

an adequate supply of pure air should be available. The air of enclosed spaces, thickly populated districts, or densely inhabited rooms is of necessity less pure than that of localities and dwelling places not so characterized. The pure air should be available continuously. In every case the patient should spend as much time as possible out of doors, and a locality should be selected which makes such a procedure practicable. Cold, rain, snow and wind should not prevent the enjoyment of the open air because it is usually a simple matter to provide a shelter from these disagreeable elements.

A great deal of unprofitable discussion has been indulged in on the question as to what climates are most suitable for the patient suffering from Tuberculosis. The discussion is unprofitable if for no other reason than as a rule patients are not in a position to avail themselves, while taking the cure, of any particular climate that might be selected as the most suitable, nor are they able as a rule after being cured to make their permanent abode in any climate than the one in which their friends and earthly belongings are situated. But as to the merits of the question itself there is little to be said. The question to be decided is as to what atmospheric conditions are most favorable for the elimination of carbonic acid and the absorption of oxygen by the lungs. Observations which have been made go to show that within the range of 38° F. and 75° F. every rise equal to 10° F. causes a diminution of about two cubic inches in the quantity of carbonic acid exhaled per minute. And this is in accord with the frequently observed fact that patients feel better in cooler weather. Likewise if the air which is breathed be impure and so previously impregnated with carbonic acid, the quantity of carbonic acid exhaled becomes much less. The amount of carbonic acid exhaled is also considerably influenced by the degree of moisture of the atmosphere, much more being given off when the air is

moist than when it is dry. It is an advantage of course to be free from mud and dust, and it is maintained that high altitudes are of some value since particles of dust fall more readily in rarefied air. In like manner numerous other arguments might be advanced in favor of or against this or that climate. The fact remains that the essential point to be considered is the amount of time which may be spent in the open air in any given climate, because the more the patient is confined within doors by mud, rain, storm, etc., the less benefit will he naturally derive.

Various forms of buildings such as shacks, roofed tents, etc., have been devised and constructed so as to make it possible for a patient to secure the maximum of fresh air with the minimum of discomfort. As a rule these consist of rain and storm proof structures, provided with large openings through which an adequate supply of fresh air is secured. The general style of such temporary quarters are showing in the following cuts:

But even when living in structures such as these, or even when in a tent it is necessary to attend carefully to ventilation, because a closed shack, or a closed tent is just as bad as a closed sleeping apartment of any other kind. Air does not readily pass through canvas as many people imagine. If it did, sails would in all probability be made of some other material.



TAKING THE "CURE" IN WINTER AT THE MUSKOKA COTTAGE SANATORIUM