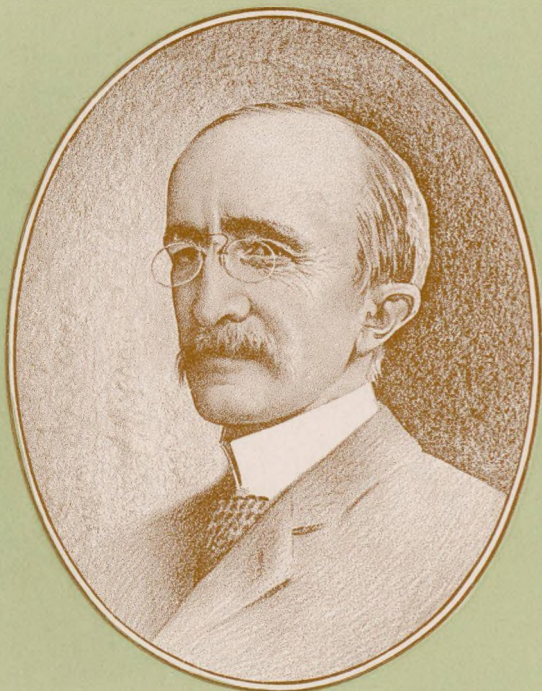


THE PITTSBURGH
COLLEGE OF PHARMACY

HEALTH HEROES



EDWARD LIVINGSTON TRUDEAU

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HEALTH HEROES



EDWARD
LIVINGSTON
TRUDEAU

By

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EDWARD LIVINGSTON TRUDEAU

ALADDIN, you will remember, found a lamp. He soon learned that it wasn't an ordinary lamp with no other use than to be filled with oil and lighted. No indeed! ALADDIN's lamp was a magic lamp. When he rubbed it, a genie appeared who brought him gold, jewels, beautiful palaces, or anything else he asked for.

This is the story of a man, EDWARD LIVINGSTON TRUDEAU, who also found a lamp. Its magic was the human magic of friendliness and kindness. TRUDEAU used the magic to build a place in the wilderness where people could come who were sick with tuberculosis, and experience the healing power of sunlight, fresh air, and rest. Then he filled his lamp with oil—the oil of hard work and study—lighted it with the fire of enthusiasm, and put it before the door.

How many stories have you read of travelers wandering at night in a deep forest or on a deserted plain, who suddenly saw, when all hope seemed lost, a light shining far off? Well, TRUDEAU's light was just that, a lamp in the wilderness. He himself calls it "the glorious hope of future relief to humanity from sickness, suffering, and death which lies in the study of disease."

Which would you rather have, ALADDIN's lamp, that gave riches and power, or TRUDEAU's lamp, able to save human lives?

EDWARD LIVINGSTON TRUDEAU was born in New York City on October 5, 1848. He came of a medical family, for both his own father and his mother's father were physicians. His father had a great love for wild nature and hunting. He used to go with AUDUBON on



Aladdin's fabled lamp gave
riches and power to
one man

his scientific expeditions and he often drew illustrations of birds and eggs for the famous naturalist. Once he spent more than two years with the Osage Indians. EDWARD TRUDEAU inherited his father's love for the woods.

When EDWARD was 3 years old, he went to France with his mother, his older brother, and his grandparents. The party arrived in Paris in 1851, and EDWARD and his brother lived there with their grandparents for nearly 15 years. The TRUDEAU boys were in Paris during the Civil War. They had many American boy friends who were all on the Northern side, and they used to have great discussions about the war. There were a few Southern boys in Paris and the TRUDEAUS and their friends met them when they sailed their toy boats in the basins of the foun-

tains in the Tuileries Gardens.

The youthful Unionists and Confederates staged many a mimic naval battle in those basins. EDWARD had a big cannon on his boat that used real powder and shot. It was fired with a fuse which hardly ever went off at the right time. He also rigged up the tip end of the bowsprit with a device that he thought should bring great damage to the enemy. This was a steel ink eraser which EDWARD sharpened with great care, thinking it might tear the rigging and sails of the "enemy" vessels. The great trouble was, however, that the little vessel was hard to steer and it often ran afoul of friendly ships and damaged them.

