

Selections.

What the Tuberculous Patient Should Know.

Stevens insists on the tuberculous patient coughing into a handkerchief, not coughing at all in the dining-room, never swallowing the expectoration, using an antiseptic mouth wash before each meal, and the careful cleansing of the hands, avoiding talking if it increases the cough, avoiding spitting into anything excepting a proper sputum receptacle, the thorough disinfection of whatever is soiled by the sputum, abstinence from kissing, taking exercise only under direction and none of a sporting character, taking none if the temperature is abnormal, if there is blood in the sputum or if losing in weight. Always stop before becoming tired, never run or get out of breath, and never lift or strain, avoid breathing exercises except those as specifically directed. If the temperature reaches 100 lie down, and if it reaches 101 undress and go to bed in earnest. Spend ten hours in bed each night, and retire early enough to finish your sleep before sunrise. Spend all the time possible in the open air. Keep the windows of the sleeping room open. Protect the head from the direct rays of the sun when taking outdoor rest cure, avoid dust, draughts, crowded and poorly ventilated rooms, and if you catch cold report at once to the physician. If the digestion is good use a generous mixed diet, taking no food between meals. Forced feeding, if necessary, must be under the direction of a physician. It is not the quantity eaten, but the quantity digested or assimilated that benefits. If not on the full diet, a light luncheon of milk and crackers, malted milk or raw egg should be taken regularly two or three hours after each meal, taking no food within less than two hours of a regular meal. Do not drink milk hastily. Sip it, eating something at the same time. Regularity of meals is essential. Take only such medicines as are prescribed and stop any that disturb the stomach; beware of sleep producers. Throw away any medicines that have been ordered discontinued. The clothing should be adapted to the individual; avoid chilling and overheating; wear nothing that interferes with respiration. Use sensible footwear, and no chest protectors. Unless there is special reason for not doing it, a cold sponge bath or shower bath should be taken each morning, and a full warm bath only once a week, rubbing the skin well with a coarse towel after the shower or sponge bath. Omit the cold baths during a pleurisy, or after a night sweat, or if the morning temperature is below 97 F., using a dry rub instead. Alcohol, if prescribed in exceptional cases, should be used the same as medicine and with the same care as to dose and time as with other medicines. Smoking should not