

THE
NATIONAL TUBERCULOSIS ASSOCIATION

XII

Rosemary Bertois

NATIONAL TUBERCULOSIS ASSOCIATION

Preface

This little paper has been prepared especially for the use of student nurses and myself. Most of the material has been adopted and condensed from the "History of the National ^{Tuberculosis} Association", pamphlets on "Health Heroes", and pamphlets sent to me by the National Tuberculosis Association at Portland and at New York City.

The references will suggest something of the rich body of historical material which is available for those who are interested in following up and pursuing special topics, or who wish to enjoy a more complete and comprehensive acquaintance with the characters and the incidents which are necessarily so briefly discussed herein.

Introductory Outline

No occupation can be quite intelligently followed or correctly understood unless it is, at least to some extent, illumined by a lightly touched upon historical background as it is interpreted from the human and social standpoint. The origin of our various activities, the spirit animating the founders of an association, and the long struggle toward an ideal as is revealed by a search into the past, - these labors clarify their relationship to all else that humanity is doing, and give to workers an unfailing inspiration in the consciousness of being one part of a great and vitally significant whole.

The development of the association depends upon various factors. First there must be a strong impulse or motive

prompting one to prevent others from contracting disease. Then besides prevention there is the idea of cherishing, treasuring, and building up perfect health, as well as that of relieving illness and suffering, and this latent idea must also have prompted the preventative and hygienic care. The final essential is knowledge, - knowledge of facts and truth.

Making a summary of the general outline, I find that the following topics are of the most importance, and have been treated as such; what the association is and its history, including outstanding persons and their contributive efforts; the scientific basis; the program; results of the program; organization; projects and services; administration; the business management; the medical division; publicity; personnel; publications; child health education; field service; support; membership; relationship of the various factors, and what is being done in Oregon up to the present time.

The National Tuberculosis Association is a voluntary organization of physicians, laymen and associations which were banded together in 1904 for the purpose of developing ways and means to study, control, treat and prevent tuberculosis. Its definite purposes are to study tuberculosis in all its forms; know the causes, treatment and prevention of tuberculosis; encourage the prevention of tuberculosis; stimulate, unify, and standardize all information and conditions throughout the country; cooperate with other health organizations, and promote international relations.

It is based upon the remarkable discoveries made by Villemin, Koch, Corneil, von Behring, Riquet and others. Edward Livingston Trudeau figures prominently in this list, and is one of our most outstanding health heroes. He was born on October 5, 1848, of a long line of medically inclined ancestors, and after long years of study and practice became vitally interested in the problems of tuberculosis.

The idea of building a sanatorium at Saranac Lake came to him when he read an account of Brehmer's Sanatorium in Silesia, a minor European province. Brehmer first used the sanatorium treatment in pulmonary tuberculosis cases. The essence of his treatment was rest, fresh air, and a daily regulation, by the attending physician, of the patient's life and habits.

Trudeau, however, felt that it would be better to have the patients isolated, so he determined to build a group of small cottages for individual treatments. Thus he originated the "Cottage Plan" tuberculosis sanatorium. Briefly summarized, the sanatorium treatment that Trudeau carried out was a favorable

environment so far as climate, fresh air, food, and the regulation of the patient's habits were concerned. The simple principles of the treatment are still widely used and have saved and prolonged many lives, as well as materially aiding the prevention of tuberculosis by being used as daily health rules by many people.

The names of those other noble and progressive men who have devoted their lives to a constructive study of tuberculosis can be but briefly mentioned in this paper, since their work is a premise in itself and rather a series of steps leading up to present-day conditions of specialized organization.

Germany's most outstanding contribution was Dr. Robert Koch, who discovered the tubercle bacilli in 1882. Dr. Calmette, of Lill , a great French tuberculosis specialist, introduced the anti-tuberculosis dispensary of France late in the nineteenth century. Then seeing the need of contact with the home and the treatment of the disease there as well as at the dispensary, he organized a group of trained workers known as "Home Visitors". Dr. Grauch , another Frenchman, worked along similar lines, particularly the separation of children from the neighborhood of tubercular parents.