After the Civil War, the boys and their grandparents returned to New York. TRUDEAU couldn't speak English very well, and he used to wonder



TRUDEAU's lamp was a
light of hope to all
humanity

why his girl cousins laughed when he said: "Ze English language is a very hard language to prononciate."

LOTTIE BEARE

The TRUDEAUS had many friends and relatives in New York and EDWARD spent "joyous playdays" with them. He met his future wife, CHARLOTTE BEARE, through one of his cousins. At the first meeting, he carried Miss BEARE's traveling bag up a long, steep hill on a hot afternoon. When his cousin asked him what he thought of LOTTIE BEARE, he answered:

"I don't know much about Miss BEARE, but I can say positively that she has an enormously heavy traveling bag."

"Nevertheless," wrote TRUDEAU many years afterward, "it was the tall, slender girl in black, with the heavy traveling bag, who soon inspired me with a love which made me, in time, give up all the wild mode of life into which I was fast slipping in New York, and work for three years to obtain a medical degree, and for a lifetime to try to be worthy of her. I am often asked if I would be willing to live my life over again, and as I look back on most of it I can say very positively, 'I have my doubts'; but that part which has been lived in contact with the 'tall, slender girl with the heavy traveling bag,' I would gladly live over again indefinitely."^{*}

TRUDEAU'S First Experience with Tuberculosis

TRUDEAU was not quite sure what he wanted to do in life, but he finally decided to go into the Navy. He was about to enter the Naval Academy when

^{*}TRUDEAU, *An Autobiography*, pages 27-28.



As a boy, TRUDEAU sailed boats in the Tuileries Gardens

something happened that was to change his whole life. His brother, who had just taken an office position, became very ill. The brothers loved each other dearly and EDWARD gave up his appointment to the Naval Academy as soon as he knew of his brother's illness. He returned with him to his grandfather's house and nursed him tenderly. It was found that his brother had tuberculosis.

In those days, to say that a person had tuberculosis was to pronounce the sentence of death. People didn't know that the disease was infectious and the treatment for it wasn't at all what it is today. TRUDEAU says:

We occupied the same room and sometimes the same bed. I bathed him and brought his meals to him, and when he felt well enough to go downstairs I carried him up and down on

my back, and I tried to amuse and cheer him through the long days of fever and sickness. . . . Not only did the doctor never advise any precautions to protect me against infection, but he told me repeatedly never to open the windows, as it would aggravate the cough; and I never did, until toward the end my brother was so short of breath that he asked for fresh air. . . . How strange that, after helping stifle my brother and infecting myself through such teaching as was then in vogue, I should have lived to save my own life, and that of many others by the simple expedient of an abundance of fresh air!*

The 17-year old boy knew his first great sorrow when his brother died. In after years, he liked to think that his work was a tribute from him to the brother he loved so well.

The Choice of a Career

After his brother's death, TRUDEAU soon realized that if he was ever to win the girl he loved he would have to choose a career in which he could earn a living. He finally decided to be a doctor, and in the fall of 1868 he entered the College of Physicians and Surgeons in New York City.

Miss BEARE allowed TRUDEAU to announce his engagement to her a year before he graduated from Medical School. The red-letter day of TRUDEAU's life, his wedding day, came at last. The young couple went abroad after their marriage on June 29, 1871. On the return trip, TRUDEAU began to show symptoms of tuberculosis, but they were not understood as symptoms at that time. He and his wife took a little cottage on Long Island and there spent a very happy year. But TRUDEAU felt that he would make more progress in his profession if he were in New York. He took a house in the city and two months later he was offered a partnership with a well-known physician. After TRUDEAU

*TRUDEAU, *An Autobiography*, pages 30-31.

was settled in New York, he began to feel tired all the time and was advised to have his lungs examined. The doctor who examined him told him that his left lung was actively tuberculous.

