

Feeding. All graduated and controlled daily by skilled medical supervision.

*Rest*, carefully regulated and regularly carried out over long periods, was the mainstay of the treatment, as it is the best method of controlling the toxæmia and correcting the systemic disturbances, and of inducing healing in a tubercular lesion of the lung. The minimum rest in this Sanatorium was 10 to 12 hours at night, and one, two, or three rest hours during the day. Complete confinement to bed was insisted upon as long as there was any evidence of toxæmia.

The amount of *Exercise* prescribed by the doctors varied with the physique, social position and future needs of the individual patient. Exercise was started very gradually. First the ordinary daily actions are utilised and controlled, after this "walking exercise" most carefully graduated. Walking exercise was all that was necessary in many cases, but carefully graduated physical exercise of other kinds were used and with enormous success. It was clearly to be seen that "graduated labour" produced the cheery mental tone in the individual and in the community as a whole. The doctors were careful in their selection of proper types of work. Gardening is the most common. Carpentry, engineering, skilled handicrafts are all used with equal success.

The patient during his treatment, in summer and winter, should spend as many hours as possible out of the twenty-four in the open air, and when indoors the windows of the rooms are widely open. It is on the bodily health in general that open air has such a marked effect. Routine and discipline plays the same part in the treatment of pulmonary Tuberculosis in this Sanatorium as it does in the training of an athlete.

No special diet is necessary, but it is very important that the patient should eat properly, and have three good, well-balanced meals a day, taken at regular intervals. The Medical Superintendent gave a short account of the therapeutic, specific and operative methods in use in the institution. Cod Liver Oil, Iodine, Calcium, Copper and numerous other non-specific drugs used in the general treatment of pulmonary Tuberculosis are useful adjuncts to the routine hygienic treatment of the disease. Tuberculin may be used in cases in which there is no gross systemic disturbance.

Of the direct treatment of the lesion in pulmonary Tuberculosis, the introduction of Artificial Pneumothorax treatment, and of thoracoplastic operations, have made a great advance in their methods. He explained that the collapsing of a diseased lung by introduction of air under pressure into the pleural cavity, or by plastic operation in the bony thorax must be regarded as a subsidiary method of treatment, not as a direct means of cure. That there must be always previous careful study by the X-Ray.

A large new Sanatorium for children has just been built in the grounds, which is to be opened this month. It is to be named after the wife of the President, in whose memory it has been erected.

Then on to the Pineta di Sortenna and also L'Abertina Sondalo. This last, situated at an altitude of approximately 3,000 ft., facing due South, sheltered from North and East by an amphitheatre of mountains, has been admirably planned so that each individual revels in a sun bath.

Built about one year, with 150 beds for paying patients, an annexe is already in course of erection.

The Cellars contain the electric plant, and hundreds of bottles and casks of wine.

A beautiful little "Oratorio," lovingly tended, breathes the spirit which animates work in this Home for the Sick.

*Ground Floor.*—The usual administration offices, the various departments required in the treatment of Tuberculosis, Theatre, X-Rays, Therapeutics, etc.; a large

dining-room with small tables arranged as in the best class restaurants, where staff and patients take meals together; recreation and music rooms for concerts, games, wireless; and a library with all current literature, for which patients pay the equivalent of £3 per month. There is also accommodation for friends and patients. Complete intercourse with the outside world is maintained by self-contained post, wire and 'phone.

A model kitchen and offices with hot drinks at a moment's notice, eggs beaten, lemons squeezed, coffee ground, etc., all by electric power. An equally model self-contained laundry.

*The Upper Floors*, four of which are devoted to patients with one, two or more bedded rooms. Walls white paint, floors parquet, central heating, constant supply of hot water and all equipments up-to-date and hygienic.

The Medical, Nursing and Domestic staff are also accommodated on the upper floors.

*The Staff consists of:*—*Medical:* 1 director, 4 assistants (one a woman). *Nursing:* 1 Nurse to each floor on day duty, 1 Nurse to two floors on night duty. *Domestic:* 1 male and 1 female servant to each floor. *Treatment:* This is practically the same as that already described at the Sanatorium Prasomaso. The inclusive fees are approximately one pound a day, but this varies according to the accommodation and treatment required.

Returning to Sondrio, we set off in cars again for Bormio, where the entire Grand Hotel was placed at our disposal. Interspersed between visits to the Baths and lavish hospitality we disported ourselves beneath a forest of mountain ash ablaze with scarlet berries, surrounded by roses, petunias, gorgeous scarlet salvias and zinnias.

The following day we again packed ourselves in cars and set out for the pièce de résistance, the drive over the Stelvio Pass to Merano. Rising to a height of over 9,000 ft. on zig-zag paths doubling upon themselves and nerve-racking hair-pin bends at most corners, we reached the summit, then over and down in full view of the Madaccio Glacier. The inhabitants of the little hamlets, Solda, Trafoi, Prato, turned out to greet us with the Roman Salute, and our procession of cars, few of which held more than eight, and many less, must have appeared serpent-like as it twisted and turned.

Hail and ice for a short time on the top, otherwise brilliant sun with the blue haze of distant mountains and in full view of the rugged peaks of the Latemar Group, truly a perfect sight on a perfect day.

Two days were spent in Merano, institutions visited and excursions made. At the official reception, presided over by Count Ascarli, Governor of the Province, papers were read bearing on the objects of the visits by doctors of various nationalities.

On the last evening we were invited to a "Fête de la Vengeance." The huge Casino was decorated with trails of vine, the centre resplendent with small tables for refreshments including large ornamental baskets of grapes. A picturesque touch was given by the arrival of a gigantic figure attired in all the paraphernalia of a hunter, symbolical of the "God of the Chase," who, attended by peasants, offered a super basket of grapes to the Governor.

Meanwhile, on the stage at one end of the Casino, peasants in National Costume entertained us with dances and songs.

From Merano to Bolzano, more visits and more entertainments. Here we were allowed to join with a large body of Italians in placing a magnificent laurel wreath on the steps of the Triumphal Arch erected to the memory of the "Unknown Alpini."

From Bolzano to Azco and Priva and then by boat the full length of the Lac du Garda, stopping en route to visit institutions and be feted. At one banquet we found ourselves sitting among a large party of Italians, and when the

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