

## Sanatoria in High Altitudes.

### LEYSIN.

The value of treatment in sanatoria in high altitudes for certain forms of tuberculosis is now well recognised, and a most pleasant place in which to undergo a course of treatment is to be found in the climatic station of Leysin, in the Vaudois Alps, and 660 feet above the village of the same name. The plateau while protected against cold winds by the mountains which lie behind it, has a full southern aspect

and had proved the benefit of residence in high altitudes to cases of pulmonary tuberculosis, the accommodation was improved, and lastly, as it became recognised that the most favourable results are obtained only when the patients are under medical supervision and are subjected to a hygienic method of life, sanatoria were built. The promoters of the station of Leysin set before themselves the choice of the best climate that can be offered to consumptives, the building of Sanatoria according to the most modern rules of comfort and hygiene, and to bring within



SKATING GROUND OF THE SANATORIUM, GRAND HOTEL, LEYSIN.

and is exposed to the sun. From it is obtainable a fine view of the peaks which surround Mont-Blanc in the centre of which is the Dent du Midi, so graceful, which forms a conspicuous feature in the views surrounding the Lake of Geneva and which is easily recognised by its graceful outline and its seven summits. The value of Leysin as a health resort has been recognised for the last hundred years, and medical men in the district were wont to send both convalescents and consumptive patients to stay in its primitive chalets and pensions. Later, when experi-

reach of patients the best conditions of improvement and cure; the fact that within a short time the station has developed so marvellously is the best proof that their efforts have been appreciated. There are now three large sanatoria at Leysin, that of the Grand Hotel, of Mont Blanc, and thirdly, of Chamossaire. There is also the Popular Sanatorium, and a small Sanatorium for children. In regard to recreation, there is ample provision for tennis and croquet in summer, and lugging, skating, and ski in winter. Our illustration will give some idea of the skating which is obtainable.

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