

CANADIAN OUT-DOOR LIFE.

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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.

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QUESTION OF CLIMATE

TO advise the consumptive to move to new and it may be far-distant fields and pastures green, is an easy thing for the one giving the advice. To the one advised, in many cases, it is an impossibility. More than this a strong opinion prevails to-day in well-informed circles that the advice is not always the best. Dr. R. W. Philips, of Edinburgh, Scotland, from whom we have quoted in another connection, writes: "It is of immense importance that our people should rid themselves of the prevalent notion that the cure

of consumption can only be effected under conditions which their ordinary residence and station in life will not permit them to enjoy."

Dr. S. A. Knopf, the well-known specialist on tuberculosis, has expressed a similar opinion. He points out the advantage of a patient taking the cure within the domains of the country where necessity is likely to compel him to live most of his days. One can readily appreciate the good sense of counsel of this kind.

OVER-FEEDING IN TUBERCULOSIS

THE doctrine of over-feeding in the treatment of tuberculosis does not hold the place to-day that it once did. R. W. Philips, M. A., M. D., senior physician to the Royal Victoria Hospital for Consumptives, in an article of some length in the British Journal of Tuberculosis, has this to say on the question: "There is an improved conception of the dietetics of tuberculosis, and, happily, recovery from the unthinking creed of inordinate cramming, which, while leading to gain of weight, produced soft and weakly convalescents."

More than at any other time, dietetics hold a foremost place in the treatment of consumption. The requirements of the stomach

—the question of right feeding—is being carefully studied by all who have to do with the care of sufferers from tuberculosis.

Making a local application, we are able to say that very particular attention is being given to the question by the physicians in charge of the institutions of the National Sanitarium Association, and the sister institution for advanced cases, near Toronto. A series of lectures on "Dietetics" being delivered to the patients and staff of the Muskoka Cottage Sanatorium by Dr. W. J. Dobbie, is creating very wide interest, and is an illustration of the importance attached to this subject by those most concerned.