The World Grown Dark

In those days, consumption was considered absolutely fatal. TRUDEAU says:

I pulled myself together, put as good a face on the matter as I could, and escaped from the office, after thanking the doctor for his examination. When I got outside, as I stood on Dr. JANEWAY's stoop, I felt stunned. It seemed to me the world had suddenly grown dark. The sun was shining, it is true, and the street was filled with the rush of noise and traffic, but to me the whole world had lost every vestige of brightness. I had consumption—that most fatal of diseases! Had I not seen it in all its horrors in my brother's case? It meant death and I had never thought of death before! Was I ready to die? How could I tell my wife, whom I had just left in unconscious happiness with the little baby in our new home? And my rose-colored dreams of achievement and professional success in New York! They were all shattered now, and in their place only exile and the inevitable end remained!*

Peace in the Wilderness

TRUDEAU thought that if he had only a short time to live he would like to spend it in the "peace of the great wilderness." He decided to go to the Adirondacks because of his love for the great forest and the wild life. In May 1873, after a long, tiresome journey, he and a friend reached PAUL SMITH's, a famous hunting lodge in the Adirondacks. Mrs. PAUL SMITH's brother carried TRUDEAU upstairs, and put him down on the bed. TRUDEAU says he made the comforting remark, "Why Doctor, you don't weigh no more than a dried

*TRUDEAU, *An Autobiography*, pages 69-70.

lambskin!" TRUDEAU didn't mind; he was so happy to be in his beloved woods once more that he forgot the hard trip.

Life in the mountain wilderness had a wonderful effect on TRUDEAU's health. He soon began to eat and sleep and he lost his fever. In September, he returned to the city, with a gain in weight of 15 pounds. He soon lost ground again, however, and the next year he decided to spend the winter in the Adirondacks. His wife agreed quietly and bravely that she and the children would stay there with him.

Winter in the Adirondacks

PAUL SMITH was finally persuaded to keep the little family, although no "outsiders" had ever spent the winter there before. The general belief then was that in winter a consumptive should seek a warm and sunny climate. A blizzard introduced Mrs. TRUDEAU and her two children, NED and CHATTE, to their first Adirondack winter. When they came to join TRUDEAU after a visit in New York, PAUL SMITH and TRUDEAU met them at Malone, and it took them 48 hours to make the trip back to the lodge



The TRUDEAU family take shelter in a snow cave

through the heavy snow. At one time the children had to be sheltered in a cave dug out of a snow-drift to keep them from freezing to death. However, the adventure ended happily, and the little family was made comfortable in winter quarters by Mrs. PAUL SMITH.

All during that first winter TRUDEAU kept well and rarely had any fever. He and his wife had a very happy time in spite of their rough surroundings. When people began to come in the spring, they were astonished to hear that the TRUDEAUS had wintered at PAUL SMITH's. The regular summer guests of the hotel soon arrived, and among these TRUDEAU made many lifelong friends.

The Move to Saranac Lake

Until that time TRUDEAU had almost forgotten he was a doctor. But the summer guests at the hotel sometimes needed a physician, and TRUDEAU sent for a supply of medicines and began to do some medical work again. When the winter came he found he couldn't remain at PAUL SMITH's, as the guide and his wife had decided to run a hotel somewhere else through the

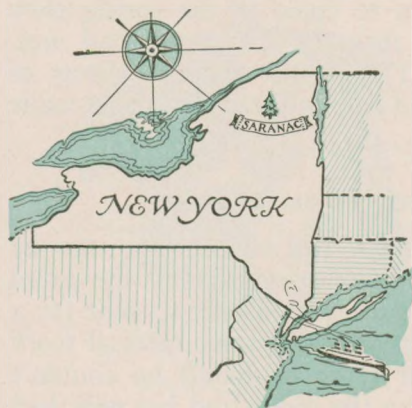


PAUL SMITH's

winter. TRUDEAU looked about for a place where he could have a house of his own. He finally decided on Saranac Lake.

At that time Saranac Lake village consisted of a sawmill, a small hotel for guides and lumbermen, a schoolhouse, and perhaps a dozen guides' houses scattered over an area of one eighth of a mile. There was one little store where flour, sugar, a few groceries, tobacco, and patent medicines were sold. TRUDEAU rented a house from a guide, and Mrs. PAUL SMITH loaned him some furniture.

TRUDEAU and his little family went to Saranac Lake in 1876, and lived there ever afterward. Dr. ALFRED LOOMIS, who had examined TRUDEAU from time to time, was much struck by his improvement in health, and he sent him other tuberculous invalids to try the effect of the winter climate. Thus Saranac Lake village soon began to grow.



