ed a single punch or seizure might contain hundreds of bacteria, which would
be very likely to spread throughout the body and infect other parts.

The disease, known as consumption, was caused by the bacteria Mycobacterium tuberculosis, which attacks the lungs and other respiratory organs. The symptoms of tuberculosis can be generalized, with signs of fever, coughing, and weight loss. In the early 20th century, tuberculosis was the leading cause of death in the United States, with an estimated 27,000 deaths per year.

Reflections on Health in Society & Culture

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Every Breath You Take
Tuberculosis Treatments

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"Girls on porch," Sanatorium, TX, c. 1920. The Hendrick-Laws Sanatorium," El Paso, TX, John P. McGovern Historical Collections & Research Center, Houston Medical History Collection, Texas Medical Center Library.
"Buy Christmas Seals," Rockwell Kent, 1939. Spitting Spreads Disease," c. 1920. ALAV Collection, Historical Collections & Services, CMHSL, UVA.

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known as consumption, TB, phthisis, and White Plague, tuberculosis dates back to the time of the ancient Egyptians. In 1882, Dr. Edward Trudeau contracted TB while traveling in Europe and returned to the Adirondack Mountains in New York to recover. He was one of the first to advocate rest in the fresh air, which was considered the best treatment for TB.

In 1885, he founded the Adirondack Sanatorium, which became one of the first sanatoriums for TB patients. The sanatorium treatment was based on the idea that fresh air and a healthy diet could help the body fight the disease. The patients were housed in small individual rooms, and they were given nutritious meals and encouraged to exercise.

While the sanatorium approach was thought to be effective, it was not without its problems. The patients were isolated from society, and many of them found the regimen boring and frustrating. However, the sanatoriums were successful in allowing many patients to survive and recover from TB.

The discovery of the tubercle bacillus by Robert Koch in 1882 led to the development of a more targeted approach to treating TB. Antibiotics were developed in the mid-20th century, which greatly improved the treatment options for TB patients.

Today, TB is still a serious disease, but with proper treatment and prevention, it is possible to control and eliminate TB. The World Health Organization (WHO) has set a goal of ending the TB epidemic by 2025. To achieve this goal, there needs to be a focus on improving access to treatment and prevention services, especially in low-income countries.