

TUBERCULOSIS PRIMER

FOR

SCHOOL CHILDREN

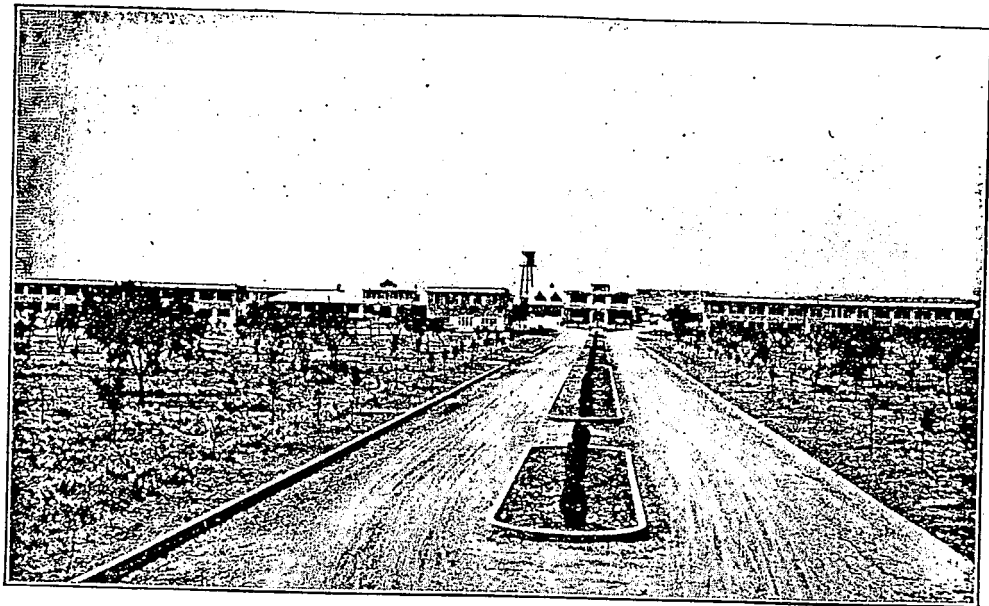


TEXAS STATE TUBERCULOSIS SANATORIUM

BUREAU OF

CORRESPONDENCE AND INFORMATION

SANATORIUM, TEXAS



BIRD'S-EYE VIEW OF TEXAS STATE TUBERCULOSIS SANATORIUM

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TUBERCULOSIS PRIMER

FOR

SCHOOL CHILDREN

(Second Edition Revised)

WRITTEN BY

DR. ROBERT A. PEERS

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Bureau of Tuberculosis

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STATE TUBERCULOSIS SANATORIUM

BUREAU OF CORRESPONDENCE AND INFORMATION

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obtained free upon request

In presenting this little book to the school children and their teachers of Texas, we ask them to assist us in our Campaign against Tuberculosis.

For many years the deaths caused from tuberculosis have been gradually decreasing. If this generation of school children will profit by the knowledge to be gained in the primer we know that never again in Texas can the "Captain of Death" claim a toll as he has in the past. We are learning more each year about tuberculosis and find that many things we thought about the disease are not true. Scientific methods have proven that it is preventable, that it is not inherited, and that permanent cures or arrests can be made.

The more children know of the truth, the more these newly discovered facts filter from the learned scientists into the rank and file of the people, the greater becomes our ground for hope in the Campaign.

For this reason we are having this little book printed to give to the children and teachers of our school. For this reason I sincerely hope they will accept it, welcome it, and use it.

J. B. McKNIGHT, M. D.,
Superintendent and Medical Director,
State Tuberculosis Sanatorium.

To the Teachers and Pupils of Texas:

Those of us who have had occasion to come in contact with the destruction wrought by the so-called "White Plague," realize that now is the opportune time to begin a determined fight on this remorseless enemy.

