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ORIGINAL ARTICLES.

THE ANTI-TUBERCULOSIS MOVEMENT IN ITALY.

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THE Anti-Tuberculosis Movement, so far, has made but little progress in Italy. There has been no popular agitation and but little active campaign for the checking of tuberculosis. During the last few years our energies have rather been directed to the development of a full programme of hygienic reform in town and country, among corporations and local boards, through hospitals and even through the activities of pleasures, and, amidst all, measures have been taken to check the ravages of tuberculosis.

No one who approaches the subject with an open mind, and views it in relation with the state of affairs in other countries, can deny that in our public hygienic system we in Italy may fearlessly challenge comparison with any other nation. We may, indeed, go further, and assert that much that has happened lately proves clearly that, even judged by an ideal standard, our sanitary organization and national hygienic administration deserve praise rather than censure.

Up to recently we have preferred to devote our energies to the varied and complex work of hygienic reform, having for its aims the moral and economic elevation of the working classes by the raising of wages, insurance against accidents, and through legislation seeking the

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prevention of diseases, especially those caused by certain conditions of labour. Through wise regulations on the part of our Central Government and the action of municipal bodies, provision has been made for the notification of the disease; regulation in the building and management of factories; the construction of workmen's buildings on hygienic and rational principles; the application, as far as possible, to old houses of modern sanitary methods; the hygienic treatment of pavements, drains, enclosed yards, and the like. It is true that in this way tuberculosis is not directly attacked, but it is none the less very effectively weakened. We may claim to have done in this general hygienic field of action, here in Italy, more than has been done elsewhere.

As regards procedures in regard to workmen's dwellings, the measures of the Italian Legislature may be classed under three headings: 1. Provision for loans. 2. Regulations as to construction, sale, and change of ownership; the expropriation of areas for hygienic reasons, and lightening of charges in such cases. 3. Concessions granted to certain bodies and to certain classes of Societies, and on special conditions, viz: (*a*) To Co-operative Societies for the construction and purchase of workmen's buildings, when by the rules of the society the annual dividend to be distributed among the shareholders is not to exceed 5 per cent.; (*b*) to Mutual Benefit Societies having a special department for the construction of cheap houses for their members; (*c*) to charitable institutions devoting themselves solely to the provision of accommodation for the poorest classes; (*d*) to corporate bodies and autonomous Boards which provide inexpensive housing; (*e*) to local authorities empowered to found independent Boards for cheap housing, and to lodge with these Boards the whole or a part of the capital already destined for this purpose.

Here reference should be made to a new institution, a special creation, which has no parallel elsewhere, if we except the "Municipal Board for Cheap Housing" at Trieste, and which suggested to Signor Luzzatti the idea of the new institution here, and served as a model to our legislators in its organization. We mean, of course, the Independent Board for Cheap Housing of the People, which is a kind of half-way station between municipalization and private initiative. This is a public body, yet enjoying full liberty of action. It was started in various cities and towns of Italy by contributions from municipal bodies, Savings Banks, Benefit and Loan Societies and other Societies, and by contributions of private individuals, many of whom were willing to lend their aid and to further its aim in meeting the want of hygienic house accommodation at low rents: (*a*) By building new houses, and by buying, exchanging, selling, and managing building land; (*b*) by making healthy habitations of houses already existing; (*c*) by undertaking the management of the workmen's buildings of the Commune

and other local bodies; (*d*) by letting the apartments in the above buildings to those who have the legal qualifications for occupying them; (*e*) by building and managing taverns for the people; (*f*) by granting or obtaining for Co-operative Societies land suitable for workmen's buildings below its market value, and, further, by providing those societies with loans or giving security for the same object (*g*) by stimulating private enterprise, by means of premiums or other wise, in the construction of workmen's buildings.

Independent Boards for Workmen's Buildings have been formed or are now in course of formation at Rome, Naples, Milan, Turin, Genoa, Bologna, Biella, Bergamo, Cremona, Piacenza, Modena, Mirandola, Perugia, Foligno, and Bari. Buildings are being constructed and managed by the local authorities at Venice, Padua, Vicenza, Brescia, Pavia, Lecco, Parma, and Florence. We may, therefore, fairly say that if the movement for the provision of cheap and healthy housing for the people is a new one in Italy, it has nevertheless been taken up with such energy and enthusiasm that the very best results may confidently be expected from it. It must not be forgotten, too, that the Government of Italy, in its system of finance hits wisely and hard at alcohol and tobacco, and by legislative control of the labour of women and children aims at preventing the degeneracy of the race. Further, we have the right to claim that, if hygienic work has so far proceeded among us in the main on general lines, special measures against the scourge of tuberculosis have not been wholly forgotten.

