

that the first step towards helping a sick infant should be the building up of its careworn mother. There is also, on the beach, a ward for sick infants who cannot have their mothers' care.

The influence of good food and sea air is magical; great improvement, or complete restoration, is the usual result, and mothers have refused to accept their children, until convinced by distinguishing marks that there was no mistake. Over twenty-five hundred cases of gastro-intestinal disease have been cared for up to the present time. One secret of the wonderful results of this thalassotherapy is that food is given the first consideration; only the best bread and butter, and the freshest eggs and meat are purchased. Fresh vegetables and fruit are supplied, and milk is without limit, but no child is required to drink a set amount. Fresh air in abundance day and night is insisted on. The nights are passed in large wards with open windows, and, on every day that it does not

rain or snow, the bed-ridden are wheeled to open porches, where they stay until dusk, in sunshine and fresh air. In summer children able to bathe in the ocean have their daily sea baths, but tub baths of salt water are not used, as they are believed to have little advantage over fresh-water baths of the same temperature. Whatever advantage sea bathing has, and it is very great, must, in a large measure, be

attributed to the massage of the waves, and the exercise and exhilaration of the sport. The remedial effect of the contact of salt water with the skin is probably insignificant.

For many years mental sunshine has been considered a psycho-therapeutic agent of no mean importance. Happiness is cultivated throughout the institution.

Dr. Bennett concludes:—"When we realize of how little avail most of the methods of local treatment have been, and see the great changes which take place in most of the children after their arrival at the seashore, we are forced to conclude that the secret of the change lies in the sea breeze blown over an expanse of three thousand miles, and laden, not as is the land-born wind with innumerable harmful particles, but with the salt spray, the health-giving 'dust of the ocean.'

"We cannot fathom the secret of its cure, but in our ignorance we call it thalassotherapy."

The cure is delightful as well as magical.



CHILDREN'S SEASHORE HOUSE SUNBATH PORCHES.  
(NOTE THE MOTHERS' COTTAGES BELOW).

Professor Vincent, last Monday, announced to the Academy of Science in Paris his discovery of a new anti-cholera vaccine, which is prepared in the same way as anti-typhoid vaccine. Cultures are emulsioned and then agitated with ether, which kills them rapidly. The superficial layer (ether) containing fatty toxic matter is removed, and the subjacent sterile layer forms the vaccine.

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