

THE HOSPITAL WORLD.

THE FRIMLEY SANATORIUM AND CONVALESCENT HOME.

It is within the memory of the present generation when consumptive patients were treated as hot-house plants, in super-heated wards, with not only closed windows, but double windows and carefully sheltered from every breath of air. Then came the stage when fresh air was recognized as an invaluable remedial agent in these cases, and the patients were subjected to super-feeding, sometimes until emesis resulted, when the unfortunate person was expected to take more food. Now it is realized that it is possible to push food too much, and at the Brompton Hospital Sanatorium at Frimley, Surrey, the standard aimed at, as

can be wheeled out on to the terrace, in addition at the end of each pavilion there are balconies.

The patients, the majority of whom have been under treatment at the Brompton Hospital, are all expected to work unless their condition demands absolute rest, and they are carefully selected with a view to benefiting by the treatment under which they are put to such work as they are capable of performing with benefit to their health, so that before they leave they are restored by a system of gradual labour, carefully regulated to their full working capacity.

The consequence is that when one visits Frimley, with its 150 beds, one is tempted to ask "where are the patients"? Just here and there, there is a patient in bed, but the majority are out in the grounds, and even here, so extensive are the grounds that they are almost lost, but



TRENCHING GROUND FOR CULTIVATION.

regards nutrition, is to raise the patient's weight to a few pounds above his highest known weight, or to a few pounds above the normal weight for his height, and patients who tend to become excessively fat have their diet reduced in quantity.

To visit the Frimley Sanatorium is to realize how much can be done for patients under a sane and healthy system of treatment. The institution stands on the Chobham Ridges, nearly 400 feet above the sea level and except on the South side where it faces Frimley Common, the grounds are surrounded by pine woods. The building is so arranged that no portion of it is sheltered by another, and it is designed to have the windows open night and day with protection from weather and glare, and on the lower story patients in bed

from time to time one meets groups of patients, or sees them at work, alert, energetic, purposeful. Anything more unlike the typical consumptive it would be difficult to imagine; their appearance speaks volumes for the system of work and exercise regulated by the medical superintendent, Dr. Meek, and carefully supervised by the Sister-in-charge, Miss Emily Pease, and the nursing staff.

The grades of work and exercise are (1) Patients unfitted for active exercise make mops, mats, sew, &c.; (2) walking from 1 to 6 miles a day. (To judge from the patients one met exercise of this kind is thoroughly enjoyed); (3) picking up wood, carrying baskets of mould, watering plants, &c.; (4) using a small shovel, cutting grass edges, hoeing, &c.; (5) digging broken ground, mowing.

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