When a great general starts to prepare plans for an attack, his first consideration is the methods used by his enemy. Hence, the chief factor in our battle against tuberculosis should be education—both of the general public and our children. Your little Primer on Tuberculosis seems to me a very valuable book for use in our schools, and I commend it to the teachers of our State, with the request that a careful study be made of it, and that its teachings be applied wherever possible.

W. H. BAZLEY, M. D.,
State Health Officer.

PREFACE.

Why should we teach children about tuberculosis and what are the reasons for enlisting their aid in the fight against this great enemy of our race? What is the reason for the compilation of this little book and for the efforts put forth by the Bureau of Correspondence to bring before the children of our State the facts herein recorded?

In the first place there stands forth the great need of securing the help of everyone—children and adults—to carry on the fight against this dread disease at the earliest possible moment if we are to be successful. Tuberculosis claims the lives of more than ten thousand persons in our State every year, including several hundred children. One person dies from tuberculosis every three minutes in the United States. We believe in preparedness in this great war we are waging and this preparedness calls for the services of every person old enough to read and to appreciate what is taught him.

In the second place, children learn more quickly than adults. Impressions are more easily received and retained. One of the things the average adult must do when he takes up the study of tuberculosis is to unlearn most of the things which he supposes to be true regarding this disease. During the past few years we have learned that most of the things we thought we knew about tuberculosis are not true. To teach the adult we have a double duty; we must free his mind of wrong impressions and erroneous ideas regarding tuberculosis, and must also supply him with the facts as we know them today. With the child, it is different. He has no false knowledge to unlearn, no wrong impressions to erase; his mind is a page unsoiled by inaccuracies or erasures, but clean and white upon which we can write plainly the truth.

Again: it requires a generation, sometimes several generations, to overcome a great evil, or eradicate a disease such as tuberculosis, and it is common knowledge that if we can prop-

erly educate the rising generation—the boys and girls in the schools—the battle is half won. He who has the direction of the education of the children has a greater power than he who rules a great nation. The welfare of the state depends to a large extent upon the health of individuals comprising its citizenship. The child of today is the citizen of tomorrow. It is our duty to teach him to conserve his energies and preserve his health. Tuberculosis, as the greatest enemy to the health of our citizenship, is the foe which young America must fight most strenuously and most intelligently. Without a knowledge of the location of a foe, of his mode of attack, of his strength and of his vulnerable points, no battle can be waged successfully. This book is issued for the purpose of furnishing enlightenment regarding tuberculosis; how it is spread, how it affects the members of the human race and how best to combat it. We shall endeavor to so explain these various essentials of knowledge that they may be readily understood by the children of our primary schools.



Patients at the Sanatorium.

CHAPTER I.

A VERY ANCIENT DISEASE.

Tuberculosis is not a new disease. It is a very old one, having been described by doctors in their writings many years before the birth of Christ. It was present upon the earth and destroyed men and women and little children when the great countries of Europe, about which we study today in our geographies, were overrun with savages who lived in caves and trees and fought with bows and arrows and spears. All through the ages it caused the death of human beings. No one knew its cause; none knew how to cure it. It was so bad in time it came to be known as the "White Plague." Sometimes it would carry off one or two members of a family; sometimes it would blot out whole families. In fact, it seemed to run in certain families and for this reason it was thought by many to be inherited. By this I mean that people thought boys and

girls were born with a tendency to develop tuberculosis just the same as they were born with hair or eyes of a color similar to that of their parents or just as members of certain families look alike or walk in a manner similar to each other. Because people thought these things, it was believed that it was impossible to avoid this disease. If a person inherited tuberculosis he would develop that disease; if he did not, he would remain well. That was what they thought, but we know now they were wrong,' and I will tell you later why and how they were wrong. Then, again, because people, so far as they knew, always died when they took tuberculosis, it was thought that tuberculosis could not be cured. We now know that they were mistaken about this also as we shall shortly see. The three great mistakes people made regarding tuberculosis were, then:

1. They thought it was inherited.
2. They thought it could not be avoided.
3. They thought it could not be cured.

Today we know:

1. That tuberculosis is an infectious disease. (What an infectious disease is will be explained later.)
2. That tuberculosis can be avoided. It can be prevented.
3. Tuberculosis can very often be cured.

