

treat them by the hygienic-dietetic treatment in separate sanatoria. The essentials of this method of treatment are:—

- (1) An appropriate climate.
- (2) Fresh air,—which comprises, (a) the being out of doors all day, (b) sleeping with open windows, (c) going out in all weathers.
- (3) Abundant nourishment.
- (4) Hardening.
- (5) Bodily exercise and rest.
- (6) Methodical carrying out of the treatment.
- (7) Appropriate medicines, which aid the rest of the treatment.

Though one cannot assign a specific action to any air, it is an important hygienic means, and by its stimulating action is capable of influencing the general tone of the organism and its resisting power. The hardening measures depend on the continuous use of fresh air, so that patients become accustomed to it and do not go indoors for fear of any weather. Employed in such a way, the free and courageous use of fresh air is of great importance. One naturally desires an air which shall be health-producing. It should be as pure as possible, i.e., free from dust and vapor. It should stimulate. Hardening treatment has obtained great recognition with other diseases besides pulmonary tuberculosis and is opposed to the effeminacy which one so often finds associated with invalids, and which is favoured by the love of the family and partly by the physician. It is a very powerful means which very materially assists to overcome the disease and prevent its relapse. It consists in the free employment of air without, or with lessened, fear of catching cold. I would like to mention here that there has been only one case of pneumonia at the Adirondack Cottage Sanitarium since it opened.

The principle aim of the modern sanatorium treatment of tuberculosis is to improve the patient's condition and increase his resistance to disease by placing him under the most favourable environment possible. The invigorating influence of a life spent constantly out-of-doors for many months, can hardly be overrated. With regard to exercise, Trudeau says:—"It is much better always to err on the side of over caution in prescribing active exercise to tuberculous patients, and I feel confident that many lives are constantly sacrificed to a deep-rooted and very general misconception which exists in the lay, and to a great extent in the professional, mind as well, in regard to the advantages of active exercise in this disease. If there is any one rule which should be generally applied to the treatment of tuberculosis, it is, that when any degree of fever is present, the course of the disease will be injuriously affected in direct proportion to the amount of active exercise the patient is allowed to take. Still further, I often see an apparently quiescent and arrested process