

but for this very reason it is essential that effort should be made to utilize the resources which we undoubtedly possess in the British Isles for employing fresh and pure air as a curative agent, and gradually to educate public opinion to accept the proposition that it is not necessary to go to foreign countries for sanatorium treatment, and that such treatment does not depend entirely for its success on any special climatic conditions.

Banishment from home comforts and surroundings, however desirable in the treatment of neurotic conditions, is by no means necessary in dealing with consumption. At the same time, it is not desirable that the consumptive patient undergoing sanatorium treatment should see too much of his intimate friends and relatives. Where success largely depends upon the strict maintenance of discipline, it is by no means wise to permit outside criticism. A well-meaning but injudicious friend might easily be the means of discouraging the patient, and causing him to falter in his determination to carry out the rules laid down by his medical adviser, especially if, as is not uncommonly the case, he finds such rules irksome to him at first.

Another point which makes for the selection of home treatment in preference to foreign residence is the question of the food and its preparation. The distinction between the home and foreign cuisine is not so great now as was formerly the case, but there is still sufficient difference to make it a matter of importance that the consumptive patient should have his food prepared in a way which he has learned to believe in. In many Continental sanatoria, and especially at Nordrach, the taking of a definite amount of food in each day is insisted on, and success is obtained even in spite of the fact that the German cuisine and methods of serving food are altogether distasteful to many English patients. It may reasonably be assumed that equal success would follow the compulsory clearance of more familiar dishes served in daintier manner.

In the management of a sanatorium for consumptives, an immense amount of responsibility rests upon the medical officer. He has to study each case with more than ordinary accuracy, and must bring to bear all his powers of persuasion and firmness to induce the patient to carry out the details of living that are prescribed for him. Hence, it is not desirable that any medical officer should attempt the control of many patients at the same time. Ten such cases, closely observed and regulated, should be enough for each officer. Consulting aid should always be available where longer experience and greater weight of authority are called for. The insistence upon compliance with all rules so long as the patient submits himself to treatment must be absolute. Where success depends upon discipline, there must be no relaxation in favour of individuals. The patient must carry out the prescribed treatment, or be discharged from treatment altogether. This rule is no doubt easier to enforce in countries where military obedience is a part of the national education, but the common-sense of the Englishman will make him equally amenable, if only he is convinced of the value of the treatment to which he subjects himself. To educate him as to the necessity for discipline is the first step. When that is accomplished, compulsory hygiene will overcome tuberculosis.—*Treatment.*