

# How to Avoid Tuberculosis

## CUT OUT AND POST IN SCHOOL HOUSE FACTORY, STORE, PUBLIC BUILDING

Do not spit, except in a spittoon or in a cloth or handkerchief used for that purpose alone. On your return home have the cloth or handkerchief burned, or put in water until ready for the wash.

Never spit on a slate, floor, sidewalk or playground.

Do not put your fingers into your mouth.

Do not pick your nose or wipe it on your hand or sleeve.

Do not put pencils in your mouth or wet them with your lips.

Do not hold money in your mouth.

Do not put pins in your mouth.

Do not put anything in your mouth except food and drink.

Do not swap applecores, candy, chewing gum, half-eaten food, whistles, bean-blowers, or anything that is put in the mouth.

Peel or wash your fruit before eating it.

Never cough or sneeze in a person's face. Turn your face to one side, or hold a handkerchief over your mouth.

Keep your hands and face and finger-nails clean, and wash your hands with soap and water before each meal.

When you do not feel well, have cut yourself, or have been hurt by others, don't be afraid to report it to the teacher.

## MUSKOKA FREE HOSPITAL A FINE PLACE

Words of one who has been there.

ED. J. CALLAGHAN, HAMILTON, ONT.—“Just a few lines to let you know how I am getting along. I am feeling fine and have gained fifteen pounds. I now weigh 187 pounds which is two pounds more than I ever weighed when in good health. I expect to be examined this week, then I shall know more about how I am getting along but I must say that this is a fine place, and I believe, if the people in the city could put in a short time around here, there would be no need for putting up signs to stop spitting on the sidewalks.”