

pose of it so that flies or any domestic animals cannot reach it. Wash cup or spittoon in *boiling* water, and then with soap and water, or, preferably, put into water and boil for some time (boiling water will kill consumptive germs almost immediately, but it would be safer to boil for ten minutes, so that sputum may be disintegrated and exposed to the heat). The patient should have two spit cups for alternate use. A cover should exclude flies. Cleaning can be done with washing soda and boiling water, or soap and hot water.

5. When away from his home, the patient may spit into Japanese paper napkins or paper handkerchiefs (Henderson Bros. have supply). After one use it must be put in rubber tobacco pouch until it can be burned, or, preferably, burned at once.

6. Spitting into handkerchiefs should be avoided. If forced to do this, the handkerchief should be boiled before the sputum dries. Handkerchiefs upon which the sputum is allowed to dry surround the user and his friends with infection, infect the pocket and everything else they touch, and lessen the patient's chances of recovering (it must be borne in mind that an infected person can be re-infected many times, and so hasten the end).

After coughing or spitting, the lips should not be wiped with the handkerchief used for the nose. The lips should be wiped with paper napkins, to be burned at once or folded up, so that the contact side is within, and treated as if it contained the sputum.

Repress cough as much as possible; cough gently with mouth closed as much as possible, or hold paper napkin before mouth and then treat it as infected. Never swallow the sputum; by so doing you favor the extension of the disease to the intestinal tract.

Do not soil personal or bed clothing with the sputum, nor the hands when avoidable; disinfect at once when such occurs in solution 1, 2 or 3.

Male patients who wear a moustache or beard should keep it closely clipped, and should disinfect with solution immediately on soiling; wash hands and lips frequently.

Do not infect immediate surroundings of home, or spit upon grass or hay, or anywhere else where sputum can be eaten by cattle or other animals or chickens.

Finally, let the patient ever remember that filth, foul air and darkness are the friends of the germs, that sunlight, fresh air and cleanliness are their worst enemies.