

Rapid walking is not allowed until the patient's general health is good, while at all times the avoidance of fatigue is strongly urged. No exercise is to be taken which will induce fatigue or perspiration.

The morning sponge is one of the important factors in treatment. Every patient must sponge at least the chest and arms each morning with cold water, to be followed by a brisk rubbing, or, if unable to do this himself, it is done by a nurse or attendant. Some patients find it rather unpleasant at first, but soon realize how invigorating it is, and would as soon think of missing a meal as the cold sponge each morning. When there are at first unpleasant effects from the cold water, the patient goes through a preparatory course of dry rubbing, rubbing with alcohol and water, and finally cold water. No exception is made, and no danger can possibly ensue; it is refreshing and invigorating, and serves well in overcoming the tendency to "catching cold," both in the consumptive and the predisposed.

*Diet.*—Nutrition is dependent upon the proper assimilation of food, while improvement must be proportionate to the increase in the amount of food assimilated. The diet is necessarily abundant and nourishing. It should be a mixed one, fresh meat, eggs, milk, cereals, fats and fruits, all contribute in proper proportion. The tuberculous patient requires a greater amount of food than the average person, for in addition to that needed to carry on the body functions, there must be sufficient to replace the daily waste caused by the disease, and an additional quantity to replace that already lost, and to restore the body to the former condition of health and vigor. With the commencement of the out-of-door life and careful attention by the physician to any pathological condition of the intestinal tract, there is an increased appetite. Much is said about hyper-alimentation, and the "stuffing process" of the sanatoriums, but this conveys an altogether erroneous impression. Taking food from a sense of duty, forcing upon the stomach more than it demands, applies only to the new arrivals at the sanatorium, or to patients with advanced disease. The patient who is eating daily and properly assimilating more food than the average working man is not undergoing a "stuffing process," but is simply gratifying the appetite induced by a change of scene, by a life in the open air, and by proper attention to meal hours, thorough mastication of food and a daily evacuation of the bowels. The rule is three meals daily, with the heavier meal at mid-day. Lunches, between meals should be avoided, except by (1) patients who take but little food at the meals, and who must take nourishment at intervals of three to four hours, to ingest a sufficient quantity, and (2) those so much in evidence in a sanatorium whose appetite is so great that the sensation of hunger must be appeased before the hour of the next meal. The lunches