Two women deserve mention in this category of contributors to the study and prevention of tuberculosis. They are Miss Lillian Brand, who compiled a Directory of Institutions dealing with Tuberculosis in 1904, thus greatly facilitating the ensuing organization of a national association, and Sadie Orr Dunbar, executive secretary of public health, who was the first worker to bring the National Tuberculosis Association to the

state of Oregon

The National Tuberculosis Association of the United States made its first appearance as early as 1898, when Dr. Lawrence F. Flick suggested its formation. Anti-tuberculosis work was advancing rapidly all over the country in scattered forms, and in 1903 were formed two tuberculosis congresses, one calling itself the American Congress on Tuberculosis and planning for an international tuberculosis congress the following year, and the other styling itself the American Congress for the Prevention of Consumption. Furthermore, representatives of the American congresses were named to place tuberculosis exhibitions in Paris during September of 1904.

Since those early years the trend of development has been steady and consistent. Although the number of associations has apparently decreased, this does not indicate a decline in the movement for later experience has shown that a smaller number of associations more adequately manned and better financed is the better method of organization. There has been a consistent effort toward concentration and increased efficiency resulting in a far better covering of the ground.

In 1905 funds were secured for the infant organizations' association. The services of Dr. Livingston Ferrand were procured. The latter, at that time assistant professor of anthropology at Columbia University and connected with the American Museum of Natural History, at once set about opening an office of the National Tuberculosis Association in New York, and acted as executive secretary.

In its earliest conception, the Association clung to the

belief and realization that tuberculosis, if it is to be controlled must be controlled by local machinery, and that the object of the National Association is to provide the necessary local assistance.

This has been brought about chiefly through educational work. Most outstanding in this line were Mr. E.G. Routzahn who toured the states east of the Mississippi from Toronto to the City of Mexico, and Mr. W.R. Cosper, who covered virtually every state in the union.

Entirely aside from the contribution to the knowledge of tuberculosis made at the International Congress of 1908, that gathering will live forever in the minds of those who are interested in the campaign against tuberculosis in the United States because of the stimulus it gave to the organization of associations, and the program it advanced of adoption, construction, establishment, instruction, study, and prevention. Its most important activities are health prevention, (for tuberculosis), and the results of the program in the United States show that now, or rather in 1925, the individual clinics number 2000. Of 11,000 public health nurses more than half are now devoting all or most of their attention to tuberculosis. These figures alone are evidence of the stimulation of the organization since 1904.

The membership on January 1, 1926, consisted of 368 corporate members including 52 state and affiliated associations, and 255 tuberculosis associations and sanatoria and 2069 individual and life members. The National Association is governed by a board of representative directors from each of the state associations,

and by fifty directors at large. The Board of Directors usually meets twice a year and the Executive Committee approximately five times a year. There is also an annual meeting of the members of the Association.

The projects and services considered and performed include administration; the organizations in the National Health Council besides the National Tuberculosis Association being as follows:

- 1: American Health Association
- 2: American Heart Association
- 3: American Public Health Association
- 4: American Red Cross
- 5: American Social Hygiene Association
- 6: National Committee for Mental Hygiene
- 7: National Committee for the Prevention of
Blindness.
- 8: National Organization for Public Health Nursing

Second to these projects comes the topic of business and its organization. The Association officials and their staffs handle supplies amounting to more than \$200,000 in value a year, this being only part of the business transacted. Among the supplies manufactured and distributed by the Association, or rather through its efforts, are all of the major supplies for the annual Christmas Seal Sale, the Modern Health Crusade, standard posters, pamphlets and circulars, and special campaign supplies and novelties.

Thirdly, the medical service seeks to develop and promote the best possible standards of relations and work among physicians, health officers and related groups.

Fourthly, the publications which the Association manages through

6

newspapers and other periodicals, posters, pamphlets, circulars and similar forms of printed paper, talks, lectures, conferences and meetings, motion pictures, exhibits and other graphic methods and special provision for child health education consist of long and laborious work and supervision.

To carry out this work and maintain the highest grade of personnel in tuberculosis field work, both in medical and social divisions, is a necessary function of the Association. Four men comprise the staff, the president, executive secretary, field secretary and treasurer. Five institutes are given yearly in relation to methods and programs, correspondence and home study courses are conducted, and there is constant stimulation of medical school, post-graduate and other methods of training physicians and nurses.

The aim of the Child Health Education department is to disseminate information throughout the schools, primarily for the purposes of making health teaching and training an integral part of every school curriculum. The Child Health Education program involves the training of teachers to instruct their pupils in sanitary habits; the stimulating of school boards and educators to install health instruction in their schools; and developing methods of teaching that are sound medically and educationally.

