

17. If you have a running sore, take up the matter which is given off with absorbent cotton and burn it.

18. Avoid handshaking and kissing. These customs are dangerous to you as well as to others. They may give others consumption; they may bring you colds and influenza, which will greatly aggravate your disease and may prevent your recovery.

19. Do not cough if you can help it. You can control your cough to a great extent by will power. When you cough severely hold a paper napkin to your mouth so as not to throw out spit while coughing.

20. Sit out of doors all you can. If you have no other place to sit than the pavement, sit on the pavement in front of your house.

21. Don't take any exercise except upon the advice of your doctor.

22. Always sleep with your windows open, no difference what the weather may be.

23. Avoid fatigue. One single fatigue may change the course of your disease from a favorable one to an unfavorable one.

24. Go to bed early. If you are working, lie down when you have a few moments to spare.

25. Don't take any medicine unless it has been prescribed by your physician. Medicine may do you harm as well as good.

26. Don't use alcoholic stimulants of any kind.

27. Don't eat pastry or dainties. They do not nourish you and they may upset your stomach.

28. Take your milk and raw eggs whether you feel like it or not.

29. Keep up your courage. Make a brave fight for your life. Do what you are told to do as though your recovery depended upon the carrying out of every little detail.

30. Always keep in mind that consumption can be cured in many cases and that it can be prevented in all cases.

31. If your own disease is too far advanced for you to recover, console yourself with the idea that you can keep those who are near and dear to you from getting it.

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Every graduate in medicine has an ambition to possess a chunk of bromide of radium. Madame Curie says that she has not located more than about twenty grains of the wonder working salt. Anyone with forty or fifty thousand dollars of loose change may get a bit.—*Journal of Dermatology.*