

digest and assimilate, and such articles are selected as will supply in full quantity each of the essential constituents.

A regular course of douching and massage is also prescribed in suitable cases. The patients are expected to take exercise, at Davos, from half an hour to three hours each day. In the great majority of cases this is confined to walking on the level, and afterwards along slightly ascending parts. At Görsbergsdorf, exercise is a much more important feature, while at Falkenstein very little is permitted.

The patients spend the greater part of the day, from eight to ten hours, on the balcony resting, either partly sitting up or in a recumbent posture. The bedroom windows remain open all night throughout the winter.

It will thus be seen that, except during meals and the hours of treatment, the patient really lives in the open air.

The amount of rest enjoined at these institutions is often very trying, and I think might be modified to suit the various habits of the patients.

The sanatorium at Falkenstein was founded in 1877, and in 1886 Dr. Dettweiler published statistics of 1,022 patients. Of these 132 had been sent out as cured, and 110 as apparently cured. Of the former cases 72 who answered the enquiries were all in good health from three to nine years after they left the hospital.

This plan of treatment is much more easily carried out at high elevation than near the sea level, but the success which has been obtained at Falkenstein demonstrates the utility of such an institution in an ordinary flat country.

Then again the sanatorium at Halila, Finland, proves that they can be conducted successfully in cold countries.

The success of the cottage hospital at Saranac Lake, as shown by Dr. Trudeau's reports, ought to encourage us in greater efforts in this direction.

My observations have confirmed me in the belief that in our own country, in a majority of cases, patients would be much more successfully treated in hospitals especially adapted for the purpose than at their own homes.

I also think that if favourable situations were selected and careful meteorological observations made, some locality in the Western territories, for

instance, possessing the necessary climatic conditions could be found.

I have noticed for years that during the summer months patients do exceedingly well in Muskoka where they live most of the time out of doors. In fact, I have seen much greater improvement there than in many of the southern health resorts.

A question of great importance arises here. Can such hospitals be so conducted as to prevent the spread of the disease to the attendants, as well as the reinfection of the convalescent? From observation as well as from statistics, I am of opinion that such can be done. With the open air treatment, destruction of the sputa, bathing and periodical disinfection of the rooms and furniture, there is little if any danger of spread of the disease.

For charity patients a special hospital is a necessity, if we ever expect to be able to check the progress of consumption. The advantages of hospitals are: 1. That the patient is always under medical supervision, both with regard to food and exercise. 2. Any medicinal treatment can be carried out with greater regularity. 3. The patient is thus placed in the most favourable condition for recovery, and is at the same time no longer a source of danger to his relatives. If, however, such hospitals existed, fitted up for the wealthy as well as for the poor, one would naturally expect that a very large number would prefer to remain at home. Consumptive patients are, as a rule, very fond of home and often fret when removed from it. It has occurred to me that a somewhat modified outdoor treatment might be conducted, especially in farm houses which are, as a rule, in this province, large and comfortable. The patient could have a bedroom with a southern aspect, and sleep with the window open, so long as the temperature within was carefully regulated. A deep balcony might be erected on the south side, but not overshadowing the bedroom windows, where he could remain for hours together during the winter, as well as throughout the whole summer. At the same time a system of douching and massage could be adopted and the diet carefully regulated.

Perhaps while listening to these remarks, those of you who have been educated in the Toronto School of Medicine, will be reminded of the