COLL. GAT.
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MEMORANDUM

IT IS TIME

TO BE WELL

ANTI-TUBERCULOSIS LEAGUE

OF CINCINNATI

AND

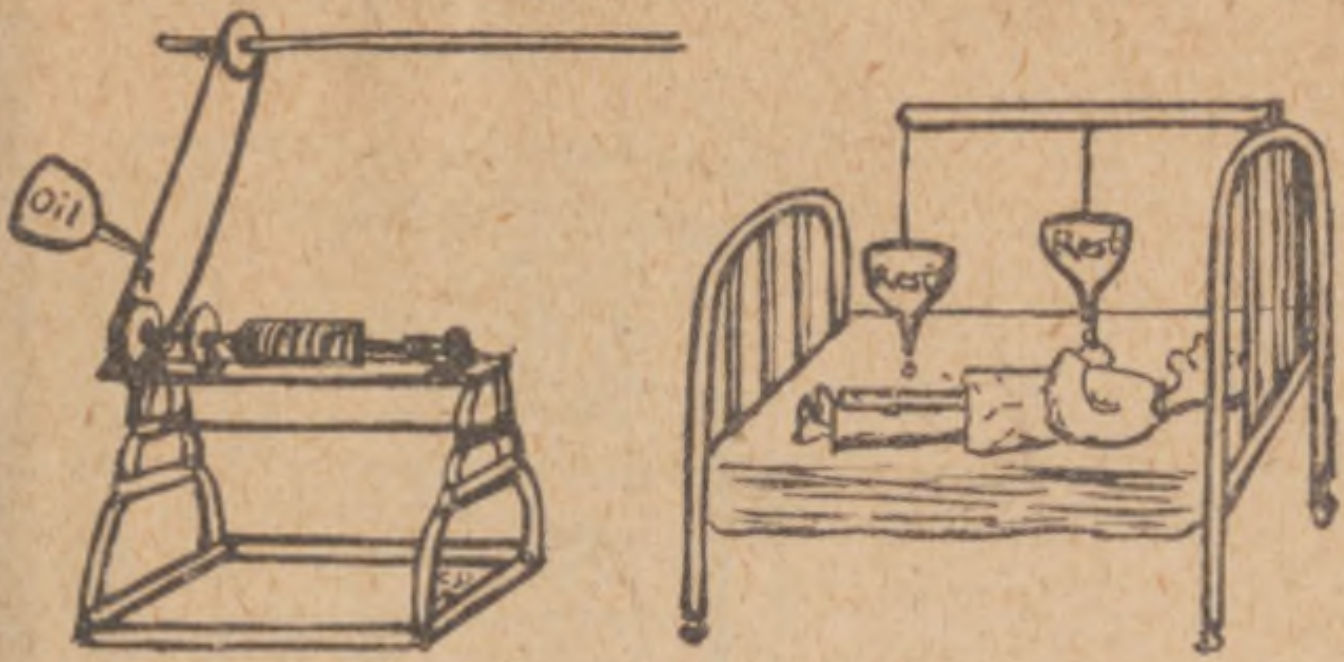
FREE DISPENSARY

HOURS: 12 to 2 Daily, Except Sunday.
Also, on Mondays Only, 7 to 8 P. M.

Mix fresh air, sunshine,
good food and rest,
Of all good prescriptions
you'll find this the best.

NLM

Water purifies the system. Drink several quarts every day.



Rest to the body is like oil
to the machine.

If your house is dark or damp, move your camp!

The careless spitter sows disease.

Dry sweeping spreads disease.

Keep the sun out and you will let the doctor in.