

Breathing exercises are considered harmful where there are evidences of any activity of the disease process, as it is thought that from a rational standpoint the inflammation in the diseased part of the lungs is increased by the stretching due to the forced inspirations, this inflammation as in any other portion of the body requiring rest that it may subside. Besides this, the danger of tearing down pleuritic adhesions in the process of formation and the starting up of a fresh pleurisy must be considered.

In the cases with moderate fever, walking to the administration building for meals or treatment is allowed, but otherwise they are kept at rest in the open air. Where there is a more marked degree of pyrexia, absolute rest in the recumbent or semi-recumbent position is insisted on, and these cases are cared for in the infirmary, being carried out to the open air on couches when the weather is favorable.

A point one can hardly help noticing as remarkable is the rapid subsidence of the temperature under this treatment, a few days in the open air often bringing a febrile temperature down to normal or nearly so.

It is, of course, of prime importance that the clothing should be suitable, and this receives careful attention. Excessive wrapping up during the cold weather is not encouraged, as while in-doors the patient is apt to become overheated, and when leaving a warm room to sit outside is very apt to become chilled. Wool is worn next the skin both winter and summer, the weight varying with the season. The patients are weighed every two weeks and the weights recorded, the majority showing a gain from time to time.

The diet is varied and abundant and in this sanatorium consists of three full meals, largely composed of proteids and fats, which are served in the large dining hall of the administration building as follows:—Breakfast at 8 a.m., dinner at 1 p.m., and supper at 6 p.m., the heaviest meal being taken in the middle of the day. Meat is supplied at each meal. Great care is observed in the choice and preparation of the food, and the patients with very few exceptions eat very heartily and do not suffer from indigestion. Though this care in regard to the diet is observed, it is not customary for the resident physician to pay a morning visit to each patient, prescribing the individual diet for the day as is the rule in some of the European sanatoria. With the class of patients admitted to this sanatorium such careful selection of food would seem unnecessary; those requiring this strict care are treated in the infirmary, where, under medical supervision, the diet and treatment are adapted to suit the special circumstances. In addition to the three meals previously mentioned, many partake of refreshments between times, this usually consisting of a glass of milk, egg-nog, or a raw egg. The quantity of milk and egg consumed is