

DISPENSARY CIRCULAR OF JOHNS HOPKINS HOSPITAL.

DIRECTIONS TO PATIENTS SUFFERING FROM TUBERCULOSIS.

Tuberculosis is a disease caused by the growth of very small living germs in various parts of the body. The organ most frequently diseased is the lung. The mucus or spittle coming from such a lung may contain millions of living germs, and may therefore be a source of danger to other people and also to the patient if not carefully disposed of.

One careless person may be the cause of the disease being given to many others. If the mucus is expectorated in improper places it may dry and become dust, and when blown about in the air it may be inhaled by healthy persons, who become infected by the disease-germs contained in the dust.

Precautions about Expectoration, Care of Rooms, Dishes, &c.

1. Cover the mouth when coughing with the hand or with a handkerchief.
2. Never spit about the streets, on the floor, into the fireplace, or into any vessel unless it contains a disinfectant solution.
3. When indoors always spit into a cup or spittoon containing a disinfectant solution, such as carbolic acid one part, water twenty parts, or washing soda dissolved in water (as much soda as the water will dissolve). Use plenty of the disinfectant solution.
4. Empty the cup or spittoon once a day at least into the water-closet, never upon a dust heap. After emptying, wash the vessel well with boiling water and add fresh disinfectant.
5. When out-of-doors spit into pieces of paper or pieces of old linen, and carefully burn the soiled pieces when you return to the house. If handkerchiefs are used, place them when soiled in one of the disinfectant solutions, and after soaking have them boiled for ten minutes before being washed with other clothes.
6. Do not swallow the expectoration, as by so doing other organs of the body may become diseased.
7. Kissing on the lips should be avoided, as germs may be conveyed thus from one person to another.
8. All dishes used by the patient in eating should be boiled five minutes. It is better for the patient to have his own dishes.
9. Bed-linen, towels, etc., used by the patient should be boiled by themselves.
10. Very intimate association with a patient who has lung disease should be avoided. On no account should another person share the same bed; if possible, the patient should have a bedroom to himself.
11. Rooms should be kept clean and well aired. Allow as much sunlight in them as possible; the germs cannot live long in bright sunshine. When sweeping or dusting always use a damp broom or cloth and avoid as much as possible creating a dust. Dust-cloths should be boiled.
12. Rooms which have been occupied by those who have a chronic cough should be well cleaned and painted or whitewashed before being occupied by other people. The walls and floors should be well scrubbed with strong solutions of soda (one pound of washing soda to six gallons of water) or lye, and the ceilings whitewashed. The walls then may be repapered or painted.

Care of Personal Health.

1. Live in the fresh air constantly; do not be afraid of cold or damp weather. Be outside all the sunny hours of the day.
2. Avoid overheated and ill-ventilated rooms. Keep the windows of your bedroom open all night. If you avoid a draught of air, you need not fear the cold.
3. Do not overclothe yourself; wear woollen garments next the skin, but do not wear more clothes than healthy people wear.
4. A cold sponge-bath every morning will make you less liable to take cold.
5. Drink much milk and eat as much as possible, even if you do not care to. Milk should be boiled before use.

The League of St. John's House Nurses.

A meeting to inaugurate a League of St. John's House Nurses was held at St. John's House, Norfolk Street, Strand, on Saturday afternoon last, at 2.30 p.m.

Amongst those present were Miss Passant, Miss Davis, Miss Genman, Miss Ham, Miss Frearson, Miss Collins, Miss Pipe, Miss Heaton, Miss Millard, Miss Whait, Miss Attfield, at present members of the staff; and Mrs. Day, Matron of the Eastern Fever Hospital, Homerton; Miss M. Breay, formerly Matron of the Metropolitan Hospital; Miss Preston, Miss Chaplin, Miss Mary Burr, Miss Laura Baker (Nurses' Co-operation), and other former members of the House.

The Sister Superior was in the chair, and welcomed those present in the following words:

ADDRESS OF WELCOME.

At this first meeting for the inauguration of our new Association of St. John's House Nurses, past and present, I wish to thank you all most heartily for coming this afternoon, and to say what a pleasure it is to me to welcome you; and how much I hope that our League will be a great success, and prove a real source of union to all its members.

As you know, there is something quite unique about St. John's House, which has a character and history of its own, having been founded in 1848 upon a religious foundation, with the object of improving the qualifications and raising the standard of nurses for the sick; and I believe that all its members have a great affection and respect for its good name, besides a certain amount of pride in being connected with one of the pioneer nursing institutions in this country.

It is true now that nursing has become better organized, and with organization has come *specialization*, some of the branches of work which we originally undertook have now been discontinued; hospitals now have their own nursing staffs, district nursing work has been undertaken

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