

## RULES FOR ATTENDANTS.

The floors, woodwork and furniture of rooms in which consumptive patients stay should be wiped with a damp cloth, not dusted or swept in the dry way.

Clothing may be disinfected by boiling. Rooms may be disinfected with formaldehyde fumigation (large doses), supplemented with the washing of floor and woodwork with solution 5. This should be done every few weeks when practicable, while the rooms are occupied by the patient. If the floor or other surfaces are accidentally soiled with sputum, the spots should be wet and rubbed thoroughly with solution 5 or 1, 2 or 3.

Rooms for consumptives should not have fixed carpets. A few rugs may replace them; these should be frequently carried to the open air and exposed to the action of direct sunshine for several hours at a time. For thorough disinfection of them, steam is the best. The tableware of the patient, the knife, fork, cup, and particularly spoons, should be kept separate and washed by themselves in scalding water.

In addition to the danger from infectious dust, if it is allowed to be diffused through the air, there are other possible ways of communicating the infection: it may be carried directly to the mouth by the fingers, or indirectly by handling articles of food. After soiling the hands, cleanse them carefully and disinfect in solution 1, 2 or 3. Guard against inoculating cuts or abrasions with sputum.

## RULES FOR EVERYBODY.

(a) Anything tending to lower the tone of the general health may act as a predisposing cause—insufficient nourishment, overwork, loss of sleep, worry, close and dusty air. Avoid these. Give sleeping rooms a prolonged airing and sunning during the day, and as much night ventilation as is practicable. The dwelling-place should be dry naturally or made so artificially. If it is thought that there is a family predisposition to consumption, an outdoor occupation should be chosen. Live in the open air and sunshine as much as possible.

(b) Every new case of tuberculosis comes from some earlier case. The germs of this disease retain their vitality and their infectivity a long time under favorable conditions. Therefore, do not bring into your house clothing formerly used by consumptives, unless it has been thoroughly disinfected; do not allow your wives and daughters to risk infecting your home with