



Original Staff.

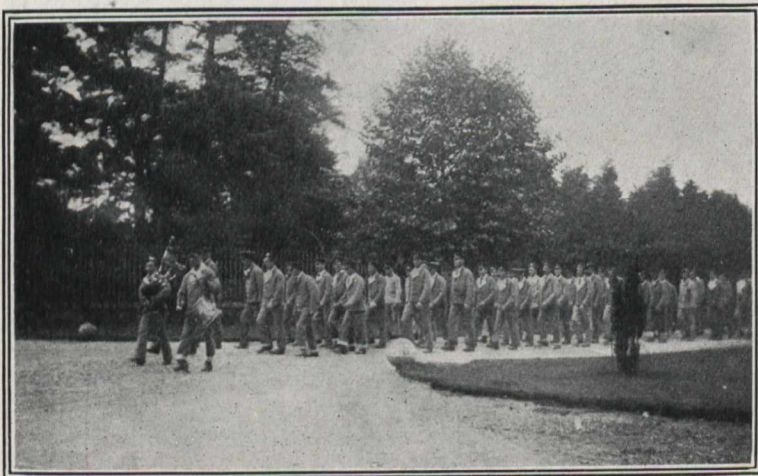
to diminish military *esprit de corps* and always culminates in mental unhappiness for the patient. Due military respect observed towards the Hospital patient and insisted upon in return from him creates and maintains an atmosphere of cordiality and contentment. Nine o'clock bedside inspection of quarters each morning, 9.30 parade and physical drill or other treatment, with short march at 10.45, and similar time occupied in the afternoon give the patient physically fit for these exercises some employment. He has a place to be in at a certain time, he has a duty to perform. He does not anticipate fatigue or occupation for an endless period. He is prompt, enters into the effort with spirit,

and then follows the same with a period of mental and physical relaxation, much benefited by the fact that he has actually made an effort.

A Dental Clinic was instituted in June, 1916, and did excellent service, discovering and repairing dental defects while the patients are completing their recovery from wounds or other ailments.

The first Canadian treatment of nervously disorganized hearts upon the plan initiated by the Imperial authorities at Hampstead Hospital was commenced at this Hospital about December, 1916. Soon patients numbering up to 300 were collected and placed under close clinical observation as to their reaction to definitely modified degrees and

types of physical exercises taken under the supervision of specially qualified instructors. They were immediately classified into different grades according to the index of resistance or toleration they exhibited by decreased or accumulated objective and subjective symptoms. They were observed to obtain a higher index gradually, and usually each week passed into a slightly higher class of exercises, and



Return from Route March.