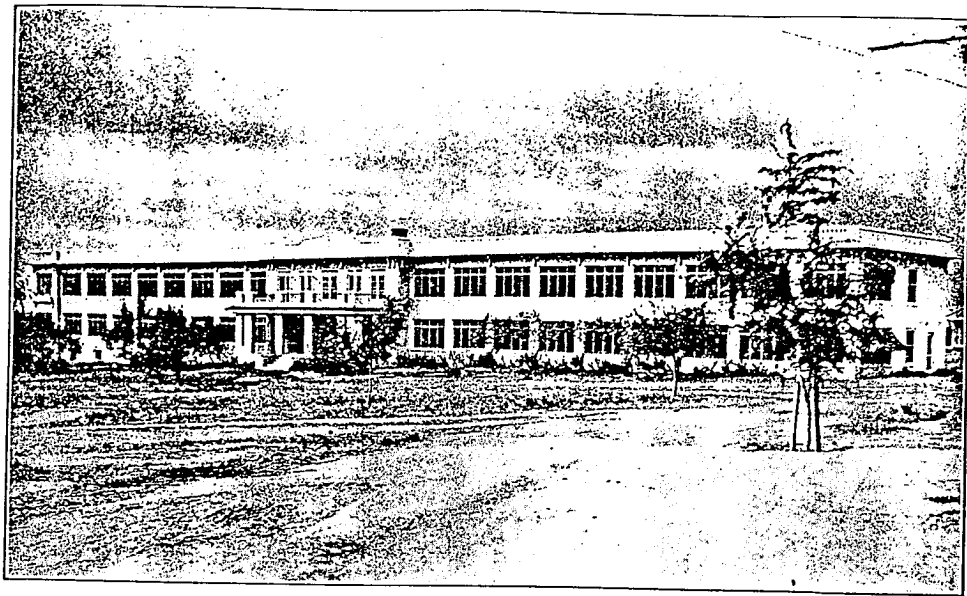
QUESTIONS ON CHAPTER I.

What are some mistaken ideas people had regarding tuberculosis?

Is tuberculosis inherited?

Is it possible to prevent tuberculosis?

Can tuberculosis be cured?



Patients' Dormitory.

CHAPTER II. INFECTIOUS DISEASES.

What is an infectious disease? It is a sickness caused by taking into our bodies very small living organisms known as bacteria or germs. These bacteria are alive and grow and flourish within our bodies. So far as we can learn they belong to the very lowest forms of vegetable life.

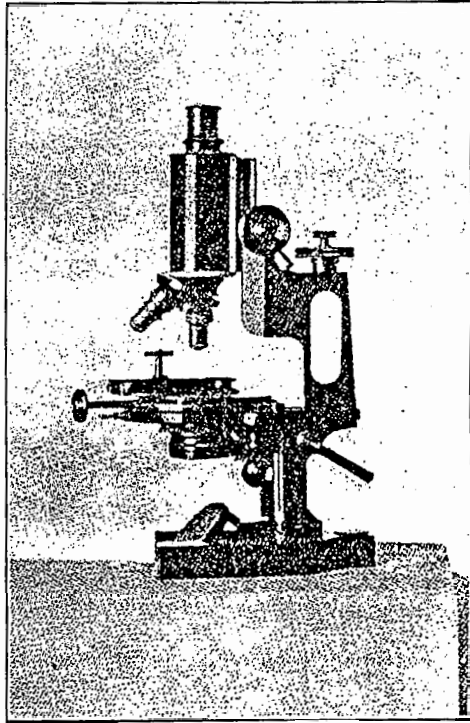
Not all germs cause disease, and only a small percentage live after being taken into our bodies. Germs do other things besides causing disease. Every child knows that milk will sour if it is kept for any length of time. Very few children know that it is the presence and growth of germs in milk which causes milk to become sour. Milk sours more quickly in hot weather because germs multiply more rapidly during warm weather. If your milkman is clean, has clean barns and clean cows and takes care of his milk properly, and the milk is delivered in clean bottles and is kept

