

the sooner the public becomes acquainted with the splendid results obtained at the Lakeside Home, the sooner will the long list of disastrous results obtained from ordinary treatment be diminished.

Other points in the general constitutional treatment may be referred to more briefly. Bodily exercise is naturally beneficial. This brings up the great question of the relative merits of the rest, and ambulatory treatments of the disease. By some it is advocated that absolute rest of the limb is imperative until far on into the stage of convalescence. Others say that if the patient were allowed up early, with as efficient fixation of the joint as is possible by the use of apparatus, this stage of convalescence would be reached much earlier. This seems to be a question to be solved solely by a consideration of the class of the patient, and the means at hand for establishing the open air treatment. In New York, where an enormous out-door practice is carried on among these patients, it is the custom to put them at once into ambulatory splints and to let them walk about in the open air, and thus to some extent to counteract the effect of their unsanitary homes. Here in Toronto, where we are able to deal with all such cases within the hospital, a median course is pursued, a course which is probably the ideal one. For the first four or six months, the patient is confined to bed, absolute rest in the joint being enforced. If at the end of that period, the acute symptoms have fairly well subsided, he is allowed to get about with the aid of an ambulatory splint. There is an indefinite point in the progress of a case, before which it would be risky to allow the jarring which must be encountered in walking, but after which, it is better to employ the aid to convalescence, of allowing the patient to walk about and enjoy some healthy exercise. The risk of allowing a patient up too early is demonstrated by the frequency with which these patients return to the hospital, within a month or so, with all the acute symptoms as pronounced as ever.

But although it has been decided to keep the patient for some months in bed, this is no reason why he may not have a certain amount of exercise. At the Children's Hospital, the patients are allowed to use their arms to the fullest extent, and often calisthenic exercises are practised to develop the muscles and lungs. Breathing exercises are of great benefit, increasing the vital capacity of the patient, and insuring more perfect oxygenation of the tissues. Combined with these, massage is useful, taking the place to a certain extent of the vigorous muscular contractions of a healthy child.