

objections against it but should only be played in the early or late hours of the day. Boating is excellent especially if some one else does the rowing and the shade be courted.

Rowing, unless the patient keeps a straight back and rows with the arms alone, has a tendency to narrow the chest. Croquet, while a harmless amusement if played with good temper, is notorious for its tendency to arouse ill-feeling and breed quarrels and I have found it in my patients sometimes very harmful from being thus too exciting though the game itself is anything but exciting. Moreover if played too long the constant stooping is bad. Riding is generally more available in summer time than in winter, and under the doctor's orders is an invaluable amusement and exercise but a patient should never dose it for him or herself. Driving, save that it exposes one to the dust, is also excellent if the patient be not too much in the sun.

The question of summer clothing is one which gives much trouble to the doctor handling these cases. With the first warm days of spring our patients, especially the ladies besiege us with requests for permission to change their underclothing, and if, having yielded to the cajolery of the sex, we weakly give in we are pretty sure to regret it when the temporary warmth of the warm spell is followed by a cold snap and our patients begin to report colds in the head and such things due to insufficient clothing in cold weather.

The principle exemplified in the possibly vulgar but apt saying "stick to your flannels till your flannels stick to you" is after all the safest guide; that is to keep to your winter clothing just as long as you possibly can even if they are rather too warm for comfort.

As to the time when one can safely change to summer clothing, there is no exact date. It not only varies with the latitude but with each year and the man who sets a fixed date for changing his clothing is as foolish as the apartment-house owner who puts out his furnace on a given day in the spring whether the weather be as warm as it should be or yet cold, or those amusing city fathers in some of our smaller country towns who do not light the street lamps on the nights when the moon is due even if it happens that the skies are overcast and black.

Personally I believe the best plan is to have three weights of underclothing, a winter, an intermediate and a summer. In this way we avoid the extreme change from winter to summer weights and allow ourselves more comfort and freedom. It is wiser, I believe, to first change the outer clothing, that is for a man, his coat, vest and trousers holding to the thicker underclothing for a while longer and by doing this the necessity for three weights of underclothing which while good is expensive and inconvenient can be avoided. Those who

have got accustomed to the morning cold bath and find exhilaration and brace in the stimulus of cold water to the skin will generally in summer miss the luxury of really cold water at say about sixty degrees which north or south I find in summer time cannot always be had, but aside from this the summer season need make no change in bathing habits though I think the reaction after a cold bath is apt to be much better in winter than in summer even when the temperature of the water is the same. Bed time in summer can wisely be made later, ten, or in exceptional cases, even eleven o'clock, and fortunately at this season we are not troubled by even our new patients wishing to keep out of the "night air."

Sleeping outdoors is of course easier to carry out in summer than in winter, for while in winter a warmed dressing room attached to the shack is essential, this is not the case in summer. If a patient sleeps in a room, and if there are sufficient windows I believe this is perfectly satisfactory. There is some trouble for those whose rooms are on the top floor. In American climates such rooms in summer time get greatly overheated during the day and do not cool off until late at night time, interfering with quiet and refreshing sleep. Sleep, too, in summer is apt to be less sound and refreshing than in winter, therefore, when it is possible in the summer time patients should avoid the top-floor rooms.

Eating in summer is often a difficult problem. Even those who eat well in the bracing cold months in winter very often have poor appetites in summer and the table needs to be most skillfully run if the desire for food is to hold out well. The avoidance of greasy cooking, the favoring of cold meats, abundance of green vegetables and fruits, a lessening of fats and sometimes even of eggs and milk are the points to be chiefly dwelt upon. I would also note that it is especially in the spring and summer time that the liver, clogged with the heavy eating and abundance of fats of a winter dietary, needs assistance and acid fruits and green things in excess, with possibly a dose or so of calomel are indicated both for appetite and health. Eating we all know to be one of the most important things in the treatment of tuberculosis, but it never should be pushed unintelligently but should be modified according to the time and season if we are to get from it all the good possible.

The call of the woods in our ears, freedom of every sort appeals to us, living a carefully regulated life is harder then than in the colder and calmer times of the winter, and we need more self-control, more self-denial, more indomitable determination in the fight to win back our health, more strength to put from us all those forbidden pleasures that are so sweet and to continue in that pursuit of health which at such times, when it interferes with those pleasures, we are apt to neglect.—*Journal of Out-Door Life.*