cool and clean in the house it will keep sweet a long time. But if the milkman brings dirty milk, or if it is not kept clean after it reaches the home, it will soon sour. Dirty milk is very dangerous to people and carries the germs of many diseases. The germs in dirty milk cause more deaths of babies and small children than all other things combined. Milk can be made safe to drink if it is properly pasteurized and kept clean after pasteurization. Ask your teacher about how milk is pasteurized.

There are very many kinds of germs and different diseases are caused by different germs. Some of the common diseases caused by germs are scarlet fever, measles, whooping cough, smallpox, typhoid fever, malaria, infantile paralysis, diphtheria, the common colds which nearly every one gets at some time or other, and tuberculosis. The germ which causes tuberculosis is called the tuberculosis germ, or the tubercle bacillus.

The tuberculosis germ, or tubercle bacillus, is so small that it can be seen only by aid of

an expensive instrument. This instrument is called a microscope.



A Microscope.

I have told you that germs are probably very minute forms of vegetable life. They live and grow and multiply as long as they live

under proper conditions and have proper food. This applies to all forms of vegetable life—to trees, plants, vegetables, cereals and grasses as well as to germs. Trees and plant life require certain soils, certain climates, moisture and care to develop and multiply. Some soils and some climates are suited for certain plants and unsuited for other plants. Where the soil and climate are suitable, plants thrive and do well. Where the soil and climate are unsuited, plants do poorly and die. It is the same with the disease germs which are planted in our bodies. Our bodies are the soil. The way we live corresponds to the climate.

The bodies of some persons furnish good soil for germs to thrive in. Some persons are given strong rugged bodies, but they weaken them by carelessness, ignorance, and dissipation and allow germs to secure a foothold. Other people, although not strong and rugged, take care of their bodies and make them stronger and thus make it more difficult for the germs to live in them.

This tuberculosis germ, when it gets into our bodies, does not always attack the same parts of our bodies. Sometimes it finds the best soil in the brain and spinal cord and it then causes what is called tuberculosis meningitis, which means an inflammation of the meninges, or membranes, which cover the brain and spinal cord. Sometimes it lodges in a joint or a bone and then it causes bone or joint tuberculosis. The condition of hunchback is caused by the tuberculosis germ affecting the bones and joints of the spine; hip joint disease is tuberculosis of the large joint at the hip; "white swelling" of the knee is tuberculosis of the knee joint. Sometimes the tubercle bacillus attacks the thin membrane which covers the stomach and intestines. This membrane is called the peritoneum and when tuberculous disease is located here it is called tuberculosis peritonitis. Tuberculosis may also attack the small lymph nodes of the neck or other parts of the body and cause glandular tuberculosis. The most common form of tuberculosis which we know is tuberculosis of the lungs.

In children the tubercle bacillus frequently attacks the bones, joints, glands, peritoneum, and the membranes of the brain, although it often also affects the lungs. When people get older, it is usually tuberculosis of the lungs which we see, although they may also have tuberculosis of any of the other organs.

QUESTIONS ON CHAPTER II

What is an infectious disease?

Why does milk sour?

What should be done to keep milk sweet?

(a) By the dairyman?

(b) By the purchaser?

Is dirty milk dangerous? Why?

What can be done to make milk safe?

Name five diseases caused by germs.

