

CANADIAN OUT-DOOR LIFE.

A MAGAZINE DEVOTED TO THE GOSPEL OF OUT-DOOR LIFE
IN THE TREATMENT OF TUBERCULOSIS, AND THE VALUE
OF FRESH AIR AND HYGIENIC LIVING FOR EVERYONE

VOL. I

TORONTO, CAN., AUGUST-SEPTEMBER, 1907.

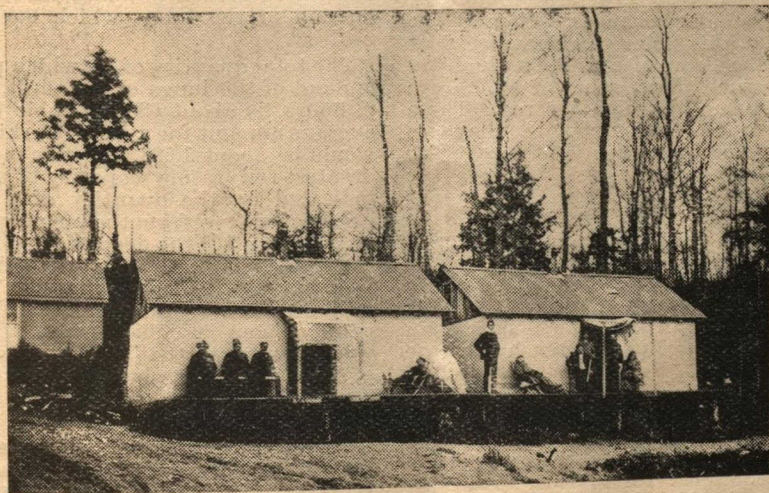
NO. 10

Fresh Air—Why, When, Where, How?

By W. J. DOBBIE, M.A., M.D.C.M., Physician-in-Chief, Toronto Free Hospital for Consumptives, and King Edward Sanatorium for Consumptives.

ALL modern methods in the treatment and prevention of tuberculosis include as one of the most important factors an abundant and constant supply of fresh air. People everywhere are beginning to believe in, and patients to practice, the doctrine of fresh air and the out door life. And yet it is probably true that but very few of those who so believe or practice could give any very intelligent reasons for so doing. And yet the matter is so simple and so easily understood by even those who are least initiated into the mysteries of medical science that it needs but to be explained in order to be readily appreciated.

gen and (2) the removal from the body of the necessary amount of carbonic acid. The former commodity constitutes one important item of the body's income, while the latter constitutes on the other hand one important item of the body's waste. And for all practical purposes it may be considered that the lungs are the organs concerned in this interchange of gases between the external air on the one hand and the blood on the other, although at the same time it is well to remember that there are reasons for thinking that oxygen can be taken into the blood to a certain small extent, through the skin, and also from the alimentary canal, and that likewise carbonic acid can be eliminated



LIVING THE OUT-DOOR LIFE: SHACK LIFE AT MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.

The whole mechanism of respiration has for its object two things, (1) the supplying of the body with the necessary amount of oxy-

from the skin and through the various secretions as well as from the lungs.