Map showing where Saranac is located

The Prize Rabbit

During the winter of 1880 the visitors at Saranac Lake formed a little gun club. This club decided to offer a prize to the member who killed the biggest rabbit between January 1st and April 1st. Everyone in the village entered into the spirit of this competition. The rabbits were weighed at the store

and the biggest rabbit to date was hung within full view of the village in front of the store.

On the morning of March 30th FITZ HALLOCK, TRUDEAU's guide, took the doctor to a place where he had just found the biggest rabbit tracks he had ever seen. It was snowing when they reached the hunting ground and TRUDEAU says he stood there shivering and wishing himself at home, but FITZ was just as intent as ever. Soon TRUDEAU caught sight of a rabbit bounding down the hill. He says:



TRUDEAU's prize rabbit

It seemed to me I never saw a rabbit take such long jumps, and as he went by me I killed him. Fitz was on him in a minute. I saw him raise the spring scale to his eyes, then in a most commanding voice he simply said, "Come on," and strode toward the place where the horse was tied. I followed as best I could. He had the horse unblanketed and was in the cutter when I reached there. He handed me the reins and said, "Run your horse; he is the biggest rabbit yet." . . . As we entered the village on the run the guides came to their doors guessing something unusual had happened, and many of them were waiting on the porch of the store, into which FITZ disappeared at once. He soon reappeared among the laughing, shouting men, with my rabbit, to which was tied a tag with my name and the legend "4 pounds, 8½ ounces." That was a proud moment for FITZ and for me!*

A huge paper rabbit marked 4 pounds, 8½ ounces decorated the hotel for days.

*TRUDEAU, *An Autobiography*, page 142.

The Dawn of a Great Idea

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

In the summer of 1882 TRUDEAU met Dr. LOOMIS at PAUL SMITH's and told him of his plan of building a few cottages at Saranac Lake where patients of moderate means could stay at less than cost and where he could try out the sanatorium methods of treating tuberculosis. Dr. LOOMIS approved and agreed to send TRUDEAU patients and to examine them free of charge. TRUDEAU also spoke of his plans to several of his patients and friends, and they were all interested and offered to help him.

At this time TRUDEAU and his family used to go to New York each year for a short visit. When he went down that summer, he took his little subscription book with him and, putting his pride in his pocket, he called on all the people he thought would be likely to help and asked for subscriptions. Most people couldn't understand just what he wanted to do because they always argued that consumption could not be cured. However, when TRUDEAU returned to Saranac Lake from his New York trip, he had collected more than \$3,000. As he kept on adding to this sum, he felt that he would soon be able to start building a sanatorium by putting up a little cottage.

The Fox Runway

The first thing to do was to pick out a place. He chose his favorite fox runway, a little level piece of ground on the slopes of Pisgah Mountain. He knew it was sheltered from the wind, as he had spent many days there while fox hunting with FITZ HALLOCK. It was a place, too, that he loved for its beautiful view of the mountains, the forest, and the river. If dreams can dedicate a place, then this spot had long been dedicated to TRUDEAU's great purpose. Here he had sat for hours alone and "dreamed the dreams of youth, dreamed of life and death and God." Here, too, he had dreamed that the forest had melted away and that the mountainside was covered with little houses built inside out. This dream was to come true.

Other people whom TRUDEAU consulted agreed with his decision, although FITZ expressed to someone the opinion that it was too bad to spoil a good fox runway by building a sanatorium on it. The guides gave TRUDEAU a most pleasant surprise by purchasing



TRUDEAU as a huntsman

the 16 acres that comprised the site. Some of the best friends of this man, who had a genius for friendship, were Adirondack guides.

