

"The world is so full of a number of things,
I am sure we should all be as happy as kings."—R.L.S.

GENERAL RULES

1. Patients not paying full rates are required to make their own beds and keep their lockers in order if they are physically fit to do so. They are expected to do any other work assigned them by the physician. Work to be assigned only to such patients as are physically able to work without detriment to their health.
2. Exercise will be prescribed by the physician, only such walking being indulged in as he may direct.
When in doubt, Rest.
3. Patients are forbidden to visit each other in their rooms without permission from the nurse.
4. Avoid conversation that may suggest the disease or its symptoms to others; also loud or excited talk, laughter and arguments.
5. Cultivate mutual cheerfulness and aid others to forget their ailments.—**"A merry heart doeth good like medicine."**
6. The nurse shall have charge of the windows and radiators and patients should not open or close them except by her consent.
7. Permission to leave the Sanatorium must be obtained from the Medical Superintendent.
8. Lights must be out by 9.30 p. m., except as the nurse may direct otherwise.
9. Patients are expected to conform to the general routine of the Sanatorium. This is necessary both for their own good and the good of others. Patients are urged to take plenty of time at their meals—food well chewed is half digested.
10. Birds and birds' nests, squirrels, trees, shrubs and flowers must not be destroyed.
11. Patients may be discharged at any time should their interests or the interests of the Institution require it.

"A widespreading, hopeful disposition is the best umbrella for this vale of tears."