

I am happy to be able to prove to you by this instance how much your profession is appreciated in our land and for my part I associate myself wholeheartedly with this demonstration of gratitude and esteem, and it is with great pleasure that I welcome you to our clinics.

**LECTURE BY DR. ROLLIER ON THE THERAPEUTIC
—PROPHYLACTIC—AND SOCIAL VALUE
OF HELIOTHERAPY.**

Almost twenty-five years' experience with heliotherapy in the treatment of surgical tuberculosis permits us to affirm that this treatment realises to the highest degree the aims of orthopædics and conservative surgery. It enables us to dispense with surgical intervention, so often the cause of irreparable mutilation. By preserving the maximum of articular function, developing the musculature and restoring to the body the harmony of its outlines, it gives back to the world individuals no longer maimed and deformed, but normal and vigorous, and capable of working for their living. Thus heliotherapy acquires, for this reason alone, an incomparable social value.

It is well known that the gravity of a tuberculous affection depends not alone on the degree and extent of its anatomical lesions, but, above all, on the state of defence of the organism attacked. Therefore, a rational treatment of tuberculosis should not limit itself to the local foci. To the local manifestations of a general diathesis one must apply a general therapy, aiming first of all at the improvement of the whole condition, and combining with it a local treatment which interferes in no way with the indispensable rehabilitation of the whole organism.

Heliotherapy adequately fulfils this double rôle. It is really no more than a return to the laws of Nature, from which we are divorced more and more by our ultra-civilisation and unnatural conditions of life.

The Benefit of Air and Sun.

By giving our patients the benefit of those life-factors, air and sun, we are placing their defective organisms in ideal conditions for defence, drawing from Nature itself, *Natura Medicatrix* so dear to Hippocrates, the essentials of health, which she lavishes upon us with untiring generosity. In association with the air-bath, in itself a real tonic at an altitude, the general sun-bath, that is, the direct action of the sun on the total surface of the integuments, constitutes the most energetic of reconstituents. Further, the sun-cure realises the perfect local treatment by virtue

of the analgesic, bactericidal, alterative and sclerogenic action of the solar radiations.

Guided by these principles, and encouraged by the results obtained by putting them in practice, we were logically led to condemn surgical intervention, which not only does not aid in improving the general condition, but too often compromises it and at the same time injures the local defence and favours the dissemination of disease germs. For the same reasons we have condemned the sealed-up plaster cases which, by depriving the diseased regions of the body of air and sun, hinder the local process of healing, destroy the important physiological functions of the skin, cause atrophy of the musculature and bony skeleton, enfeeble the organism, and, to sum up, are in opposition to all physiological and orthopædic good sense.

We have replaced them with a rational orthopædic, the very simplicity of which has revolutionised, in no small degree, the methods formerly in vogue, and which aims above all at the minimum of interference with the general treatment. Heliotherapy, in the light of what has been said, and applied with a rigorous dosage of which we have established the rules, fulfils all the conditions required of a treatment for tuberculosis, both general and local; it is seen to have not only a therapeutic and prophylactic importance of the first order, but an incomparable social value.

It is on this last, perhaps less recognised merit of heliotherapy, that I should like to insist to-day. The action of the sun-bath, that is, the methodical exposure of the integuments, on the organism is multiple. First, there is its action on the skin, which gains in tone and pigments progressively when it is placed in immediate contact with air and sun, its natural milieu. It regains its many important physiological functions (indispensable for the normal life of the organism :



DR. ROLLIER, OF LEYSIN.
A Benefactor of Mankind.

protection, innervation, excitation, elimination), and becomes once more the real garment provided by Nature. Pigmentation confers a progressive resistance to heat and cold, and prevents the penetration of disease germs. Further, it appears to behave in practice as a sort of accumulator; that the resistance of the patient is in proportion to his pigmentation is a fact of every day experience, and pigmentation seems to act not only by protecting the skin against excessive irritation from the ultra-violet rays, but also by regulating the heating effect of the sun. The biological value of pigment becomes every day more evident; very probably it receives, supplies and activates the essential elements of hormones.

The general sun-bath, by dilating the capillaries, determines a flow of blood from the depths to the surface through the muscular layers; it stimulates and regularises the

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