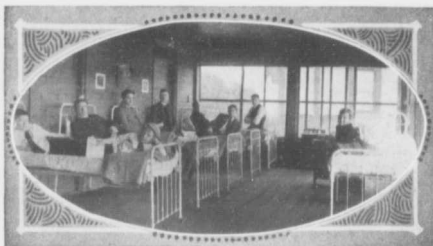


## KING EDWARD SANATORIUM

4. Ordinary handkerchiefs must not be used except by special permission.
5. Soiled cloths and sputum cups must be deposited according to nurses's instructions, so they may be gathered and burned.
6. Violent coughing is rarely necessary to raise expectoration, and all coughing and hawking without expectoration is harmful and can be suppressed by constant practice.



Verandah of Sleeping Pavilion

7. If obliged to cough at meals, leave the dining room. It annoys the other patients. Avoid all disagreeable sounds of clearing nose and throat.
8. Patients are not allowed to brush their teeth in the bath room or expectorate there or in the closets.
9. Patients noticing blood stained sputum are to remain quiet and report to the nurse at once.
10. Patients must wash their hands thoroughly in soap and water, cleanse the teeth and use mouth wash provided, before partaking of any meal or before retiring.
11. Patients must not put such things as pens or pencils in their mouth, moisten the fingers with saliva, or moisten stamps or envelopes with lips or tongue.
12. Patients should not fondle or kiss children as they are very susceptible to the disease.

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"Do your best, hope for the best, and don't worry."