is

again sound. These patients are necessarily longer under treatment than those who take the light without any irritation of the skin. Each part marked out is treated daily; if the skin is suitable until all hardness disappears and only a slight glossy look remains. That is the whole of the treatment, in addition to attention to the patients general health.

The theory of treatment as explained to me — is that the distilled water in the tube cuts off the Red and Ultra Red rays, and only permits the Ultra Violet ones to pass through.

The Ultra Violet rays penetrate the skin and destroy the tubercle bacillus. One and a quarter hour is sufficient exposure.

But although the bacillus has been killed the tubercular matter still ~~is~~ remains in the skin, and may be absorbed without ulceration although leaving a permanent scar, or it may undergo caseation, and breaking through the skin, form an ulcer.

Now the beauty of Dr. Jensen's treatment is seen at this stage.

The patient returns whenever the skin is sound, and has the light put on for 1½ hour, day after day (as long as there is no vesication) until the tubercular matter disappears without leaving any scar or forming any ulcer.

Nothing can now be noticed except a slight

glossy appearance of the part, and this condition will fade away in a few weeks time. This method of treatment to be successful must be carried out in a proper manner, by means of the best lamps and trained nurses, as it requires considerable patience on the part of a woman to sit still for 1 1/2 hours several times a day.

The electric light used is supplied by the town free of charge. The amount is 440 Volts, only about 70 Volts are actually used.

This is divided among the lamps, the strength of these varying from 50 to 70 Amps.

700 patients have been treated for Lupus Vulgaris and only 2 p.c. have been failures.

These may not have been Lupus cases, there may have been some mistake in the diagnosis. However allowing for a failure of 2 p.c., one would still say that the results are good.

As I mentioned before there were 14 British patients under treatment when I was at the Institute, and I had every opportunity of examining and cross-questioning them.

The first case was a young lady from Kilmarnock who was leaving for home in a few days. She had been in Copenhagen for a year, but was cured with six months treatment, and only

remained to get an artificial point for her nose. This girl had suffered for years from Lupus, and all kinds of treatment had been tried without any benefit being derived. The photograph taken on admission was shown to me, and it would be difficult to recognise any resemblance to the girl that I saw before me. The photograph showed a face covered with Lupus. The forehead, cheeks, chin were all affected, and point of nose and septum partly destroyed. When seen on leaving the Institute her face was smooth, no scars to be seen (except where surgery had been tried before coming to Denmark). The glossy look was gone, and the face appeared white, smooth and clean. The artificial tip on the nose completed her improved appearance, and she could mix with other people without attracting any marked notice.

The second patient that I interviewed was a London lady, who had suffered from Lupus longer than she could remember, and being in good circumstances all known treatment had been tried.

The photograph taken on admission was shown, and displayed a dreadful face, with Lupus tubercles, and ulcers on forehead, cheeks, chin, upper lip and nose. The point of the latter was slightly destroyed.

When seen by me the face was white a clean.



Some scars could be noticed where ulceration had taken place, before treatment was commenced, but all the tubercles had completely disappeared without leaving any scars.

When the patient's face was covered with a veil, there was nothing about her appearance to attract any special notice.

This woman had been under treatment for 9 months.

These two cases were thoroughly bad ones, and were long looked upon as incurable, and after a few months' treatment at the Jansen Institute were discharged with the disease stamped out, and with their faces so improved in appearance,

that their best friends could hardly recognise them.

The scars that were left were the result of former ulceration or scraping. It is not pretended that the Ultra Violet Rays can fill up ulcers, without leaving any scars. It would be absurd to expect anything of the sort. The Rays destroy all the tubercles in and around the ulcers and allow healthy healing to take place.

The third patient was a young man from New Cross, London. He had only developed the disease within the last 12 months.

When admitted to the Institute the Lupus was situated below the right ear, and was about  $1\frac{1}{2}$  inch in diameter. The central portion had undergone scarring, before treatment was commenced.

I carefully examined the diseased part, and only found some hardness at the upper part of the circle. Upon pointing this out to the consulting physician, he assured me that the patient would be discharged cured with another month's treatment.

This man had tried the light treatment at the London Hospital, as a paying patient, and after two months' trial without deriving any benefit, he went over to Copenhagen.

At that time the whole circle below his ear felt hard & nodular round the edges, and after two months' treatment at the Institute only some hard nodules could be felt at the upper part.

