

"Is the sanatorium method worth while? It is expensive, and to get full benefit, as the writers suggest, almost impracticable for the poor, unless charitably assisted, and the results are not one whit better than could be had from a prolonged holiday, either at sea or in the country."

For the poor in Canada, as well as in less favored lands, a prolonged holiday on sea or land is hard to get, or even impracticable. Besides, even if the phthisical patient, who is in poor circumstances, were to strive to carry out the advice of a physician, and were to succeed in providing for the breathing of pure air, day and night, an abundant supply of nourishing food would be beyond his resources. Hence the primal necessity of an institution in which the needs of the stomach are fully looked after, as well as a supply of fresh air to the lungs.

But, even supposing that a phthisical patient is in easy circumstances, can provide for well-ventilated rooms, and a full dietary at his own home, no guarantee can be given that the instructions of the physician will be carried out, or that they will not be deliberately disobeyed when the physician's back is turned.

While, therefore, for poor and rich phthisical patients there is a consensus of opinion as to the essentials of cure or betterment in phthisis, there is, besides, excellent reason for believing that expert supervision and constant guidance of the patient form a very considerable part of the programme.

Such conditions are best obtained in sanatoria of the better class, and the reasons are not far to seek. The treatment of consumption in a sanatorium is one of fine adjustments; it is systematic and detailed; it is rigidly carried out. The whims and fancies of the patient, or of the patient's friends, are not allowed to interfere with the well-considered rules of the institution. So that, unless a patient and his friends are willing to carry out the orders given as intelligently, as readily, as rigidly, as they are carried out in the sanatorium, private treatment at home cannot produce as good results as when the phthisical patient is subjected to sanatorium discipline.

In some cases a phthisical patient, who has been subjected to sanatorium treatment for some months, after returning home, may follow out the instructions of the physician, and thus a prolonged stay at the institution may not seem to be required. In