For the tuberculous poor we have at present in Italy one sanatorium, which is just about to be opened. The sanatorium at Prasomaso, in Valtellina, has 120 to 130 beds for the consumptives of the city and province of Milan. The sanatorium at Budrio is used at present as the isolating hospital for the consumptive patients of Bologna, pending the completion of the hospital which that city is now building for itself and destined to receive the sufferers from this disease. A third sanatorium, the one at Leghorn, may be considered as a sanatorium and hospital combined, for it receives consumptive patients in every stage of the disease. There is a sanatorium for criminals in the island of Pianosa, where, as its superintendent, Dr. Passini, informs us, seventy-nine patients have been under treatment since its opening, and with the very best results; an average of about 13 per cent. of recoveries have been obtained. Impressed by these results, the Italian Government has decided to enlarge the sanatorium at Pianosa by the construction of four additional buildings, and to found a similar institution out of the suppressed House of Correction at Montesarchio, so as to gain the advantage which accrues from its position high up in the hills.

In May, 1897, the Italian Government issued a circular which laid

down that, in our general hospitals, consumptive patients should be dealt with in special wards. This circular remained for some time a dead letter; and, when acted on later, often produced a state of things that was positively intolerable. The sufferers from tuberculosis were shut up in infirmaries such as certainly left much to be desired, as those of the better class were generally reserved for the more critical medical and surgical cases. The isolation, too, was in most cases imperfect, owing to the necessity of passing to and from the ordinary wards and the consumption pavilions, and to the existence of courts and gardens common to both. The want of verandas and balconies where the sick could sit and rest, and gardens or open shady spots, prevented the patients from availing themselves of those physical forces which experience has shown to have such a powerful influence for good in this malady. Often, too, the rooms were close and dark, and did not allow the requisite cubic content of air, while the sick in them frequently exceeded the number they were intended to accommodate. Often, too, there was a want of proper arrangements for warming and ventilation. And everywhere there was a lack of recreation-rooms and dining-halls. Serious and slight cases were often herded together in the same ward. Patients and doctors alike were disgusted with this state of things, patients refusing to enter the special wards allotted them, and doctors often allowing consumptives to remain in the ordinary wards placed under their control and responsibility. This state of affairs became at last simply unendurable, and the need was generally felt of organizing a system at once more hygienic and more humane.

At Rome, in August, 1905, sufferers from consumption were isolated in the King Humbert I. Hospital, to which is annexed a dispensary for the prophylaxis and cure of tuberculosis. This hospital consisted, at first, of five buildings, three for men and two for women, with 250 beds in all; but necessity compelled the addition, during the three years that followed, of ten pavilions on the Döcker system and two on the Gay system (a Roman one), in the large garden surrounding the original buildings, the number of beds being thus raised to 450. In the five original buildings, which are each of two stories, the number of beds is 24 in each ward on the ground floor and 22 in those on the first floor, the latter being reserved for the graver cases. In all these wards the volume of air is 43.35 cubic metres per patient. The upper wards have a terrace at the south end, where the patients in the more advanced stages of the disease can lie all day in the open, on lounge chairs, sheltered by large movable awnings. In the garden below, there are verandas and little summer-houses for the open-air cure of the less severe cases. Wooden châteaux serve as dining-halls and recreation-rooms.

Leghorn shelters its consumptives in the King Humbert I. Sanatorium of the United Royal Hospitals of that city. Owing its origin mainly to the philanthropy of Rosolino Orlando, and fostered with loving wisdom in its early days by Professor Queirolo of the University of Pisa, this institution is a hospital-sanatorium rather than a sanatorium proper, and receives patients in all stages of pulmonary consumption.

Venice in 1906 devoted to consumptive patients the hospital on the island of Santa Maria della Grazia, formerly used for sufferers from infectious diseases. For pureness of air it would be impossible to find a more advantageous position. The prevailing wind there is the south-east, or, in other words, the sea breeze, so that the air is kept free from dust and microbes. The wards are sunny and well-ventilated, and contain 58 beds. A Tollet awning and a Döcker shelter, turned into a veranda, enable the patients to pass many hours out-of-doors for the open-air cure. The excellent results obtained in the first two years, during which 297 patients were under treatment, 195 were discharged improved in health, many improved in a very marked degree, several kilograms heavier than when they entered, and evidently with less trouble, convinced the City Council of the necessity of enlarging the hospital so as to make it capable of receiving on the average 130 patients, adding also a ward for persons of moderate means as paying patients.

