

In connection with the sanatorium, a Working Colony where patients through graduated work and exercise are prepared to take up the burden and routine of life afresh, instead of relapsing under the ordeal of the return home, as so many have done before this plan was initiated.

4. The dispensary for the use of all patients, where the different classes of patients suitable for hospital, sanatorium and home treatment can be separated, and in connection with which visiting doctors and nurses can supervise the home treatment of persons unable to go to the sanatorium, or who, being in the preventive stage, are still pursuing their calling.

5. As an alternative to the dispensary, or allied with it, the Class Method, first started at Boston by Dr. Joseph Pratt, seems to produce the most excellent results. A limited number of patients are enrolled in a class with a physician as principal and instructor, and a visiting nurse as tutor and inspector.

Certain rules are laid down and all patients allowed to leave their beds, report themselves weekly at the class, bringing with them their record book filled in daily by themselves as to food taken, rest taken, hours spent in the open air, temperature, etc. They are weighed and marks are given in accordance with advance made, the greatest number of hours spent in open air, and so on. An eager spirit of emulation is induced by the weekly class and is fostered by the nurse, who visits at the home to supervise, to encourage and cheer, and who sees that such arrangements are made as will enable the members of the class to obey orders. A shelter may be put upon the roof, a balcony thrown out from the window, a tent erected in the back yard. but however it is done, rest in the open air for the greater part of the day is considered a necessity and the results as recorded by the first class, the Emmanuel Church Class, and by its imitators, have been most gratifying, even though carried on amid the most unhopeful surroundings in the tenement buildings and through cold, bleak winters at Boston. The expenses of providing separate beds, erecting shelters and balconies, etc., and of providing nursing, nourishment, are borne either by a congregation, as in the case of Emmanuel Church, or by a Special Committee, or perhaps by a Municipal Health Committee.

I have entered somewhat in detail into the plan of the Class Method, as it is probably the most effective form of that home treatment which must be counted amongst the necessary agencies in our fight with tuberculosis. This home treatment and visiting, moreover, whether under the Class Method or in connection with a dispensary, is specially adapted to discover what are called the "contacts," that is to say, persons living with the actual patient who have either unconsciously contracted the disease, or who are in imminent danger of so doing. This is part of the preventive work towards which we must apply ourselves with unremitting vigour. These "contacts" must be taken in hand; they must have nourishing food, fresh air, a change to the country perhaps, freedom from anxiety. If children, they must be sent to an open air