In regard to fund-raising, the Christmas Seal Sale provides more than ninety percent of the revenue of the National, state and local tuberculosis associations. It has been found necessary because of the magnitude of the Christmas Seal campaign to employ from twelve to eighteen months preceding the actual sale in preparing its many angles.

7

The National Association is definitely stimulating medical research with a view both to a search for a cure and a search for a vaccine or prevention of tuberculosis. The work of the various agencies is supervised by the Medical Research Committee of the National Association, involving statistical data for the purpose of approving and testing accuracy and studying specific problems of most vital interest to the organizations, local, state, and national.

The field service of the Association is, in general, organized to take care of adjustment of local problems and difficulties; stimulation of proper programs and methods; survey of specific problems of organization or relations; conducting of conference meetings or institutes and attendance at and participation in various local meetings.

As has been said before, the work of the National Tuberculosis Association is supported chiefly from the annual sale of Christmas seals. Five percent of the gross proceeds from the Christmas Seal Sale throughout the United States goes toward the support of the National Association. A very small amount of additional revenue comes from membership dues and from the surplus on the sale of supplies of various kinds.

The money derived from the seal sale has, by education, been multiplying itself in countless ways in value through the erection of institutions, the provision for nurses, the establishment of open-air schools, clinics and similar agencies. These projects absorb the entire ninety-five percent remaining after the operating expenses for the National Association have been subtracted.

The National Tuberculosis Association is primarily a service agency for the state associations, and through them, for local groups. Its inter-relationship with its parts is directly analagous to the construction of our own federal, state and local governments.

Individual membership in the National Association is open to any individual who is interested in the purposes of the association. The nominal dues of five dollars per year are practically returned to the individual member in various publications, which include the Journal of the Outdoor Life, official organ of the Association, the Monthly Bulletin, the annual volume of transactions, and others to which, as a member, he is entitled.

Among the many functions of the National Association is the promotion of Tuberculosis Week, during which propaganda is circulated throughout the country; publication of standard pamphlets, such as the one entitled "What You Should Know About Tuberculosis": use of motion pictures and many institutes and conferences, all of which are part of the educational program.

The demonstration of new ideas in tuberculosis work has always been a prominent feature of the Association, and it inaugurated a movement for the creation of correct habits of health among school children, known as the Modern Health Crusade. Furthermore its field service has been constantly organized and reorganized through the forty-eight states, making for better supervision as well as splendid practical results.

Special training in the ways and knowledge of tuberculosis has been given in a community nursing program sponsored by the organization. The main points touched upon concerned the specialized tuberculosis

nurse, the rural nurse, the school nurse, the industrial nurse, the nutritionist, the social worker, the private physician, and cooperation with the physician, each of which discussion was thoroughly discussed and illustrated in practical terms.

In presenting the sixteenth annual report of the Oregon Tuberculosis Association, it seems advisable to refresh our memory in regard to the purposes of our own organization.

First, its aim is to prevent tuberculosis by promoting public health and encouraging the provision of cure and treatments. Second, it strives to co-operate and unify its work by public and private agencies. Third, it wishes to give the public all the information possible, and fourth, to secure proper legislation for the relief and prevention of tuberculosis. The Prevention side of tuberculosis and disease is our main function, and we believe that Health Education is the most effective weapon to employ.

To emphasize this more clearly, let us quote the actual statement of the Oregon Tuberculosis Association.

"The purpose of our Oregon Tuberculosis Association is as follows: To utilize the resources of our state and county associations in the prevention of tuberculosis in promotion of public health and stimulation of providing care and treatment for those afflicted by diseases dangerous to the public health; to co-ordinate and unify the various lines of work carried on by public and private agencies in relation to these health problems; to inform the public as to the nature, treatment and control of tuberculosis, and of the methods and progress of health work; to take any other steps for the prevention and control of tuberculosis and other diseases dangerous to the public health that are not inconsistent with the purposes of the National Tuberculosis

Association and in accordance with the authorized forms of tuberculosis work; and to secure proper legislation for the relief and prevention of tuberculosis.