At Turin, the Pious Foundation of S. Luigi Gonzaga has founded a hospital-sanatorium in the suburbs, with the help of two subsidies of 1,000,000 francs and 50,000 francs from the local savings bank. It can hold 200 beds, and is furnished with covered galleries where invalids can lie and rest, recreation-rooms, and refectories. The rooms contain from one to five beds, and are large enough to allow each patient 30 to 60 cubic metres of air. This sanatorium cost about 1,450,000 francs (7,250 francs per bed), and was opened on October 21, 1909. Only the ground floor is at present in use, as the Foundation has not funds enough to do more. The patients are chosen from among the consumptive inmates of the old city hospital, those being preferred who seem to have the best chance of recovery, while the rest remain in their old quarters, but under more favourable conditions than in former days, as they are less crowded (being only 174 in number instead of 240), and much has been done to improve the hospital arrangements.

Bologna sends its poor consumptives to the Sanatorium at Budrio, which, as it can only hold seventy beds at the most, is not adequate for the purpose. The result is, that the consumptive patients who cannot be admitted there are necessarily kept in the general hospital, separated as much as possible from the rest. But Bologna is now building its

own hospital for its consumptives, though it can hardly be ready before the end of the present year.

Sondrio, thanks to the enlightened liberality of the Savings Bank Department of the Province of Lombardy, has built a small isolating ward for consumptives, close to its City hospital, with which it communicates by means of a covered gallery.

At Pisa, the Hospital Board, aided by grants from other Local Bodies, is now building a hospital for consumptives outside one of its gates (Porta a Piagge); and there is every reason to believe that the Board will push vigorously on with the work till it is completed.

Naples contemplates the building of an isolating hospital for consumptives, for which the City Council some time since voted the sum of 500,000 francs.

Verona, too, has in view the construction of a hospital-sanatorium, the funds for which have been supplied by the Local Savings Bank, the Corporation, and private liberality.

Catania has a lazaretto for consumptives with eighteen beds.

At Rovigo, the building for consumptive patients near the public hospital, which the city owes to the munificence of Signor Gino Giolo, barrister-at-law, is already constructed and is only awaiting its fittings and furniture. It is divided into two wards, one for men and the other for women, each containing one room with six beds, another room with four, and a third with one, besides a terrace for the invalids under cure.

At Florence, the consumptives occupy three buildings apart, two for men and one for women, and each containing twenty-nine beds, in the hospital of Boniface. The two wards for men have never been full; but the ward for women has, and, when this happens, the patients for whom no vacant bed can be found are temporarily housed in a room to themselves in the hospital of S. Maria Nuova.

At Milan, the Junta has proposed a scheme which has been approved by the City Council, for the erection of an isolating hospital for consumptive patients. This new hospital is to be built at Villa Pizzone just outside the city, so that it will immediately adjoin the other hospital that it is intended to erect for chronic cases.

There is besides at Milan, near the Ciceri Hospital, a small infirmary of the sanatorium type with sixteen beds, divided among four rooms, with large openings towards a garden and a portico for the open-air cure in the garden itself. For this infirmary the City is indebted to the liberality of Signora Savina Alfieri Nasoni.

From these brief notes, many of which are drawn from an excellent book, by Dr. F. Galli, and published by Hoepli, "*La lotta sociale antitubercolare in Italia*," it must be clear that, all things considered, we are by no means standing idle while in other countries the soldiers

of sanitary science are battling with every improved weapon of most modern invention against this insidious foe.

What Rome, on her own account, has done to combat this terrible scourge we shall best be enabled to judge when in April next, 1912, the International Congress against Tuberculosis meets and the Exhibition of Hygiene and Hygienic Work will be opened.

So far as institutions specially devised to combat tuberculosis are concerned, there is up to now only one at Rome, the King Humbert I. Hospital Sanatorium with the dispensary attached to it; but others are in process of formation, such as the "Janiculum" dispensary. These, modelled on the system that has been found to work so exceedingly well in other countries, and in some cities of Italy, are at the moment when we write these lines being brought into working order by the Organizing Committee of the coming Hygienic Exhibition, by the City Commission for the relief of chronic invalids, and by the Land Institute: and they are intended not only to deal with the disease when once established, but to do useful work in its prophylaxis and in general hygienic reform.

But, besides the above, there have long been in Rome many charitable institutions which, though they have other primary objects and special aims, may be regarded as indirect means of combating the tuberculosis scourge; and the value of their work from this aspect can hardly be over-rated, as they are always on the alert, and ever active in warding off those unhealthy conditions that invite the disease. Such, for instance, are the Pious Foundations for the provision of seaside and other climatic sanatoria, the homes by the sea and in the Apennines for children, and also for adults; the asylums for nursing mothers with children at the breast; the Friendly Institutes for such mothers and children; the Pro-Infanzia Institutes—those which have taken for their sphere of work kitchens for the poor, workmen's buildings, and the hygiene of the house; ambulatories and dispensaries for children and for adults; the sanitary inspection of schools: open-air schools; the Association for the Promotion of Physical Education, and many other similar institutions. All of these are of great value to persons of every age, but especially to children and young people, affording most efficacious means for the strengthening of constitutions and furthering resistance to morbid influences. But all these noble and most useful institutions have up to now gone each its own way in perfect independence, without any wise co-ordination which might enable them to direct their energies specially towards one main end—viz., the quelling of the most terrible scourge of all, tuberculosis, that mows down so many victims in our midst. And it is precisely this co-ordination, this welding together into one compact whole of so many scattered forces to battle more effectively with this devouring malady, that has at last

