

taught you find the pupils of those men as teachers. They have helped you and me to understand the true nature of tuberculosis.

For the modern methods of curing tuberculosis through outdoor life, proper hygiene and good food, we are primarily indebted to the English people. It may not be generally known that even the earliest efforts in sanatorium treatment were inaugurated by an Englishman in the person of Dr. George Bodington, of Sutton Coldfield, Warwickshire, England; and as a veritable pioneer in aërotherapy we must not forget that princess among nurses who helped to cure the English physician Bennett from consumption, the great and good Florence Nightingale. Brehmer and Dettweiler, of Germany, were the pioneers of the sanatorium treatment of consumption as it is now almost universally practised, and as American pioneers of modern phthisio-therapy we must not fail to mention our distinguished colleagues, Dr. E. L. Trudeau of the Adirondack Cottage Sanatorium, and Dr. Vincent Y. Bowditch, of Boston.

To summarize our present knowledge and to state the basis on which our societies for the prevention of tuberculosis should work, we might say we now know that tuberculosis, especially in its pulmonary form, is an infectious, communicable, preventable, and in many instances absolutely curable disease. Furthermore, that it can be cured in nearly all climates where the extremes of temperature are not too pronounced, and where the air is relatively pure and fresh. In other words, it is not always necessary for a consumptive patient to travel long distances and seek special climatic conditions, but that in most instances he has a chance of getting well even in his home climate.

Before I proceed, may I be allowed to digress just for one moment to make it clear why I call tuberculosis, and especially pulmonary tuberculosis, a communicable, and not a contagious disease, still less a dangerous contagious disease. There is enough difference in the meaning of the words to justify an explanation. It is my firm conviction based on the experiences and the experiments of our greatest European and American scientists, such as Koch, Straus, Grancher, Prudden, Biggs, and others, and on a somewhat extensive experience of my own, that tuberculosis is not a dangerous contagious disease, but only a communicable one. To be in contact with a tuberculous individual who takes care of his expectoration or other secretions which may contain the bacilli, is not dangerous. In sanatoria for consumptives, where the precautions concerning the sputum are most strictly adhered to, one is perhaps safer from contracting tuberculosis than anywhere else. The great danger from infection lies in the indiscriminate deposit of sputum containing the bacilli, which when dry and pulverized, may be