

ments; what are the causes of depression of spirits. Meals should be taken under his eye, or under that of an assistant or nurse, whose duty it is to encourage the patients to eat, to modify in certain cases the meal provided, to report evidence of disordered appetite or digestion, and to give a fair criticism of the food provided. Instruction in the methods of the prevention of infection of others and of the patient himself must be given by the physician, or his staff, and these methods must be consistently enforced. At all times it is, of course, necessary to individualize the routine to be followed. A course of lectures giving a comprehensive view of the subject helps to inspire the patient with enthusiasm for following out the details of treatment. It may also be of much educational value.

Between physician and patient a most confidential relation should exist, and the latter should regard the former as a mentor willing to give heed to all matters which may be of the least moment to him. They should form a partnership in the business of acquiring health. Frankness between them is essential. It is important that the patient (if a recoverable case at least) should clearly understand his physical condition, and the physician must make sure that the patient does so understand. Otherwise the patient may not make the concessions, present or future, which are necessary. The future safety of the patient depends largely upon the rational appreciation he acquires of his own case, of the pitfalls that lie ahead, and to some extent of the measures he must take in possible emergencies. The point of view that a sanatorium experience should be in all points educational as well as curative should always be before him.

This matter of adequate supervision is a point too often lost sight of. Latham, before the International Congress at Washington, while confirming his previous opinion as to the great value of sanatoriums properly used, said that the majority of sanatoriums are inefficient. The principal reason given for the opinion was the failure of many to provide the discipline and constant medical supervision which are so essential to success. It is a frequent experience that the efforts of a directorate are centred at first upon acquiring a suitable plant, and, for economic reasons, after it is obtained, its staff is kept down to a minimum. Moreover, its staff's efforts are often concentrated upon effecting a low per capita cost, and the welfare of the patients themselves necessarily becomes of secondary interest. Usually a sanatorium has been projected with the ideal in view that it would become filled with early, or readily curable, cases, and that the so-called hygienic-diet-