

to any district or other nurse who realises the importance of educating the ignorant in these matters, and so is helping to carry on the crusade against a preventable disease which is answerable for "one death in every eight in this country," and "one half of all the deaths in the United Kingdom between the ages of twenty-five and thirty-five."—Yours faithfully,

HELEN TODD,  
Matron.

The National Sanatorium, Bournemouth.

#### RULES FOR CONSUMPTIVES.

(Published by the National Sanatorium, Bournemouth).

Consumption, or Tuberculosis of the Lungs, is a preventable disease. It is communicable from man to man, and from one organ to another.

##### THE SPIT OR SPUTUM.

The disease is caused by a germ or bacillus, which is present in the sputum of all persons suffering from Consumption.

If the sputum be allowed to dry, the bacilli are set free in the air, and may be inhaled into the lungs, causing consumption in any person pre-disposed.

This pre-disposition may be inherited, or acquired by over-crowding in ill-ventilated, damp, or dusty dwellings, by insufficient food, and by irregular habits of life.

The breath of consumptives is not infectious, and if the sputum be carefully disposed of, there is no risk to healthy persons attending them.

Spitting on the ground or floor of any building is an unclean, and dangerous habit.

All persons suffering from consumption, in order to avoid the very great risk of spreading the disease to others, or of re-infecting themselves, should see that their sputum is kept moist till it can be destroyed.

This can only be done by *always* receiving the expectoration into some vessel, which should contain a disinfectant, such as dilute carbolic acid (which may be obtained free on application to the Local Sanitary Authority). For this purpose a cup may be used at night, and, during the day, a pocket spittoon flask should always be carried. These spittoons can be obtained from a chemist, or one will be sent, post free, on application to the Secretary, at a cost of three shillings.

The sputum must be burnt in a clear fire, and the cup and spittoon boiled for ten minutes.

A handkerchief should on no account be used for expectoration, but the nose and mouth can be wiped with pieces of inexpensive muslin, or with Japanese paper handkerchiefs, which can be had through any chemist, at about 1s. 6d. per hundred.

They must be burned immediately when soiled.

These handkerchiefs must not be carried loose in the pocket, but in calico bags, which must be frequently boiled.

At night the handkerchief should be placed in a small basin at the bedside; never under the pillow.

Consumptive persons must not swallow their phlegm, as by so doing they are liable to contract consumption of the bowels, or other organs of the body.

Kissing on the mouth is to be avoided.

##### THE TOILET.

To prevent catching cold, a cold sponge bath should be *quickly* and *quietly* taken every morning in a warm room.

The finger nails should be kept short, and carefully scrubbed before all meals, to avoid infection by minute particles of dried sputum on the fingers.

##### DIET.

Persons suffering from consumption should take as much nutritious food as they can possibly digest, and drink six glasses of milk during the day, to make up for the wasting caused by the disease.

The food should be thoroughly cooked, and the milk sterilised,

##### CLOTHING.

Light warm clothes should be worn, and changed if wet on reaching home.

The under-flannels must on no account be worn day and night.

##### CLEANING AND VENTILATION.

Wherever there is dust and dirt the tubercle bacillus flourishes, so that it is of the greatest importance that rooms occupied by consumptives be kept scrupulously clean,

In sweeping rooms, wet tea leaves or damp sawdust must be used, to avoid raising the dust, and the sweepings must afterwards be burnt in a bright fire.

If the air of all rooms, public buildings, vehicles, etc., is not frequently changed, it becomes laden with poisonous impurities, exhaled from the lungs of the occupants, and these impurities being constantly re-breathed, are extremely injurious to health, and pre-dispose to consumption.

Consequently it is essential that all apartments be thoroughly ventilated, by keeping windows open as much as possible, day and night, avoiding draughts.

The chimney flue must on no account be blocked up. Patients leaving the National Sanatorium must remember that they are always to some extent liable to re-infection, and that they must therefore continue to carry out in themselves, and in their families, the laws of health taught them whilst in the Institution, as regards the disposal of sputum, the need of cleanliness, fresh air and ventilation, and the importance of a wholesome and liberal diet.

A. E. B.

### A Sad Accident.

The Rev. G. Stanley Owen, of Derby, and his family have sustained a terrible shock, news having reached them from South Africa of the sad death of Sister Minnie Owen, a younger daughter. She was accidentally drowned at Germiston. Miss Owen received her training at the Royal Infirmary, Derby, and left last August for South Africa, having volunteered for active service. This is the first death from accident sustained by the Nursing Service during the war.

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