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CONSUMPTION I

DISEASE

Information for (

with Them

DIVISION OF COMMUNICABLE DISEASES

DEPARTMENT OF HEALTH

SOUTHWEST CORNER SIXTH AVENUE and 55th STREET

NEW YORK

CONSUMPTION IS CHIEFLY CAUSED BY THE FILTHY HABIT OF SPITTING

Consumption is a disease of the lungs, which is taken from others, and is not simply caused by colds, although a cold may make it easier to take the disease. It is caused by very minute germs, which usually enter the body with the air breathed. The matter which consumptives cough or spit up contains these germs in great numbers—frequently millions are discharged in a single day. This matter, spit upon the floor, wall or elsewhere dries and is apt to become powdered and float in the air as dust. The dust contains the germs, and thus they enter the body with the air breathed. This dust is especially likely to be dangerous within doors. The breath of a consumptive, except when he is coughing or sneezing, does not contain the germs and will not produce the disease. A well person catches the disease from a consumptive only by in some way taking in the matter coughed up by the consumptive.

Consumption can often be cured if its nature be recognized early and if proper means be taken for its treatment. *In a majority of cases it is not a fatal disease.*

It is not dangerous to live with a consumptive, if the matter coughed up by him be promptly destroyed. This matter should not be spit upon the floor, carpet, stove, wall or sidewalk, but always, if possible, in a cup kept for that purpose. The cup should contain water so that the matter will not dry, or better, carbolic acid in a five per cent. watery solution (six teaspoonsful in a pint of water). This solution kills the germs. The cup should be emptied into the water closet at least twice a day, and carefully washed with boiling water.

Great care should be taken by consumptives to prevent their hands, face and clothing from becoming soiled with the matter coughed up. If they do become thus soiled, they should be at once washed with soap and hot water. Men with consumption should wear no beards at all, or only closely cut mustaches. When consumptives are away from home, the matter coughed up should be received in a pocket flask made for this purpose. If cloths must be used, they should be immediately burned on returning home. If handkerchiefs be used (worthless cloths, which can be at once burned, are far better), they should be boiled at least half an hour in water by themselves before being washed. When coughing or sneezing small particles of spittle containing germs are expelled, so that consumptives should always hold a handkerchief or cloth before the mouth during these acts; otherwise the use of cloths and handkerchiefs to receive the matter coughed up should be avoided as much as possible, because it readily dries on these, and becomes separated and scattered into the air. Hence *when possible, the matter should be received into cups or flasks.* Paper cups are better than ordinary cups, as the former

with their contents may be burned after being used. A pocket flask of glass, metal, or pasteboard is also a most convenient receptacle to spit in when away from home. Cheap and convenient forms of flasks and cups may be purchased at many drug stores. Patients too weak to use a cup should use moist rags, which should be burned. If cloths are used they should not be carried loose in the pocket but in a waterproof receptacle (tobacco pouch), which should be frequently boiled. A consumptive should never swallow his expectoration.

A consumptive should have his own bed, and, if possible, his own room. The room should always have an abundance of fresh air—the window should be open day and night. The patient's soiled wash-clothes and bed linen should be handled as little as possible when dry, but should be placed in water until ready for washing.

Rooms should be cleaned daily, but in order to prevent the raising of dust, all floors must be well sprinkled before sweeping and all dusting, etc., done with damp cloths.

If the matter coughed up be rendered harmless, a consumptive may frequently not only do his usual work without giving the disease to others, but may also thus improve his own condition and increase his chances of getting well.

Whenever a person is thought to be suffering from consumption and has no physician, the Department of Health should be notified and a physician will call and examine the person to see if he has consumption, and then, if necessary, will give proper directions as to treatment.

Rooms which have been occupied by consumptives should be thoroughly cleaned, scrubbed, and whitewashed, painted or papered before they are again occupied. Carpets, rugs, bedding, etc., from rooms which have been occupied by consumptives, should be disinfected. Such articles, if the Department of Health be notified, will be sent for, disinfected and returned to the owner free of charge, or, if he so desire, they will be destroyed.

When consumptives move they should notify the Department of Health.

Consumptives are warned against the many widely advertised cures, specific and special methods of treatment of consumption. No cure can be expected from any kind of medicine or method except the regularly accepted treatment, which depends upon pure air, an out of door life and nourishing food.

Consumptives having an opportunity to enter a sanatorium, should do so at once.

Special dispensaries have been opened at Sixth Avenue and 55th Street, Manhattan, 361 Jay Street, Brooklyn, and Third Avenue and St. Paul's Place, The Bronx. Here cases of consumption receive advice and treatment (including medicines) free of charge. Cases may be referred thereto by physicians, charitable organizations and others.

In deserving cases, milk and eggs will be supplied. Pocket sputum cups can also be obtained there, and requests may be left for nurses to visit patients at their homes.

Hours: Manhattan: 10 a. m. to 12 noon, and 2 to 4 p. m. every week day, 8 to 9 p. m. (evening) Monday, Wednesday and Friday. Brooklyn: 2 to 4 p. m. every week day. The Bronx: 2 to 4 p. m. every week day.

Persons desiring additional information or assistance should apply to the Chief of the Division of Communicable Diseases, the Department of Health, Sixth Avenue and 55th Street, New York, the Association for Improving the Condition of the Poor, 105 E. 22d Street, the Charity Organization Society, 105 E. 22d Street, or the United Hebrew Charities, 356 Second Avenue.

BY ORDER OF THE BOARD OF HEALTH.

HERMANN M. BIGGS, M. D.,
Medical Officer.THOMAS DARLINGTON, M. D.,
President.

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能受傷惟肺形如華蓋最易受病或由外感而起初則咳嗽日甚一日漸成肺痿
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效驗

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