

Miscellaneous.

Rules for Patients of the Henry Phipps Institute for the Study Treatment and Prevention of Tuberculosis.

1. Don't spit on the pavement, on the streets, nor into any place where you cannot destroy the germs which you spit up.
2. Do not swallow any spit which comes up from your lungs or which comes out of the back part of your throat.
3. Spit into a cup when it is possible to do so.
4. Always use a spit cup with a handle to it so that you can hold it close to your mouth.
5. When you use a china or earthenware spit cup always keep lye and water in it and scald out the spit cup once or twice a day with boiling water.
6. When you use a tin spit cup with a paper spit cup inside, burn the paper cup at least once a day and scald the tin cup with boiling water.
7. Never use a handkerchief or a rag or any material other than paper to spit in or to wipe your mouth with.
8. When you cannot spit into a spit cup, spit into a paper napkin.
9. Always use a paper napkin to wipe your mouth with after spitting, and be careful not to soil your hands.
10. Always carry a cheap paper bag in your pocket or caba to put paper napkins in which you have used.
11. When you have used a paper napkin, either to spit in or to wipe your mouth with, fold it up carefully and put it away in a paper bag.
12. Every evening, before going to bed, burn your paper bag, together with the napkins which you have deposited in it.
13. Do not let any spit get on your clothing or your lips and hands or your bed clothes or carpets or furniture, or on anything about you, wherever you may be.
14. If, by any accident, any spit should be deposited anywhere else than in your spit cup or in your paper napkin, take pains at once to destroy it, either by taking it up and putting it in the fire or by putting lye and water on it.
15. If you have a moustache or beard, shave it off or crop it close.
16. Always wash your lips and hands before eating or drinking, and rinse out your mouth.