The "Cottage Plan" Sanatorium

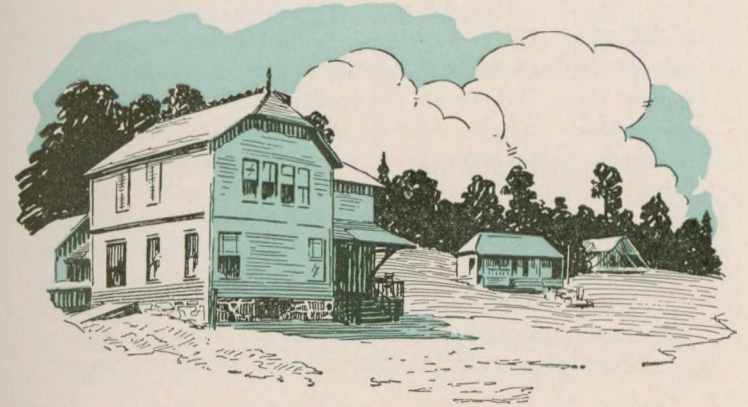
TRUDEAU didn't know what sort of building to plan for a sanatorium and he couldn't find the information in books. At that time, tuberculosis was not considered contagious, and consumptives were put in medical wards in hospitals alongside other cases. TRUDEAU, however, felt that it would be better to have the patients by themselves, so he decided to build small cottages. Thus, TRUDEAU originated the "Cottage Plan" tuberculosis sanatorium.

"The Little Red"

The first cottage, completed in February 1885, has always been known as "The Little Red." It consisted of one room, 14 by 18 feet, and a little porch so small that only one patient could sit out at a time. It was furnished with a wood stove, two cot-beds, a washstand, two chairs, and a kerosene lamp. It cost about \$400. The first patients were two factory girls sent up by Dr. LOOMIS. TRUDEAU probably smiled when he wrote this description of his sanatorium at that time:



"The Little Red"



Trudeau Sanatorium in early days

1885

The grounds were a rough hillside covered with scant grass, through which everywhere jutted boulders of varying sizes, a few rising 4 or 5 feet above the ground. Not a sidewalk, not a path anywhere! The buildings, a small rough-board and shingle barn, one unpainted wing of the main building without any porch, and one small unpainted cottage! The patients, two frail, ill-clad factory girls! The staff, a farmer, his wife, and two daughters—all this humble agglomeration situated in an unbroken forest 42 miles from the nearest railroad!*

How proud he must have been to be able to write this:

1915

The mountains now look down on a different scene. The old boulders and the rough pasture have disappeared, and macadamized roads, sloping grass lawns, flower beds, and ornamental shrubs have taken their place. The Sanatorium has grown to be a picturesque little village. It comprises 36 buildings scattered over the entire hillside between the north and south gates, a distance of about three quarters of a mile.

*TRUDEAU, *An Autobiography*, page 171.

The patients' cottages are grouped about the large administration building, and other cottages for the heads of departments are clustered together at the south entrance, near which are the stables, barns, and the big fireproof laundry. In addition to the patients' cottages, there are many other buildings which represent various activities: a nurses' home for the Training School, an infirmary for bedridden patients, a post office, a colonial brick-and-marble library building, a reception and medical building with offices, laboratory, and X-ray department, a recreation pavilion for amusements and entertainments, a workshop building where the patients are taught fancy leather work, bookbinding, brasswork, and frame making as a recreation and as graded exercise, and a beautiful stone chapel.*

Discovery of the Tubercle Bacillus

While TRUDEAU was at work starting his sanatorium, KOCH, a German scientist, announced his discovery of the tuberculosis bacillus. This was in 1882. We must remember that 40 years ago the theory that certain diseases are caused by specific germs was a very new one. But TRUDEAU had read of the experiments of PASTEUR, the great French scientist, who believed that all infectious diseases come from living germs. He knew of the work of LISTER, an English surgeon, who had proved that wounds would not become infected if the germs were destroyed by antiseptics like carbolic acid. These discoveries flashed a vivid light in TRUDEAU's mind. He saw the science of medicine standing at the door of tremendous possibilities. He felt that if he could learn to grow the tubercle bacillus outside the body, and then produce tuberculosis with it in animals, he might be able to find something to kill the bacillus in human beings. TRUDEAU couldn't read German, but a

*TRUDEAU, *An Autobiography*, page 172.

friend obtained a copy of KOCH's paper on the tuberculosis bacillus and had it translated into English as a Christmas present for TRUDEAU. He read every word of it over and over again.

