

THE LAURENTIAN SANATORIUM.

This institution, which has only been recently opened, is about one mile distant from the village of Ste. Agathe des Monts, and an equal distance from the Railway Station. Ste. Agathe is sixty-four miles distant from Montreal, and is reached by a branch line of the Canadian Pacific Railway. The Sanatorium is built about midway upon the declivity of a hill, at an elevation of 1610 feet above sea level. The soil is very porous, and the drainage naturally very thorough. A spring supplies the institution with pure wholesome water, which is carried to each flat, and supplied both hot and cold, to bath and toilet rooms. The building is lighted throughout with electricity, and is heated by moist hot air. It has a commanding view of the surrounding hills, with their crowning balsamic growths. The bedrooms are well lighted, and well ventilated, and comfortably though hygienically furnished. The regime is thorough, but not rigid; it tends only to the well being of patients. It has been instituted with a view to protect each individual patient as well as those who are waiting upon him. The indoor staff consists of a House physician, who has had a most thorough training upon the subject; a Matron, who is also a trained nurse, assisted by one nurse. The constant care of this staff is that of looking after the comfort of each patient. A system of call bells is near at hand by each bedside, so that aid may be summoned at any time of the day or night. Patients may, at their option, follow any treatment which may have been instituted by their family physician, provided the house physician or the director have been notified of their intention to do so.

The treatment followed in the institution is both hygienic and dietetic. To feed, or rather over-feed each person, is one of the rather rigid rules which is gently enforced. Patients are made gradually to understand that they can assimilate a much larger quantity of food than