The fourth patient was a London lady of good social position, who had been afflicted with the disease for twenty years. She had been under the treatment of Mr. Malcolm Morris for years, and latterly under Mr. Blacker, who tried the light treatment. The results were not good, as the strength of light used was too weak, being only 40 amperes against 60 in Copenhagen. I saw this patient about a week after she was admitted, and she presented a sad appearance, nose gone, lupus tubercles and ulcers on both cheeks, forehead, chin, upper lip.

All kinds of treatment had been tried including

scraping as I could see from the scars left. On the right cheek there was an ulcer about the size of half a crown; with tubercles round the edges. This part was first put under treatment, the light was used on a small portion about the size of a half penny, and each day a fresh part was treated.

When last seen by me the hard tubercles had disappeared, and the skin felt smooth when the finger was passed along it.

The skin had rather a glossy look, but that would go away in time.

Other parts of the face were treated at different times with improvement in all places.

The patient acknowledged that she was rapidly improving.

This was a woman with abundance of money who had tried the best medical skill in England, without being cured, and after only one month's treatment at Innes's Institute, was rapidly improving in health and appearance.

These two last cases are interesting as showing what can be done in the way of treatment in an Institute with the best lamps and trained nurses. They were both treated in London with the ultra violet rays without getting <sup>benefit</sup> from the treatment used.

The chief points in favour of well-to-do people

going for treatment to the Jensen Institute are—  
— They get complete change of air and surroundings. Copenhagen is a bright continental town.

They meet with other patients who are equally as bad as themselves; and that affords them some consolation.

They have great freedom; as the people in the town are so accustomed to seeing patients with bandaged faces, that they do not stare them out of countenance.

They can remain in the Institute as long as it is open, and use it as a club room.

The physicians and nurses direct the whole of their energies towards the treatment and cure of Lupus. There is no clashing of interests as is often the case in a general hospital.

The Institute is supplied with the best electrical appliances that money can buy.

To prove that my statements are correct, and to show some of the results of this treatment, I managed to get possession of a few photographs from the Institute; the only ones that any British medical man has yet succeeded in obtaining, as the physician who gave them to me informed me. The first set of photographs show the condition of the patient on admission, and the second set show the same patient's state on leaving the Institute.

The first case shows a young man about 28 years of age, with a mask like layer of Lupus on his face. The disease has attacked the forehead, and nose in two places. The left upper eyelid is affected, and the eye is partly closed. Margins of nostrils are eaten away, and septum destroyed. Both cheeks and upper lip are covered with tubercles and ulcers. A tubercular mass, with shallow ulceration can be noticed at right corner of mouth, and below it a small crateriform ulcer. The chin is attacked in several places.



Any one looking at this patient would say that his case was hopeless, and that it would be impossible to clear up his face. The second photograph tells a different tale. It does not show a very pretty face, but it is decidedly better than the one that the man displayed to the world for 12 years.

The nose is rather deformed as one would expect, but taking the face as a whole, it is clean without the unsightly appearance that is to be seen in the first photograph. This man was under treatment for 9 months, and if we remember that he had been under treatment for years, before coming to the Jansen Institute, then it must be allowed that this treatment is superior to all others.

This case of a girl 25 years of age show what can be done with four months treatment.

Supers has attacked the nose, and margins are indented and appear cut into. On the left ~~cheek~~ cheek the disease is well marked, and has undergone cicatrization in several places.

This is not a very handsome face to look at, the second photograph shows a different face. All the disease has been stamped out



and nothing unsightly remains. The only thing to attract notice is the scarring on nose and left ~~at~~ cheek. A glance at the first photograph will show that these scars were there before treatment commenced. This girl suffered for several years and the first photograph shows the result of the treatment tried. The second one shows the result of Dr Jensen's treatment.

This is a woman 50 years of age, and shows the change that can be worked by the Ultra Violet Rays in six months treatment.

Superficial tubercles can be seen on nose & left cheek, upper lip is badly affected, and the tubercular mass appears to extend under the skin in the direction of the nose. Cicatrices can be seen on cheek & nose.

What could any physician do for this patient with



the old remedies at his disposal? The first photograph shows the result of several years treatment, and the results are by no means good.

The second photograph displays a different face.

No disfigurement of any kind. Skin clean and smooth. Nose straight and margin of nostril distinct. Upper lip appears healthy, although shorter than the lip in the first photograph. Faint scars are to be seen on cheek & nose.