On the Trail of the Bacillus

TRUDEAU knew that if he was to carry on experiments with the tubercle bacillus he must first learn how to get the germ in his hands and study it. He rushed to New York and begged the professors at his old school to teach him how to find it. He found them indifferent to this discovery, which to him opened up a whole new world. But he was given a place in the dingy old laboratory of the school, and a young doctor showed him how to find the bacillus under the microscope. TRUDEAU says he worked without stopping for three days, staining his fingers, his clothes, and even his shoes without finding the bacillus. At last he succeeded and on that day he stayed late, working with different specimens, until he was sure he could identify the bacillus on the glass slides.

The First Laboratory at Saranac Lake

Back in Saranac Lake once more, TRUDEAU fitted up a room 12 by 8 feet in a frame cottage, gathered together some equipment, mostly home-made, and set up a little laboratory where he worked for years by himself. TRUDEAU says:

With this humble outfit I began with much enthusiasm, in my imagination, the conquest of the tubercle bacillus, and if I have never come "within sight of the castles of my dreams," I at least have made some progress along the road leading to them and started others in the same direction.*

*TRUDEAU, *An Autobiography*, page 188.

The laboratory burned down some years later, and from its ashes grew the Saranac laboratory for the study of tuberculosis, where the work of TRUDEAU's helpers and successors has steadily increased the scientific knowledge of the disease.

TRUDEAU'S Humanity

While TRUDEAU was starting his laboratory, the sanatorium was struggling bravely for existence. The late 80's were dark days, as TRUDEAU had no definite idea of just what to do and very little money with which to do anything. Sometimes he longed for dynamite or an earthquake as the shortest way out of his troubles. But there was still magic in the lamp! Perhaps there has never been a man with more friends than TRUDEAU had. Sometimes he wondered a little whimsically why people were so good to him. But *we* know why! It was the magic of his personality. A friend has said of him:

At whatever point you start to gain an insight into what TRUDEAU was and did, you enter a path that leads to the same end—his humanity. He accomplished his work, great or small, by reason of his humanity. His frailties—he had a few that stood out—were yours and mine; and you and I could therefore understand them; and we were drawn to him by them.*

Friends put up more buildings for his sanatorium, friends helped him administer the funds collected, young doctors fighting tuberculosis in their own cases helped him fight the battles of others, patients with other useful knowledge or training used it to help him in whatever there was to do. The whole sanatorium, as it stands today, is built on a foundation of friendship. TRUDEAU has been called "the Beloved Physician,"

*Allen K. Krause, M.D., *Journal of the Outdoor Life*, January, 1925, page 11.

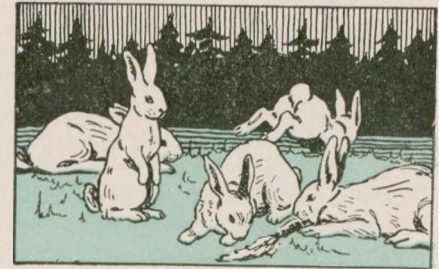
that is a tribute to the man of science. We call him also a perfect friend, and that is a tribute to his humanity.

The Famous Rabbit Experiment

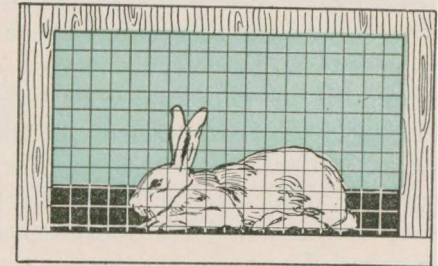
In his experimental work, TRUDEAU soon began to wonder how a change of climate, rest, fresh air, and food could influence the germs of tuberculosis after they had entered the body. In seeking an answer to this question, he performed an experiment which has become famous. This is how he describes it:

Lot 1, of five rabbits, were inoculated with pure cultures (of tubercle bacilli) and put under the best surroundings of light, food, and air attainable.

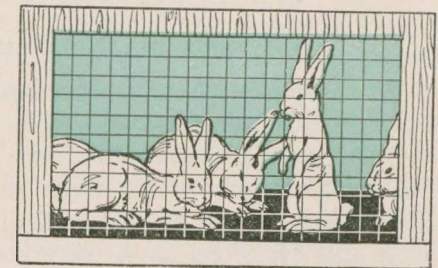
Lot 2, of five rabbits, inoculated at the same time and in the same way, were put under the worst conditions and environment I could devise: and



Lot 1—All but one recovered



Sole survivor, Lot 2



Lot 3—Thin, but not diseased

Lot 3, of five rabbits, were put under similar bad conditions without being inoculated.

