

As soon as the busy doctor could be found and had time to spare, we were privileged in being conducted through the grounds by himself; a hasty look round, certainly, but none the less thorough and interesting. First we went into the dining hall, standing apart from the Sanatorium proper. Here, in a huge structure of wood and glass, all meals are taken. Three sides of it are almost entirely window, and these are left open as much as possible. Three meals are served here daily. Butcher's meat is but sparingly used, and for some cases a purely vegetarian diet is ordered. Breakfast consists of stewed fruits, brown bread, rolls, cocoa, milk, or Kneipp's coffee (made of barley). Nothing is served hot; either quite cold or lukewarm. Dinner at one o'clock consists of white meat, such as veal and chicken, potatoes, and vegetables of all kinds in many shapes and forms; stewed fruit is always served and frequently fresh fruit. No drink is allowed during dinner. At supper at 7 p.m. milk puddings, curds, salads and fruit are served, and thirst may be quenched with milk, either sweet or "sour."

After seeing the dining hall we went to another part of the grounds where—among chestnut and poplar trees, facing a bank of flowering shrubs—are rows of Lufthütte (air huts), where the patients sleep at night. The demand has rapidly increased and new ones have been added this year. They are delightful little wooden houses, entirely open at the front, ventilating windows below the roof at the other side permitting a free current of air. These "bedrooms" are provided with electric light, they are fully furnished, and here and there, by means of rugs or vases of flowers, etc., attempt was made at individual decoration, and the familiar bottle of Odol was seen on some washstands! Several huts are arranged for married couples, but otherwise men and women occupy different parts of the grounds. Rules are strict about entering each hut from the path leading round at the right-hand side, and no one may pass in front of an occupied room. A heavy curtain may be dropped during the process of dressing and undressing, and surely here, if anywhere, dreams must be sweet and sleep refreshing.

At another part of the grounds in a clearing of the shrubbery is the large portion set apart for the "sun" and "air" baths, with bath house for hot and cold douches, etc. The high black paling is almost hidden by creepers and flowering shrubs growing against it. Here the patient, in birthday garment, takes an air-bath before breakfast, or later on in the day she may be ordered a sun-bath—in wet weather a vapour bath is substituted. She reclines on a

wooden couch in a state of nature, or covered with one very thin garment; the body is exposed to the rays of the sun, the head alone being protected by means of an erection at the top of the chair. The bath attendant places cold compresses on the head, changing them frequently during the twenty or thirty minutes ordered. This treatment is usually followed by a tepid bath, and then a brisk walk before food is taken. I was told that for the cure of sleeplessness and bad circulation it is most efficacious. Massage is frequently ordered, and the bath house is fitted with the most modern appliances for electrical treatment.

Returning by the dining hall it was found to be deserted till supper time, and the lounge chairs as we passed were again occupied by patients, sleeping, reading, or taking a lazy interest in the "foreigners" as they passed by. Smoking is not allowed, and I believe the discussion of politics or anything tending to excite the patient is forbidden. The day is short, lights are supposed to be out at 9 p.m., and the grounds are then left to the care of a night watchman, who may be summoned by an electric bell if anyone requires attention.

E. M. D.

THE "SANITAS" COMPANY, LTD.

At the annual meeting of the above company a very satisfactory report was presented to the shareholders by the Chairman, Mr. C. T. Kingzett, F.I.C., F.C.S., upon the results of the year's trading, and a dividend of 7½ per cent. was declared. A satisfactory increase in the business of the company was reported, and the sales of the universally well-known "Sanitas" Fluid showed a gratifying increase. Great improvements were noted in respect to the company's Patent Drain Testers and the two new Disinfectant Fluids, "Sanitas-Bactox" and "Sanitas-Okol" have a guaranteed strength twenty times that of pure carbolic acid.

Attention was directed to some experiments lately carried out by certain bacteriologists accentuating its value as a disinfectant and air-purifier as applied by spray in school and living rooms.

VINDEVIE.

There is often great difficulty for those who do not drink alcoholic beverages in finding one at once palatable, refreshing, and invigorating, but the practical application of the famous researches of Pasteur has enabled a wine to be put upon the market which is the real juice of the grape, preserved from fermentation under the name of Vindevie. The rights for the United Kingdom and the Colonies have been acquired by Messrs. Schweppes, Ltd., and the name of the firm is a guarantee for the purity of the goods it supplies. Vindevie, with the addition of seltzer water, makes an excellent and pleasant summer drink.

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