

## TUBERCULOSIS

Our present knowledge of Tuberculosis leads us to believe that it can be controlled in certain ways -

- (a) Sanatoria and hospitals:- for treatment and education;
- (b) Increased powers of resistance:- improved nutrition of the nation;
- (c) Prevention of the spread of infection by control of milk supply;
- (d) Care of the general health -
  1. Better housing and work conditions, better maternal, infant, pre-school and school care;
  2. Preventoria for special cases, and open-air classes.
- (e) Education of the people:- information on and practice of sound habits of hygiene;
- (f) Diagnostic centres;
- (g) Home supervision;
- (h) Provision for after-care and replacement in industry.

This simply means that tuberculosis can only be fought by a general health programme. The sanatorium, while essential, is only part of the general scheme. Montreal is well on the way to securing sanatoria and hospitals, the milk supply is controllable, there are diagnostic centres and home supervision of cases. These can all be complete and efficient if the money is provided. We need a preventorium, and we need open-air schools to take care of children who are in a pre-tubercular condition and who must be given special physical care if the development of actual disease is to be prevented. We also need provision for the care of those discharged from sanatorium as "arrested" cases, otherwise, many will relapse. I would say the most urgent needs are a sufficient staff of public health nurses to give adequate home supervision, the provision of a preventorium, the establishment of open-air schools as part of the development of a complete system of medical school inspection.

In addition to actual disease, there is the problem of ill-health and of minor diseases. These conditions result in a great deal of misery, incapacity and inefficiency. Speaking in general, they are the result of faulty environment and unhygienic living. They would respond to proper environment in the home, school and work-place, correction of physical defects, including the removal of foci of infection, and hygienic living.

This cannot be brought about suddenly, but progress can be made and the rate of progress will depend practically upon the number of public health nurses and other capable workers engaged in health instruction of the people.

As far as future generations are concerned, the basis of such health instruction should be the health instruction given in the schools. For the present, and always as a continuing effort, supplementing the school instruction, the chief emphasis should be instruction at the health centres and in the home.

There is a place for newspaper articles, posters, health literature and health lectures, but these are supplementary to the individual or group instruction and demonstration in the health centre and to the individual in the home.

The person to do this, in fact, the only one who can, is the public health nurse. The number of such workers needs to be greatly increased, particularly in the French-speaking section, if reasonably quick results are to be secured. Health demonstrations are being conducted to prove this locally.

Another health approach to the individual, which has been practically neglected, is that through industry.

## PROGRAMME

- The immediate health programme which lies before Montreal is
1. To support the Municipal Department of Health in order that the Director may obtain the necessary funds to employ the required staff to
    - (a) Enforce milk and meat inspection and other by-laws;
    - (b) Deal with housing as far as the provincial by-law permits;
    - (c) Properly carry out laboratory diagnostic service;