

DISINFECTION OF THE HANDS

For general purposes and habitual use, a good brand of carbolic soap and hot water is all that is necessary. Where, however, the hands become contaminated with visible sputum, it is well to soak them for a minute or two in a 1 per cent. lysol solution after washing them. Before drying, they should be thoroughly rinsed in clean water.

CARE OF TOOTH-BRUSH

Unless a tooth-brush is occasionally disinfected it becomes a harbinger of many varieties of germs. An occasional boiling, or a soaking of it for twenty-four hours in some disinfectant, is of advantage. The ideal scheme, however, is to have a long glass bottle with a perforated partition raised one inch from the bottom. To a depth of one-half an inch from the bottom is placed undiluted (commercial) formalin, the fumes of which fill the bottle and create an antiseptic environment for the brush. The bottle, of course, must be kept corked, and the brush should be rinsed carefully before using.

MOUTH WASH AND THROAT GARGLE

Ordinary baking soda (soda bicarbonate), one-half teaspoonful to a third of a tumbler of warm water, is good for general and habitual use as a gargle. Used regularly three times a day before meals, it is a preventive of colds and other infections.

DISINFECTION OF DISHES AND EATING UTENSILS

To disinfect dishes satisfactorily, there is required an ordinary dish-pan or pot, fitted with a