

40. What is a sanatorium?

It is a "place for healing;" an establishment devoted to the open-air treatment of tuberculosis under proper medical supervision; where patients are taught proper care of themselves, and how to avoid communicating the disease to their families and friends.

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41. How may consumption be guarded against?

By avoiding all sources of infection by the microbes, and avoiding everything that weakens the body, and lowers the resisting powers.

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42. What are the chief measures necessary to stamp out the disease?

Stopping the habit of careless spitting, and carefully destroying the sputum of those known to suffer from the disease.

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43. How can the sputum be destroyed?

It should be burnt. The patient must be provided with a "sputum cup," or failing this, he should expectorate into the folds of a news-

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