

an attending physician, but to supplement his work. And to provide in a handy form written rules for living for each patient, blank pages at the end are inserted to fill the needs of individual cases. There are '*pros*' and '*cons*' many in regard to Sanatorium treatment and doubtless there will remain for many years a large army of consumptives who will be trying a cure at home. For those who have the will power and a reasonable climate, these rules have every prospect of success, as one exhausted edition proves. These rules are what most people would expect to find, though wide differences of opinion are existent in the medical profession with regard to rest and temperature-taking; considerable harm may be done mentally, morally, and physically by so much concentration of the patient on his own symptoms; the rules are intended for a patient giving up his whole time to a cure, and one able to walk about. But surely the essential rules can often be carried out concurrently with some healthy work which would distract the patient's mind from himself, rather than confine the whole exercise to slow walking. Those who have not the will-power cannot carry out the treatment at home, and probably most cases requiring such an amount of care will now be treated in Sanatoria in England (those who cannot afford the luxury of a nurse) and be all the better for companionship and congenial surroundings. *Get the body to resist* is the whole tenor of the rules, and the expectancy of a cure its next best thought. A simple breathing exercise closes the book.

SANATORIA FOR THE PEOPLE.*

By MISS M. E. BUTCHER.

This is an explanation of the State's method of dealing with Consumption, on quite different lines from the previous review, *viz.*, the home-treatment. The writers argue very wisely that there are very few, at any rate of the working classes, with sufficient strength of will and knowledge of the subject to be able to arrange and continue their own cure unaided by some systematic schooling in the subject, and this is just what it is expected that the Tuberculosis Sanatoria will do. After careful selection by Dispensary examination, patients will be admitted, treated for a given time, gradually be re-introduced to work that will be increased in time till it approximates to their usual; in the mean time being taught how to live so as to complete their cure at home with a minimum of risk to their household while prosecuting their everyday calling. The sum allowed in the Budget works out as

* "Sanatoria for the People" by Charles H. Garland and Thomas D. Lister M.D. Scientific Press, Southampton Street, Strand, 1-0.net.

amply sufficient, if the buildings are not made unduly costly, and this is shewn to be quite unnecessary by example of that at Benenden, South of England, where everything is of the simplest and nearest with safety to the conditions of life of the average workingman. It used to be said, that a drunkard never died of consumption, but the reports in this work are very much to the contrary; indoor occupation combined with alcoholism account for far the largest proportion of deaths from phthisis; outdoor ones and no fewest. All great excess of alcoholism for the other classes range in varying proportions between the two. Poverty taking with casual labor a very large share in its cause and propagation, due to the lack of resisting power of the one attacked, insanitary surroundings, overcrowding, and bad habits. Statistics are in abundance for those who desire them in this little work.

LETTERS TO THE EDITOR.

DEAR EDITOR,

As you are aware, I wired to our Patroness H. E. Lady Hardinge, on Christmas Eve, a message of sorrow at the wicked outrage the previous day, and our thankfulness at 'Their Excellencies' preservation. I have just received a gracious reply. "Many thanks for message of sympathy and indignation which shall be shown to His Excellency on his recovery."

I know all the members will be glad that they have been allowed to express to Her Excellency something of their feelings of indignation, sympathy, and thanksgiving, and that it has been graciously received.

Cama Hospital, Bombay,
December 26th, 1912.

Yours sincerely,
S. G. TINDALL,
President.

DEAR EDITOR,

It was with great interest that I read the Conference reports in the *Nursing Journal of India* which came to hand yesterday, and especially the paper by Captain Chambers, I.M.S., and while concurring with all he says up to a certain point, I feel I must say a few words in defence of private nursing in India and menial labour.

When Captain Chambers speaks of a "nurse trained in an English Hospital doing her turn of duty in keeping her ward spick and span," "polishing brasses" and "doing work which she