

hospitals. Yet examining the statistics of 10,000 such children Dr. Hutinel could only find the insignificant number of ten deaths recorded as being from tubercular affections.

If this be the case—if phthisis be communicable, and if, in a very large proportion of cases, the infection is due to the entrance of bacilli into the air passages in the form of dust—then knowing these facts it is in the power of the phthisical patient and those around him to lessen greatly the chances of other human beings becoming infected through him. And the following rules are worthy of the earnest attention of every right-minded patient and his friends.

It is of most urgent necessity that for the common good they should be carried out with the utmost rigour.

RULES TO BE OBSERVED AS TO THE SURROUNDINGS OF  
THOSE SUFFERING FROM CONSUMPTION OR TUBERCULOSIS OF THE LUNGS.

1. For the safety of those around him the patient should only expectorate into cuspidors, and when not bedridden he should carry a pocket spit-cup for use whenever in the house and places of public resort where there is no cuspidor available. A simple bedroom cuspidor can be made out of a cup kept for this purpose alone, and half filled with water.

2. To make sure that their contents do not become dried up and so carried off as dust the cuspidors should contain water. Their contents should be poured daily in the sewer or cesspool (where the bacilli are soon destroyed).

3. Where the patient is up and about, and cannot employ cuspidors, handkerchiefs must be used, which are changed frequently, and placed in boiling water so soon as they are done with.

4. The soiled handkerchiefs and bed linen of such patients must be kept apart from those of healthy persons, and must be well boiled in the process of washing.

5. Unless the position of the patient render this an impossibility (and in this case, for the safety of the family, he should enter a hospital) the patient must sleep alone—preferably in a room by himself.

6. Whether the patient is up and about, or whether he is confined to bed, the following points should be attended to with regard to the bedroom :

(a.) It should be sunny, well ventilated and free from dark corners.

(b.) All articles which collect dust should be removed—