Lot 1, I turned loose on a little island in front of my camp at PAUL SMITH'S where they ran wild all summer in the fresh air and sunshine, and were provided with abundant food. Lots 2 and 3 were put in a dark, damp place where the air was bad, confined in a small box and fed insufficiently. The results showed that of the rabbits allowed to run wild under good conditions, all, with one exception, recovered. Of Lot 2, the same as Lot 1, but put in unfavorable surroundings, four rabbits died within three months and the organs showed extensive tuberculosis. Lot 3, uninoculated animals, were then killed and, though emaciated, they showed no tuberculous disease.*

This experiment proved to TRUDEAU that bad surroundings of themselves, as long as no germs are present, cannot produce tuberculosis, but that after the germs have entered the body the course of the disease is greatly influenced by a favorable or unfavorable environment. The essence of the sanatorium treatment that TRUDEAU carried out was a favorable environment so far as climate, fresh air, food, and the regulation of the patients' habits were concerned. The rabbit experiment, therefore, encouraged TRUDEAU greatly as to the soundness of his treatment. The simple principles of this treatment are still used, and have saved and prolonged many lives.

Growth of the Sanatorium

As the years went by, the sanatorium grew steadily in buildings, equipment, and staff. The fame of Saranac Lake was spread far and wide, and TRUDEAU was deluged with patients who came from all parts of the world. Often when he reached his office the waiting room, the piazza, and even the lawn were occupied by patients.

*TRUDEAU, *An Autobiography*, page 205.

Dark Days

In the years from 1893 to 1904, when the sanatorium was growing so rapidly, great sorrow came to TRUDEAU and his wife. In these years they lost their daughter CHATTE, a beautiful young girl, and their son NED, a young man of great promise, who had just started to practice medicine in New York. In speaking of his son's death, TRUDEAU says, "Through all these terrible dark days, the tender sympathy and love of our friends and his friends shone, and shines even now, like a soft light in the midst of impenetrable gloom."

The Lamp in the Wilderness

In spite of his sorrow and his failing health, TRUDEAU kept his own light burning. It is burning still, although TRUDEAU died in 1915. The Trudeau Sanatorium at Saranac Lake is the living symbol of TRUDEAU. The TRUDEAU spirit is still alive there and it will live as long as the personality of this man is remembered. It is like a lamp set in the wilderness, a "Glorious Hope" for all those who need help and comfort in their battle against tuberculosis.

Conquering the Great White Plague

More than 50 years have gone by since one tiny cottage, "The Little Red," rose on the slopes of Pisgah Mountain to mark the beginning of the tuberculosis sanatorium movement in America. In all those years, TRUDEAU's prescription—nourishing food, sunlight, fresh air, and plenty of rest—has formed the basis for the treatment and prevention of tuberculosis. The sanatorium movement has grown tremendously, because in special hospitals people can follow much better than they can at home the rules of living which are necessary for recovery from tuberculosis.

Medical science has learned that the "early discovery" of tuberculosis is necessary for "early recovery." Great progress has been made in recent years in the methods of detection, or diagnosis, of this disease. A doctor, in making a thorough physical examination, can tell whether or not a special test for tuberculosis is advisable. This is one important reason for having an annual health examination. By making a simple, harmless skin test and by taking X-ray pictures, especially in children, physicians can now detect tuberculosis in its earliest stages. In the treatment of tuberculosis, rest has proved to be so important that surgery is now used in many cases to give a sick lung complete rest.

Scientists working in their laboratories, doctors and public health nurses on their busy rounds, teachers in their classrooms, the staffs of health departments and of tuberculosis associations all over the country, and boys and girls everywhere who are following the rules of healthful living are, together, making possible one of the greatest triumphs of this generation—the downward march of the tuberculosis death rate. This achievement—and the will to surpass it—is the gift to humanity that the people of America can make in memory of "the Beloved Physician."

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