

- in relation to, 59; fresh air in relation to, 60, 68; how to develop, 59; "hustling" in relation to, 66; location in relation to, 59; marriage in relation to, 70; morality in relation to, 69; occupation in relation to, 62; regularity in relation to, 66; system in relation to, 66; what constitutes, 18
- Resolutions, how to keep, 170
- Rest, definition of, 146; importance of, to white cells, 145
- Results in tuberculosis, 228; classification of, 230
- Rewards in tuberculosis, 238
- Rules for self-government, 172
- Sanatorium, after leaving, 234; compared to home, 103; description of, 117; education in, 104; life in, 101, 124; possibility of infection in, 106; programme of, 122; results of treatment at, 228; selection of, 110, 117
- Sanitation, importance of, in tuberculosis, 129
- Secondary, infection, at home, 198; at sanatorium, 107
- Self-control, 167, 244; self-training in, 168
- Self-deception, 83, 231
- Serum, preparation of, 178
- Sexual excess in tuberculosis, 215
- Sleep, regulation of, 155
- Smoking, 201
- Softening, 40, 206
- Spitting of blood, 202
- Sputum, accidents with, 249; control of, 48; danger from, 53; disposal of, 248; management of, 151; origin of, 34
- Starling's experiments, 165
- Sunlight, as disinfectant, 18
- Sweats, 193
- Symptoms and signs of tuberculosis, 73
- T**
- Temperature, taking of, 147 (see also Fever); discontinuing the taking of, 234
- Termination of tuberculosis, 228
- Throat, infection of, 45, 200
- Tobacco, use of, 201
- Tooth-brush, care of, 250
- Toxin, effects of, 176
- Transmission of tuberculosis, 149
- Travelling, arrangements beforehand, 117; arrangements during, 121
- Trudeau's experiment with rabbits, 129
- Tubercle bacillus (see *Bacillus tuberculosis*)
- Tubercle, description of, 34
- Tuberculin, administration of, 168; character of, 178; reaction, 31; value of, 179
- V**
- Vaccine, preparation of, 178; autogenous, 184; results from, 185; use of, 184
- Visits and visitors, 155
- W**
- Water, use of, in tuberculosis, 140
- Weight, in tuberculosis, 187; mechanism of adding, 160; in diagnosis, 77
- White cells, description of, 19; distribution of, 20; work of, 157, 164
- Work, return to, 233
- Worry, 220