

But even when it is necessary to use an ordinary house much can be done to improve hygienic conditions. And this should be done as a matter of course even in health, because it is of importance that every sleeping room should be made as healthful a place as possible. For it is to be remembered that if a person spends but eight hours out of the twenty-four within doors, that in itself represents exactly one-third of a life time. The windows of every sleeping room should be so constructed that they may be opened to any desired extent. And no room should ever be used as a sleeping room unless the window is opened during the whole time the room is in use. In tuberculosis this should be an absolute rule in all seasons. Storm sash may be used but adequate provision should be made by an opening of considerable size for ventilation.

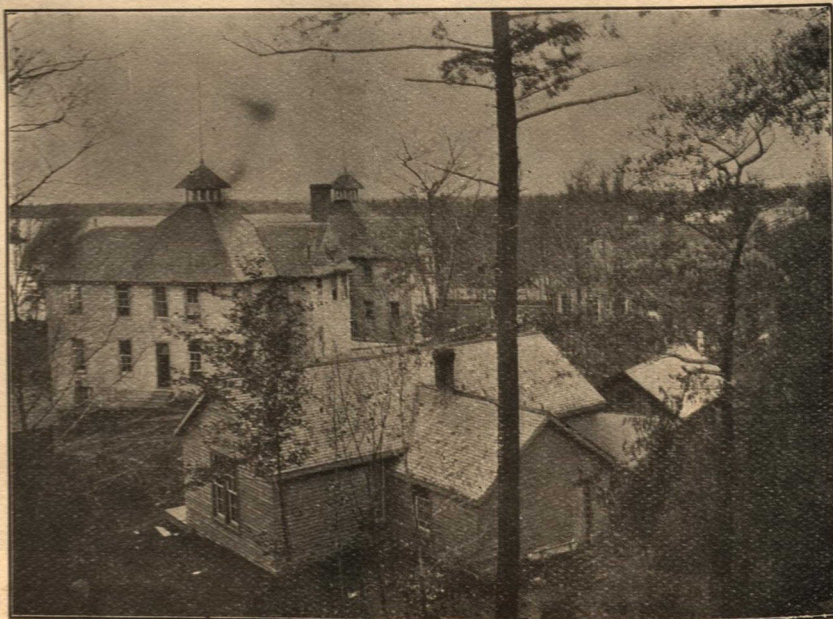
Sleeping out of doors is possible. It may or may not be advantageous. All depends on where the patient is going to sleep, and how the bed is arranged and the patient prepared. In spring, summer and autumn in this climate no great difficulties arise and no special preparations are necessary. In the winter, however, the proposition is a different one, and special provisions have to be made. The bed is not a very material consideration. The mattress, if of the best hair, will be warm enough in any weather. If of a cheaper kind it may be made so by spreading a layer of newspapers under it and a quilt or a blanket over it. The coverings should be light and warm, and the main idea should be to keep the clothes close around the patients, to prevent air from getting in at the shoulders. To do

this latter the pillows may be arranged in the shape of an inverted V thus Δ . Furthermore the patient should "dress for bed" as follows:— (1) night shirt, (2) sleeveless sweater, (3) knitted cap, (4) woollen dressing gown, (5) slumber socks.

But it is not necessary nor desirable that every patient should sleep out of doors. Some are disturbed by the light, the wind, change of temperature, etc. As a matter of fact, it is more necessary for those who are confined within doors during the day to sleep in the open at night than for those who are able to be out all day.

Much more might be said in connection with this subject. It presents many interesting points for consideration, but as a matter of fact the main features of the fresh air problem are the following:—

1. Fresh air is desirable and necessary in health as well as in disease.
2. Climate is an important consideration as a rule only in so far as it determines the amount of fresh air which can be obtained.
3. For all forms of indoor life adequate ventilation should be provided both day and night.
4. When an attempt is made to live or sleep out of doors in such a climate as this proper precautions should be taken to secure comfort for all parts of the body both day and night.
5. Houses, workshops, stores, schools and churches are seldom if ever properly ventilated, because it is cheaper to heat buildings in which the air is not changed frequently than it is to heat those in which the air is changed frequently.



GROUP OF BUILDINGS AT MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.