

surplus. A time will come when he can be allowed to spend a little, then little by little to spend freely, but wisely always. He is trained in the methods of this health receivership, practised in them, taught their necessity and their underlying principles, and by and by, is sent out to do business again on his own initiative. Such a man, with the most expert advice, would frequently go from bad to worse without the firm, constant control which could never have been exercised at his home.

It is sometimes said that sanatorium patients get lazy. Really such a result in some nervous, overwrought consumptives would not be much to be deplored. On the other hand, it is true, that for not a few, their stay in the sanatorium is a means of considerable mental stimulus. But undoubtedly there is sometimes a real difficulty in that working men who go out looking and feeling well, with disease arrested, are also soft and not in condition for the work they may have to begin at once. For this and for other reasons not far to seek, work of some sort has come to be a necessary part of the sanatorium routine. In some institutions all who are not in the infirmary have definite daily work to do. Much is being said about an "industrial cure," a cure which does not overlook a man's muscles and fits him to go back to his workshop or farm without the setback that formerly was often noted. The pendulum in Brehmer's time swung far toward exercise. Since that it has swung just as far toward rest. Now we are in the middle position of using all degrees of rest and almost all gradations of work during six months treatment. Dr. Patterson, of Frimley, who has had most extensive experience along this line and who administers work in as exact doses as most physicians prescribe potent drugs, carries his patients through all gradations from rest, frequently absolute rest in bed, up to eight hours work each day with pick and shovel. This exercise is not intended only to amuse and to keep muscles in form, but to act definitely as a curative agent. Indeed Patterson considers that in this way his patients administer tuberculin to themselves and that it is the duty of the physician to estimate most carefully that the stimulation thus administered be sufficient, yet not too great.

*What kind of case does the Sanatorium receive?*

Most sanatoria open with a firm resolve to admit incipient