

## OCCUPATIONS FOR TUBERCULOSIS PATIENTS.

By MISS M. E. BUTCHER.

ALL persons undergoing a long course of treatment such as commonly falls to the lot of T. B. patients present a problem as to the best means of filling up the time. Allowing for all that is taken up by actual treatment, sleep, feeding, medical care, etc., there is always a large residue to be either employed to the best advantage, wasted or worse. It is part of the physician's duty and very much the nurses to see that the former is law, and law, conscientiously obeyed. Days should be mapped out, the most suitable times taken for exercise where this is allowed, and even that need not be aimless, congenial tasks in the open air have every advantage, taking the patient out of himself, administering maximum doses of oxygen, expanding lungs to receive it, promoting circulation, appetite and digestion. The employed person is always the happy one and the happy one the one on the best road to recovery. Therefore it behoves us to give some more attention than has been common to these important factors. Sanatoria situated in large grounds in open country with some pines around are ideal and also we think fairly usual, it remains then to adapt our mode of life to making the best possible use thereof for our patients. First of all this land must be cultivated and kept clean, neat and nice, healthful trees and plants propagated and noisome ones eliminated, this properly organised and directed will suitably occupy a great number of say "half-timers" and some others. Agriculture, and even gardening, are words that call up in the minds of many people nothing but hard labour, a plough, a spade, a barrow, heavy loads and dirt, nothing congenial or interesting. To all such whose lines may lie in that direction I would say TRY IT, put your back into it, and especially your head and you will be simply amazed at the fascination therein. The spade and such like implements may be quite well suited to some patients, on the high road to recovery, well enough before they take their departure to other scenes of manual occupation, and highly desirable that the beginning should be under supervision. But to the initiated the fact of a large garden, field, orchard or wood calls up a vision of infinite possibilities beyond the digging and the delving, light, clean, healthful, pleasing tasks requiring patience, skill, deft fingers, clear eye and practice rather than great muscular strength or physical endurance. It would be impossible to even name them all in a short article such as this, but take, for example, the training and pruning of creepers and vines; trimming of hedges and bushes; budding and grafting; sowing of seeds and thinning and planting out of seedlings; weeding of beds; taking of cuttings and "layers"; transplanting; staking, &c., etc. The gathering of fruit, nuts, vegetables and flowers is more play than work; and some skill is required in preparing and gathering seeds for sowing, drying and storing them, also tubers, &c., the fertilization of plants, crossing, knowledge of soils, manures, the rotation of crops and many other things, including pests, offers an endless field for study experiment and experience. The delight of watching the things you have planted grow, of producing beautiful flowers

in a garden; the admiration of all who visit it; and to decorate the house and cheer the more sick ones; and the satisfaction of eating your own grown fruit and vegetables cannot possibly be described, it must be experienced to be known. It seems to me there are more of the lighter than the heavy tasks, and where none are fit for the latter, cooly labour is usually to be got, but the average cooly needs always someone to see that he does not do more harm than good in your garden, does not root up all your choicest seedlings in mistake for weeds because he has never seen their like and so on. The utilitarian objects are not emphasised as they are so obvious. But there is always a quantity of material from a vegetable garden that can usefully be employed to feed fowls, cows, etc., I deprecate the selling outside of milk, but there should be no objection to its production on the place for the use of patients, the same objection does not apply to eggs; and a sale for these of good breeds. Running a curative "farm," "holding," "estate," whatever it may be called, entails lots of other jobs that are open to the amateur; fencing, making hen-coops, chicken-runs, and houses, store-rooms and cupboards, all which can be done in the open air. For weather that is too bad for anything there is very much study of the best books on the subjects, sorting and classifying seeds, preparing labels, tending the nursery and greenhouse. Games need not be forgotten and of course we should make our own tennis and badminton courts, croquet lawn and so forth. But, after all, the most satisfaction is obtained by producing something, call it a game or what you will. I refrain from mentioning other suitable occupations at this time lest this by far-and-away the most important should fall into the back-ground.

### POEMS.

#### THE KITE-HAWK.

The kite-hawk, soaring aloft in the blue,  
Appears no more than a speck in view,  
Turning and wheeling in endless flight,  
Steady of wing and silent of sound,  
Swimming and floating round and round,  
Vanishing now in a sea of light :  
I wonder what treasure the kite-hawk spies  
Sailing alone in the sunlit skies !

The kite-hawk, soaring under the sun,  
Cometh to earth when the day is done,  
Bearing its secret full in the breast,  
And there, like a worshipper at a shrine,  
He muses alone on the tufted pine  
In the glow of the rainbow-tinted west :  
And I doubt not but beauty's the kite-hawk's prize  
As he sails alone in the sunlit skies.

—GUNNER A. WILLIAMS, R. G. A.