

those who are debilitated from exposure to filth, dampness or foul air from whatever source.

It is better not to use handkerchiefs for cleansing the nostrils and mouth of the patient, but rather soft rags which should be immediately burned.

Children in the family should not attend school nor mingle with other children until the patient has wholly recovered and all infected articles have been disinfected.

#### MEASLES.

Measles, like scarlet-fever and small-pox, is liable to spread from person to person by contagion or by infection.

It may be contracted directly from the person who is ill with the disease, or it may be taken from the house in the clothing or anything that has been used by or about the sick person, and which has not been thoroughly disinfected.

It attacks persons of all ages and at all seasons of the year.

It manifests itself in about a week after exposure to the disease, and as a rule, occurs but once in the same person.

---

The precautionary measures mentioned above have been compiled from the best information obtainable, and are most earnestly recommended to the people, with the knowledge that their application will avert a vast amount of preventible disease, and aid materially in maintaining a sound condition of the public health.

By order of the Board of Health,

J. C. MACKINTOSH, Mayor,  
*Chairman Board of Health*

JOHN McINNIS,  
*Chairman Sanitary Committee.*

THOS. TRENAMAN, M.D.,  
*City Medical Officer.*