

the nose and mouth. Tissue paper table napkins are used and destroyed after each meal. All dishes, forks, spoons, etc., are scalded. Frequent washing of the hands is insisted upon when there is possibility of their contamination with expectorated matter. With every care and precaution used, there is no chance of infection. Amongst the attendants and staff of the sanatorium one might look for the same ratio of cases to occur as are found amongst the general population, but this is not the case. Statistics show that it is practically unknown for dissemination of the disease to occur in the sanatorium. Any sanatorium which would allow the possibility of this would not be worthy the name, and, fortunately, such institutions do not exist.

*Medicinal Treatment.*—Of this I need say but little. With a hygienic life few medicines are required. The patient being under constant supervision, early symptoms of an intercurrent affection are noted, and serious complications often anticipated. Medicines are used as indications arise, and are usually exhibited to meet symptoms. Cough, night sweats, anorexia, and anemia, as a rule, lessen at once, and soon disappear under the rest and fresh air. Hemoptysis, pleurisy, pneumonia are treated as elsewhere. Special attention is paid to the upper respiratory tract, and pathological conditions attended to. Very encouraging results are obtained in the local treatment of laryngeal tuberculosis.

*The constant supervision of the patient* is the most important point in which the sanatorium treatment must necessarily differ from that adopted by the general practitioner. Living with the patients, adopting their mode of life, having his meals in common with them, the physician is enabled to individualize the treatment. Perhaps in no disease is the patient so disposed to be erratic, or to do thoughtless, injurious acts, and to require this constant supervision.

The physician studies the patient from every aspect, and his life is laid out in detail. There is a fixed hour for rising and retiring. He is directed what time is to be spent in walking, and what in resting. He is told what to eat, and what to avoid, to rest half an hour before each meal, proper mastication of the food, care of the teeth, regulation of the body functions, proper attention to clothing, hours for temperature observations, care in the disposal of the sputum, and the absence of all danger when this is properly done. He receives a thorough education in hygienic living, and above all, is instructed never to hesitate to ask counsel or advice of his physician.

*Results.*—With the results of sanatorium treatment you are no doubt familiar; they are eminently satisfactory. Generally speaking, 20 to 30 per cent. are apparently cured, 25 to 35 per cent. disease arrested, 25 per cent. much improved. The results in any