



**M**Y claim to be heard on this subject, not being a medical man, is this. Three years ago, in England, I was in advanced consumption. I underwent the open-air treatment at Nordrach-upon-Mendip, the famous Sanatorium in Somersetshire, with the result that to-day I am free from disease, and—though not inclined to challenge Sandow—perfectly able to fulfil the duties of my profession.

The Sanatorium treatment will always be associated with the name of Dr. Otto Walther, of Nordrach-Colonie in the Black Forest, who is practically the father of the treatment. Years ago, as a young man, Dr. Walther was a throat and chest specialist in Germany. He had long devoted himself to the study of phthisis, and had become entirely dissatisfied with the then methods of treatment. He had come to believe that the only cure for the disease was fresh air and over-feeding, but no opportunity had occurred of testing his theory. An opportunity, however, came. His wife became consumptive. He at once took her to the Black Forest. He put up a wooden shelter which was fully exposed to the air, and here they lived for nearly a year until Mrs. Walther was completely cured. Men laughed at the madness of the Doctor, but the cure was undeni-

able. Other consumptives, hearing of the case, asked for treatment. A small sanatorium was built in the Black Forest, which has since developed into the world-famed Nordrach Colonie. Of late sanatoria have sprung up everywhere, especially in England. The large proportion of cures have demonstrated beyond a doubt the entire success of the treatment. In New Zealand the treatment does not seem so widely known, though there is at least one Sanatorium here. It has struck me, as a "new chum," that the general attitude toward the disease here is not nearly so hopeful as in England. Consumption is still, I find, regarded by the majority as incurable, and often the most lamentable misconceptions prevail as to its treatment. To correct these misconceptions and to give hope to consumptives are the objects of this article.

Now the Sanatorium treatment may be said, roughly, to have a three-fold aim:—

- (1) To check the waste.
- (2) To reduce the Fever.
- (3) To prevent the spread, and to decrease the number, of Bacilli.

Let us take these in order. The Sanatorium treatment strives to check the waste of consumption by proper feeding. A great deal of nonsense has been said and written about the way consumptives are