

If it is the first class, the treatment consists of electrical treatment in all its forms, also Hydrotherapeutical treatment, including Turkish Baths, Steam Vapour Baths, Eau Courante, Needle Baths, Scotch Douche, etc., and also Heat treatment, including Radiant Heat, Radiant Light, and Blue Arc Light.

These treatments are given, as a rule, every second day, alternating with massage, either general or local.

If Surgical, many of the cases undergo a preliminary treatment along one of the above lines, which may or may not be followed by operative procedures.

A staff of Masseurs and Masseuses is employed. The patients are definitely allotted to one of these Masseurs or Masseuses, who treats the case throughout, under definite instructions from the Officer in Charge of the combined treatment Department.

Now, as regards education. The patients are re-examined by the Specialist Board at regular intervals. This Board decides either:—

- 1st.—To change the form of treatment.
- 2nd.—To change from treatment to education.
- 3rd.—To discharge from hospital with certain recommendations.

If changed from treatment to education, the patient is moved to separate quarters, and placed under a definite routine of instruction:—

- 1st.—For individual muscle training.
- 2nd.—For joint training.
- 3rd.—For individual groups of muscles.
- 4th.—For general systematic exercises.
 - (a) Gymnasium.
 - (b) Swedish.

The patient is transferred from one group to another as is thought necessary or advisable.

In addition to the above, special Mechanical Exercisers are used, both Active and Passive.

As soon as the patient graduates into the Light Duty Class, he is encouraged to perform work suitable to his disability. This may be:—

- 1st.—Hospital fatigue duties.
- 2nd.—Arts and Crafts.
 - (a) Carpentry.
 - (b) Machine Shop.
 - (c) Printing.
 - (d) Boots and Saddlery.
 - (e) Splint making.
 - (f) Electrical repairs.
- 3rd.—Daily regular marches under Military discipline.
- 4th.—Athletic sports, especially outdoor games.