

TREATING CONSUMPTION UNDER IDEAL CONDITIONS:

The Work of the East Anglian Sanatorium at Nayland

It is only recently that the general public has been awakening to the fact of the tremendous curative power of the country, and with the increased popularity of hiking, camping, walking tours, and other forms of open-air exercise, there is every reason to hope that the rising generation will considerably benefit by increased healthiness. But what of the present generation? To-day a large percentage of our people are dwelling in congested areas, whilst the pace of the life of to-day is resulting in an increased number of nervous and physical troubles which add an additional burden to the hospitals. Of the diseases so prevalent to-day, none is "more subtle, more dangerous, nor more deadly" than is Consumption.

To those pioneers in the medical world who have worked with unfaltering zeal amongst the consumptives this nation owes a great debt, and, in this connection, special mention should indeed be made of the East Anglian Sanatorium at Nayland,



A panoramic view of the East Anglian Sanatorium, Nayland, Essex, where such admirable work is being done in the fight against tuberculosis.

Essex. Although a small effort was made at Downham Market to deal with consumptive cases, this Sanatorium was not opened until January 1901, and three years later a department for poorer patients was opened under the same management. In 1912 a great step forward was the provision of accommodation for children, and to-day children are sent from the London County Council, the Liverpool Public Health department, Dr. Barnardo's Home, and numerous other authorities and private sources.

Apart from the medical side of the children's life in the sanatorium, five or six teachers are employed and four hours of secular instruction are now given

daily. English, Geography, History, Arithmetic and various forms of handwork are embodied in the curriculum, and additional subjects are selected for those of increased ability. Recreation plays its part, too, for there is a library and all kinds of games and sports are encouraged, although, as in the case of study, the school is under the supervision of the medical staff, and great care is taken to avoid any strain of any description.

Most people who have any knowledge at all about consumption realise that mental

satisfaction is absolutely essential if the disease is to be conquered. For this reason, therefore, the sanatorium has its own workshops, and an effort is now being made to make these self-supporting. Every effort is made to cater for differing tastes, and so extensive are the fields covered that one patient was taught to spin wool from the Angora rabbits in the rabbitry; other patients then made up knitted garments in both dyed and natural wool.

Naturally, the patients are subject to rules and regulations which must be adhered to, but all of these tend towards the smooth running of the institution.

As far as the situation is concerned, praises cannot be too loud. The sanatorium is well away from any town or main roads, and faces south—the ground sloping gently downhill southwards, whilst the nearness of the Stour Valley provides first class scenery for the inmates. With a view



East Anglian Children's Sanatorium.—Administrative Block.



The Children's Sleeping Pavilion.



Malting's Farm Sanatorium.—The Courtyard.