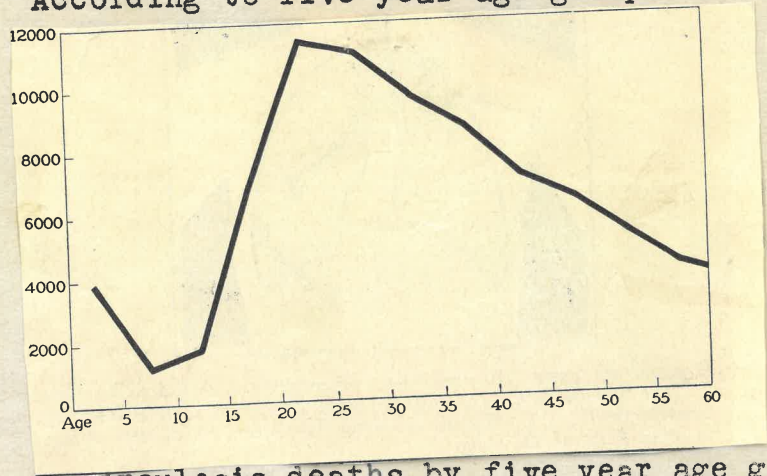
As the foregoing statement of the purposes of the Association indicates, and as I have stated before, health education and promotion are fundamental in our work.

The workers in this movement do not undertake to practice medicine, operate dispensaries or sanatoria for treatments, nor do we provide material relief for families in which there is tuberculosis. These functions belong to the physician, public authorities, or relief organizations as the case may be. Our distinct field is the prevention side of tuberculosis and disease generally, as contrasted with the curative side.

Before presenting statistics concerning the work of the Oregon association, let me here interpose a graphic illustration of the national tuberculosis situation according to actual deaths resulting from the disease.

DEATHS FROM TUBERCULOSIS**U.S.A.

According to five year age groups



Tuberculosis deaths by five year age groups.
Figures in the vertical column show the actual number of deaths from T.B. during 1927 in the U.S.

The illustration on the preceding page shows very clearly the exigencies of the tuberculosis situation in the United States.

For the first time since this Oregon Association was organized, Oregon has lost less than 500 citizens in one year from tuberculosis.

The United States death rates have dropped from 200 per 100,000 to 76 since the first of this century , and the Oregon rate has decreased from 95 to 50 during the life of this organization. "These are the lowest rates yet recorded and are cause for great rejoicing." Tuberculosis is still in very truth the foe of youth and early adult years, for sixty percent of all these deaths occur in persons under forty years of age, and fifteen percent are under twenty.

This is a record of a gradually successful program of prevention and cure of tuberculosis.

Let us mention in closing the many co-operative agencies that have materially assisted in bringing about the above laudatory situation. They are The Ashland Normal School, which makes hygiene and health courses necessary for all teachers; the Portland Public Schools and the school division of the City Bureau of Health; the Portland Free Dispensary, the People's Institute and the Visiting Nurse Association; Portland city clubs: Lincoln County School department; University of Oregon; Lynn County Court; The Oregon Educational Journal; Benton County Public Health Association, Benton County Court, and Parent-Teachers Council; Mills Open Air School , one of the many special activities of the Portland Educational System, and supported as other schools are. In this latter, the children are a selected group gathered from all parts of the city. Each one is chosen because of some problem connected with school attending that is directly or indirectly due to

frail physical condition. However, there are no active cases of tuberculosis because these are not admitted.

The National Tuberculosis Association has made intensive efforts to disseminate accurate knowledge concerning this disease. The steady decline in the death rate continues, and it may be that within our lifetime tuberculosis will become very rare. Yet ignorance, continuing to sacrifice countless lives, causes unwarranted suffering.

"Colossal ignorance regarding tuberculosis still pervades the public. Lies and ignorant sayings still run around the world while truth is putting on his boots! "

Rosemary Bertois.

BIBLIOGRAPHY

ANDREWS, J. B.

Death Insurance and the prevention of
Tuberculosis

BRANDT, LILIAN

Facts about tuberculosis
Social aspects of tuberculosis (pamphlet)

DUBLIN, L. L.

The causes for the recent decline in
tuberculosis and the outlook for the
future.

NATIONAL ASSOCIATION FOR THE STUDY AND PREVENTION
OF TUBERCULOSIS

RICHARDSON, M. W.

The control of tuberculosis

DIRECTORY--National Association for the study and
prevention of tuberculosis

KNOFF, SIEGMUND ADOLPH

A History of the National Tuberculosis
Association

PAMPHLETS

From National Tuberculosis Association
at Portland and at New York City.