

in an unstable condition. Attacks of pleurisy or even pneumonia may follow exposure to wind.

Rapid changes of temperature and sudden falls should always be guarded against. This applies also to those falls in temperature which occur between four and six o'clock in the afternoon, especially in the spring of the year. At these hours the patient should either go in the house if he feels cold, or should put on extra wraps. The mistake is often made by the patient of trying to guard against these sudden falls of temperature by clothing himself too heavily. Physicians occasionally see a patient with a thick woolen undershirt, a flannel shirt, a chest protector, a heavy sweater, a coat, then a fur coat over all. These patients try to keep from catching cold, and are the ones who are most subject to colds. This great warmth maintains a constant sweat and makes the skin oversensitive. I find that a thick woolen undershirt, an ordinary shirt or flannel shirt, waistcoat, coat and fur coat are all that are necessary. Occasionally, in very cold weather, a sweater is used. For walking, an ordinary cloth winter overcoat or pea-jacket is much more serviceable than the fur coat, as the latter is too heavy.

The various form of rubbings so much used in the continental sanatoria are not used in this country to the same extent. The patient, however, should be instructed how to cleanse himself. In private practice the patient has not the facilities for bathing and cleansing himself that the sanitarium affords. To patients who are not of a strong constitution, and who are practically afebrile, a good plan is to advise them to bathe the chest, arms and back with cold water every morning, and the legs at night. This should be followed with a rub with a coarse towel. The rub should be gently done, in order to avoid cough or hæmorrhage. Patients of a stronger constitution, and who at the same time have a good pulmonary condition, are permitted to take a full cold bath each morning. There is no need, however, to have the water colder than it is in summer. This is followed by a not too vigorous rub with a rough towel. A cleansing bath may be taken once a week at a temperature of 90° to 95° F. This is followed by a rub off with moderately cold water. In cases of hæmoptysis one should be very cautious with baths, or should discontinue them entirely and substitute cleansing of each part of the body in succession.

Cold sponging and cold baths tend to harden the body against variations of temperature, and tend to prevent the patient from catching cold. They should be used only under the advice of the physician.

Of equal importance with good food and fresh air is the matter of exercise and rest. If the patient is to spend the entire day in the open air, it is important for him to know how to fill in his time. At the