

wide open. The meals are taken in a dining-room with the windows open—I have eaten my breakfast with the snow blowing across the table—and the shelters in the grounds afford protection only from the rain. No notice, with the exception of wind, is taken of the weather. An extremely high wind is injurious, and patients do not walk against it.

“But don't you take cold?” asks the gentle reader, alarmed. Gentle reader, we do not. For eighteen months—including two severe winters in England—I carried out the Sanatorium treatment in

that he has been taught from his youth up concerning draughts and cold is most utterly and perniciously wrong. The draught from an open window prevents cold—it cannot by any possibility cause it. It is easy, of course, to pooh-pooh this, but the fact is incontrovertible. Night and day the patients in a Sanatorium are exposed to draughts, yet colds are never heard of. And if some one should ask why ordinary people take cold more in the winter than the summer, seeing damp and cold are innocuous, the answer is easy. In the winter you close your windows, in the



Off for a morning's walk. Heavy snowfall during night.

all its strictness. I never wore an overcoat, a hat only in the heat of summer; I sat out of doors on the coldest days; I had my window wide open on the coldest nights; I was drenched with rain and snow; yet, during the whole of that time I had not so much as the suspicion of a cold. Neither have I known one solitary person “catch cold” under the treatment. Closed-up rooms give cold, and contact with an infected person: damp and draughts, fog and cold do not. The very first lesson a patient must learn at a Sanatorium is that all

summer you open them; hence your immunity from cold.

Now I have roughly described the modern treatment of consumption. What are its results? The record of Nordrach-Colonie in the Black Forest (the parent Sanatorium), will suffice as an answer. At Nordrach-Colonie, since its opening, over ninety per cent of the patients treated have been cured. Better percentage than that could not be obtained in a hospital for measles. An incurable disease, yet ninety per cent absolute cures! I would, if need were, give the names and ad-