

# KING EDWARD SANATORIUM

"The best Doctors in the world are Dr. Diet, Dr. Quiet and Dr. Merryman."

## GENERAL ROUTINE

- 8.00 a.m.—Breakfast.  
8.30 to 9.30 a.m.—Rest on Verandahs.  
9.30 a.m.—Exercise as ordered by Medical Superintendent.  
11.30 a.m.—Rest on Verandahs.  
12.00 noon—Dinner.  
12.30 to 2.00 p.m.—Rest on Verandahs.  
2.00 p.m.—Exercise as ordered by Medical Superintendent.  
4.00 p.m.—Diets served to those who may require them.  
5.00 p.m.—Rest on Verandahs.  
6.00 p.m.—Supper.  
After 7 p.m. patients may have such light recreation (preferably out of doors) as their condition warrants, until bedtime.  
9.00 p.m.—Bedtime.  
9.30 p.m.—Lights out.



Tubercular Terrors Lost In Mirthful Pastime

"Frame your mind to mirth and merriment, which bars a thousand harms and lengthens life."—Shakespeare.