

4. Always wash your hands clean with soap and water before eating a meal or your lunch.
5. Do not use a drinking-cup or glass which has been used by others without washing it first.
6. Never spit on a slate nor on the floor, playground or sidewalk.
7. If you have to spit in a handkerchief, have some one put it in water until it goes to the wash. When you have a cold, it is better to use cloths instead of handkerchiefs so that they can be burned right away.
8. Do not pick your nose nor wipe it on your hand or sleeve.
9. Do not cough or sneeze without covering your mouth with a handkerchief. That is the way colds and other diseases are spread. Especially, never cough or sneeze in a person's face.
10. Do not give nor accept kisses on the mouth.
11. Keep your teeth clean. Clean them with your own toothbrush and wash the mouth with water after each meal, or at least on getting up in the morning and on going to bed at night. Be sure your toothbrush is clean. Scald it and hang it in the sunlight.
12. Keep your body clean, outside and inside.
13. If you get a cut or wound, tell some one, and have the cut kept clean; disinfected if necessary, and protected from dirt.
14. Breathe deeply in the fresh air and often. Learn some good breathing exercises and practise them every day in the open air.
15. Do what you can to get others to keep these rules and be healthy.

Several of these rules are adapted from Dr. S. A. Knopf's Prize Essay "Tuberculosis as a Disease of the Masses and How to Combat It." (Journal of the Outdoor Life.)