

# SUBURBAN & COUNTRY LIFE SUPPLEMENT

## Consumption and the Open Air

By E. T. COOK

Photographs taken by special courtesy of one of the patients

*The White Plague is ravaging human life in most countries. Praiseworthy efforts are being made to stamp out the evil, and the late King Edward VII. was the foremost in this great and beneficent work. The illustrations show views in the famous Sanatorium at Midhurst, Sussex, England.*

THE terrible scourge known as the white plague is too familiar and has brought sorrow into too many homes to require any description. It is death stalking through the land, an insidious war against mankind that no Dreadnought can stem. But medical research linked with common sense have brought about marvellous changes, and John Burns, president of the local Government Board of Trade, declared in a memorable speech that the scourge would in the course of a few years disappear from the British Isles.

And this is happily true of the Dominion. No effort has been, and is being, spared, to fight against this cruel destroyer of some of the fairest of her children, and few mornings pass by without records of efforts made through the press and otherwise to leave in conventional language no stone unturned to make consumption only a hideous memory. The famous free hospital in Muskoka, set amidst all that is health-giving to mind and body, is widely known, and with the comforts that medical care can bestow the sufferer is brought back to vigorous life. Those in authority in the great cities of the Dominion are determined that disease in any preventable form shall not exist, but rightly, because of the great toll of death that consumption enacts, the weapons of science are directed with special fierceness towards the extermination of a disease once regarded as incurable.

Incurable it is not unless in an advanced stage, and years of Christ-like patient work amongst the millions of sufferers throughout the globe have resulted through the adoption of the simplest treatment, which practically signifies fresh air and

wholesome food, in widespread happiness.

It will be within the memory of many that consumptives were deprived of the bacillus-destroying breeze, and confined in wards or rooms from which the slightest current of air was eliminated. But a gradual change in treatment has taken place and now the famous hydros at Davos in the mountains of Switzerland and in the vicinity of the patients' own homes in those cases where luxurious treatment is impossible are influenced by sea breezes or pine-scented hilltops and mountains.

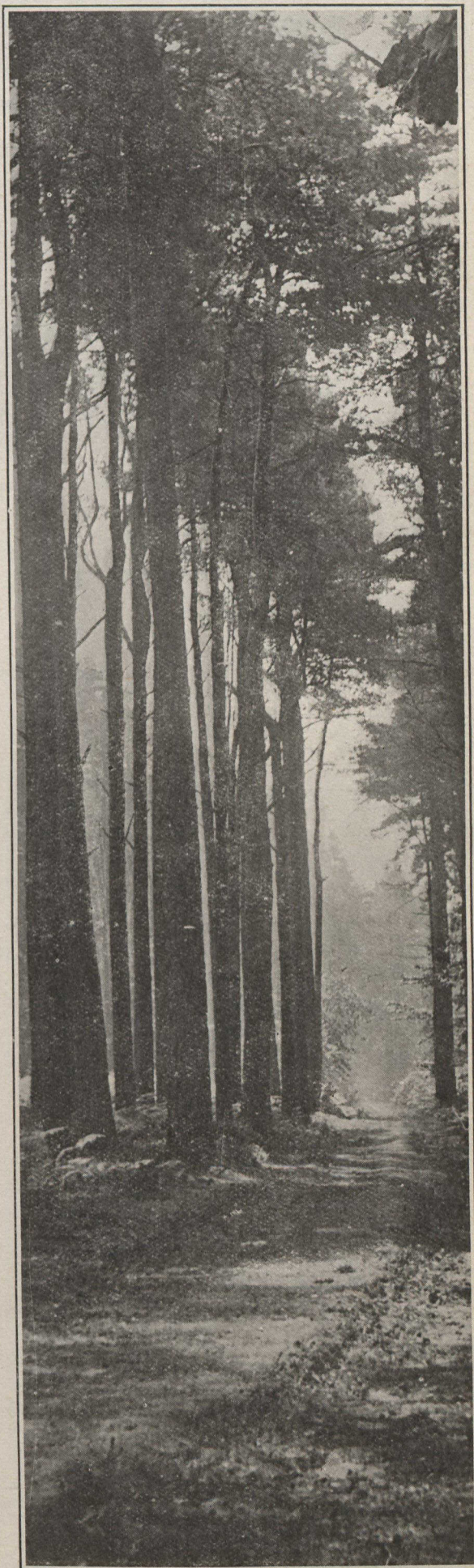
The late King Edward, whose name will be revered, amongst other good works, for the practical sympathy he displayed in the extermination of consumption, gave utterance to a wish for a sanatorium on the lines of the splendid institution of which illustrations are given. These are of more than passing interest because they were taken by one of the many grateful patients under the care of the leading skilled physicians in Great Britain.

The scenes are typical of this beautiful sanatorium, opened by the King in 1906, and on many occasions inspected by His Majesty during its erection. It is a spot—warm, sandy soil—for fairies to revel in. The quaint town of Midhurst, famous to visitors from this country who seek the byways of England, for its ancient inn and exquisite environment, is a few miles distant, and thence the picturesque roadway winds through the sweetest of English scenery, gemmed with the flowers of the four seasons and scented with the breath of country air, to the great health resort amidst the pines. Passersby bronzed with wind and sun we may have met on our way up and little suspected these apparently healthy "sons of the soil" were from the Sanatorium taking their rambles prescribed by the physicians. Noble pines rear their tall stems, sometimes in groups, sometimes in stately aisles, with the strong sun scoring the brown pathways beneath. Here amidst surroundings far from the hustle and strife of life, yet with nothing to suggest loneliness or morbidness, men and women of all ages and in all circumstances of life woo the health that many blessed with lightly throw away.

The garden is a garden that forms part of the picture—no jarring note and every flower contributes to the aromatic fragrances that bring healing



Scene in the Sanatorium garden, suggesting a beautiful English Home.



Sunlight and Shadow. Pine walk at the King's Sanatorium, England.