

Tuberculosis.

The Medical Examiner, in a recent issue, had the following plain facts regarding Tuberculosis.

Consumption is generally contracted by the transmission of the poisonous germs in the consumptive's spit. The poisonous spit dries and goes as dust, into other people's lungs. A little poisonous spit, when scattered in dust, is enough to affect dozens of people. That is why careless spitting is dangerous. That is why everybody should be careful to spit only into spittoons or into the gutter. People who spit on the floors of their homes spread disease. Workmen who spit on the floors of their workshops spread disease. Tobacco juice is just as dangerous as any other spit. People who spit on the sidewalk where women may get it on their dresses and take the poison home, spread the disease. Don't be a careless spitter.

A consumptive who coughs and spits anywhere and everywhere is a danger to his family and to all about him. He will poison the house he lives in and the shop where he works. He should cough and spit into a cloth or paper that can be burned, so as to kill the poison in his spit. A careful consumptive, who coughs and spits into anything that can be boiled or burned, is perfectly safe to be about you. Be kind to the careful consumptive, but avoid the careless consumptive who coughs and spits everywhere and anywhere. He is dangerous to have about you.

Sunlight and fresh air kill the poison in the consumptive's spit. Don't live or work in rooms where there is no fresh air; such rooms are dangerous. Always sleep with your windows open in winter and summer. Don't be afraid of damp air. Don't be afraid of night air. They are not dangerous, but rooms that are kept closed are dangerous because the

poison of disease is in the air of such rooms. Let all the sunlight and fresh air that you can into your rooms. Sleep in the fresh air. Work in the fresh air. Live only in the fresh air.

Consumption may be cured if taken in time, but usually not otherwise. If you suspect that you have consumption—if you have a slight cough that hangs on—if you are gradually losing weight—if you have a slight fever in the afternoon, go at once to your family physician, so as to make sure whether you have consumption or not. Don't waste time on consumption cures—they only waste your money and your time.

Consumption is cured, if taken in time, by these three things: FRESH AIR, REST, FOOD. Fresh air—summer and winter, rain or shine, day and night, out of doors if possible. Rest—all you can get. Food—all you can eat of plain food, bread and butter, milk and eggs. Medicine is of little use. Patent medicines do not cure consumption. While you are taking them you are losing time. Fresh air, rest and food are better than all the medicines you can take. Don't lose time with medicines.



On the Safe Side.

"Doctor," said the caller, "I'm a victim of insomnia. Can you cure me."

"I can," replied the physician. "But before I take the case I want to ask you one question. Are you in business for yourself or do you work for others?"

"I'm employed as clerk in a grocery?" answered the patient.

"Then you'll have to pay in advance," said the doctor. "I'm not doubting your honesty, but after I get through with you the chances are you will sleep so soundly that you'll lose your job. Then you can't pay me."