These were present before treatment commenced and must not be set down to the action of the light.

This is a man thirty years of age, who suffered from Lupus for years, and was improved in appearance, and cured of the disease with six months treatment. The disease has attacked the right upper eyelid, and right side of face. Left cheek shows a deep ulcer. The nostrils seem filled up, with edges indented. Upper lip covered with the disease & cut into in several places. Scars can be seen on different parts of the face. The second photograph shows a pleasant face to look at. It is clean, and the unsightly, disgusting appearance has completely disappeared. The nose is good in shape, thanks to there being no



destruction of the left eye & nose. On right <sup>cheek</sup> there is a faint white scar, that can also be seen in first photograph. The left cheek is healthy, and the deep ulcer has healed up, leaving only a faint scar. The upper lip is clear of the disease, and is only slightly indented. This is a fair, honest photograph. No attempt has been made to hide the man's condition, by allowing the hair to grow on his face. He is cleanly shaved, and taken in good light, as can be seen from the image of the photographer in his eyes. If one looks at the first photograph and then at the second; he can only be filled with admiration for the good results of this method of treatment.



This is a young woman 24 years of age, a long sufferer from this troublesome disease. She was discharged cured by seven months treatment. Both upper eyelids, and nose are attacked, also both cheeks, and chin, and upper lip. Scars can be seen on several parts of the face. This case was for many years looked upon as incurable.

The second photograph displays quite a different face, and if the nose shown there is compared with the



other one, then it must be acknowledged that the results of treatment are wonderful.

Only slight stains can be seen on both cheeks, that at one time were covered with tubercles and ulcers. The upper lip is normal in appearance, and has not the slightest resemblance to the lip in the first photograph.

Taken all together this girl has made a splendid recovery, and life is now a pleasure to her, compared to the time when she was avoided by other people, and when she was obliged to pass the days in solitude.

This last case has no connection with this paper,  
and is only included to show what the ultra  
Violet Rays can do.

The old lady had rodent ulcer and came  
under treatment in April 1900, and was  
discharged cured in April 1901.

This is so far the only patient that has been treated  
for rodent ulcer, at the Jewish Institute.

The results of treatment appear to have been satisfactory.



It must not be supposed that these are "show"  
cases. They were picked up by me at random  
out of several hundred other photographs, and  
give a very good idea of the cures that can be  
brought about by means of this new method  
of treatment.

In order to compare the old and new ways of

treating Lupus Vulgaris - Take an every day case.

A young girl has a spot on her cheek, not unlike a drop of apple-jelly. It feels hard & imbedded in the skin. She is brought to the family physician who soon diagnoses the disease, and treats it with lotions, ointments, or Unna's plasters.

No improvement taking place the girl is sent to a surgeon, who scrapes away all the superficial material until he feels hard tissue, and then he applies the actual cautery or nitrate of silver to the sides and floor of the cavity that he has made. The part is then dressed, and heals up.

Result a scar is formed, and the girl disfigured for life.

Modern treatment.

The girl is taken to the Institute, and placed under the Ultra Violet light for 1 1/2 hour, and the tubercle bacillus is destroyed.

She comes again and has the light applied to the part, day after day (unless vesication takes place) until the tubercular nodule in the skin has disappeared. The finger can be passed over the part and nothing abnormal can be felt.

The only point that attracts attention is the glossy look of the part treated, and that will fade away in a few weeks time.

Result. The girl is cured without any scar or disfigurement.

The medical man who adheres to the old ways of treating Lupus Vulgaris has several methods of treatment to choose from.

He will probably begin with mild remedies, and if these fail to do any good, then he will try stronger measures.

In theinsen system there is only one way of treating the disease, and it is the same for all patients.

This paper has been written from notes taken at theinsen Institute. The great aim has been to make it original, as short as possible, and to the point.

The whole object has been to prove that the treatment of Lupus Vulgaris by means of Ultra Violet light is superior to all other ways of treating the disease.

The points in its favour are.—

- (1) The Ultra Violet Rays destroy the Tubercle Bacillus, and cause the tubercular deposit to disappear.
- (2) There is no destruction of the skin.
- (3) There is no scarring or disfigurement, unless ulceration took place before treatment was commenced.
- (4) The treatment is almost painless.
- (5) The period of treatment is comparatively short. Old standing cases that were under treatment for 10 or 15 years can easily be cured in 12 months, or even less time.

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