been brought into being here in Rome by many illustrious workers. On their initiative, there met together, towards the close of last year representatives of all the charitable institutions of Rome, both sanitary and other. The idea was taken up most enthusiastically by all present and steps are being taken to secure the alliance of all institutions in the battle against tuberculosis. This Alliance, which leaves the institution the most perfect independence in working out its own special ends, has for its object the promotion and co-ordination of every form of charitable activity which aims at the prophylaxis and cure of tuberculosis, especially tuberculosis in young children. Various meetings were held, and at these the articles were drawn up which form the basis of the action of the new Alliance, and also the rules for their due application. The Organizing Committee was constituted as follows: Honorary President, Professor Guido Baccelli; President-in-Ordinary, Professor Augusto Tamburini; Vice-President, Dr. Quirico (Commendatore); Treasurer, the Countess Giulia Sanseverino; Secretary, Professor Grilli; together with the Marchioness Picardi, the Marchioness of Roccagiovane, Professor Caruso (Commendatore), Count Cencelli (Senator of the Realm), and Signor Lucifero (member of the Chamber of Deputies). The Alliance has already begun its work, stimulating the various institutions to combined action in aid of the sufferers from tuberculosis, their families, and all who have a predisposition to the disease, and especially to the notification of all such cases to the Alliance itself and to the sister institutions, that each may give the sufferers the help its special sphere of activity peculiarly qualifies it to bestow. The Alliance proposes, further, to establish hospices at the seaside and on the hills for young people who have a predisposition to tuberculosis or who are only in the very earliest stages of the disease, but who are too old to be admitted into the hospice and sanatorium at Anzio. But in order that this beneficent institution may work with vigour and efficacy, it must have the support of the central and local authorities of our land and of all public bodies and private associations whose scope is charitable work in the sanitary field, so that our new Alliance may obtain the financial resources without which it is helpless, and that its action may be a reality, effectively prompt, and continuous in the relief of so much misery. The Savings Bank Department, the Commission of the Fund for Charity and Public Worship, the Roman Section of the National League against Tuberculosis, the City Council of Rome, and the Congregation of Charity, have already granted or assigned subsidies to the Alliance. But we trust that private benevolence too, recognizing how much is at stake here to the race, will be large in donations to our philanthropic and beneficent work; so that when philanthropists and scientists assemble at Rome from every quarter of the globe, to celebrate our universal league against the

tuberculosis scourge, we may be able to marshal in the foremost line, among the Roman institutions pledged to do battle in that holiest of crusades, this noble new institution of ours. And, the success of our Alliance once assured, it will need only a rational co-ordination of our forces and a wise initiative to prove to all the world, in the clearest and most eloquent way, how much has been done and is now doing in Rome, not only to promote charitable work and public health in general, but also specially, and with, if possible, even more ardent enthusiasm, to bar the advance of the terrible foe that, more than any other malady, works such awful havoc among our youngest and loveliest, and is such a potent factor in the most deadly forces that make ever so mightily for the degeneration of the race. And it is most just that this mission should be confided to Rome—Rome, the living symbol of the most glorious traditions, the highest civilization, of our Italian stock; the mission, we would say, of proclaiming to the world that our country forgets not that first among the nations she placed the sources of health within the reach of the poorest of her sons at need, and that she is the motherland of Ramazzini.

APICAL PERCUSSION IN THE DIAGNOSIS OF EARLY PULMONARY TUBERCULOSIS.

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I COMMENCED percussion of the extreme apices of the lungs on the advice of the late Professor Trevelyan, of the University of Leeds, who suggested I should investigate the methods employed by Krönig and others with the object of proving their value or otherwise in the diagnosis of early pulmonary tuberculosis. My results have been confirmed by the Honorary Physicians to the Leeds Sanatorium for Consumptives, the late Dr. Trevelyan, Dr. Woodcock, and Dr. Watson. After examination of 250 cases of suspected pulmonary tuberculosis, I have come to the conclusion that the value of apical percussion in the diagnosis of early pulmonary tuberculosis is extraordinarily great. I have frequently been able to demonstrate the presence of a tuberculous lesion at one apex of the lung when the other physical signs have been doubtful. In one of the cases, tubercle bacilli were found in the sputum, but the site could not be ascertained except by apical percussion, and a few weeks later râles appeared at the site thus indicated. In many cases of doubtful diagnosis the method has been of very great