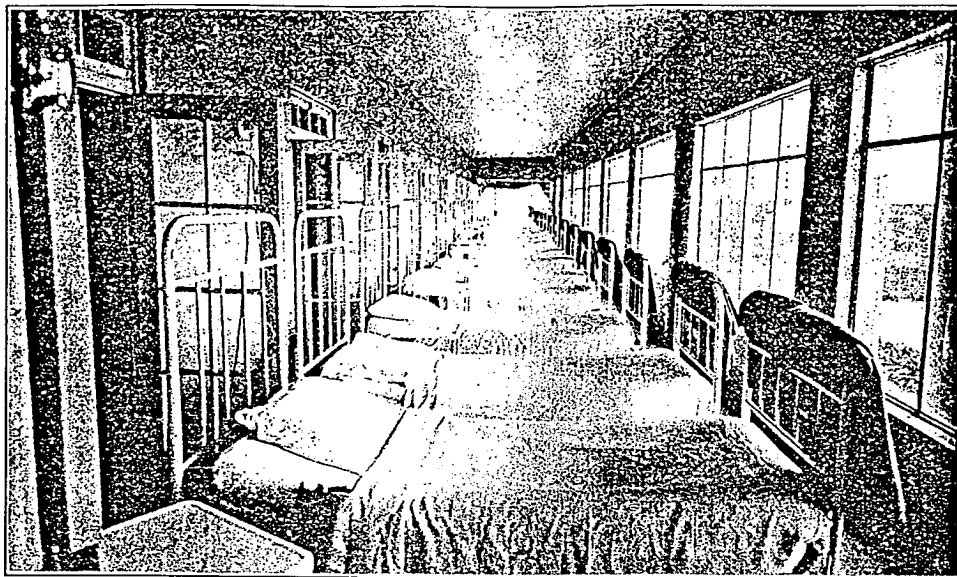
What is the name of the germ which is the cause of tuberculosis?

What are germs?

Name several parts of the body in which the tuberculosis germ causes disease.

Which part of children's bodies are usually attacked by tuberculosis?

Which part of adults' bodies?



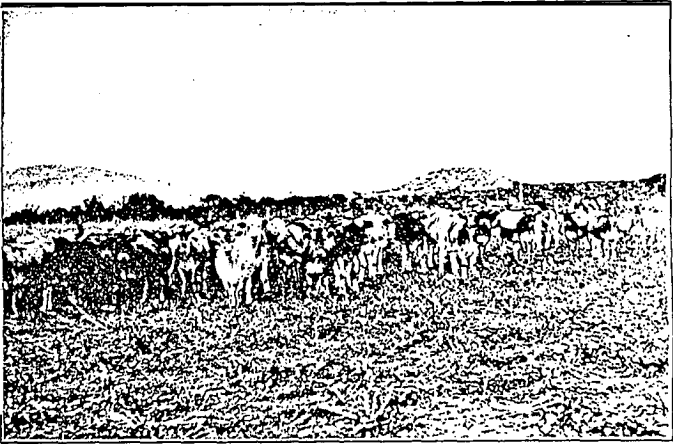
Outdoor Sleeping Porch at the Sanatorium.

CHAPTER III.

Where does the tuberculosis germ come from and how does it get into our bodies? There are two things which carry most of the germs of tuberculosis. The first is cows' milk; the second is human sputum or spit.

Let us consider these two things. Men and women, boys and girls, are not the only animals (man is an animal) that have tuberculosis. Cattle are often sick with this disease and the germs of tuberculosis find their way into the cows' milk. Cows' milk, filled with tubercle bacilli, is not a safe food. It is very dangerous, and many children get tuberculosis because of drinking milk obtained from cows which have tuberculosis. There is really no excuse for the spread of tuberculosis by means of cows' milk. There is a simple test called the tuberculin test, by which it is possible to tell when a cow has tuberculosis. By means of this test, the cows with tuberculosis can be discovered and

excluded from the herds. Or, the milk from cows may be pasteurized. You have already asked the teacher what this means. Pasteurization makes the milk absolutely safe. Therefore, little boys and girls who get tuberculosis from cows' milk become sick because some one



Tuberculin Tested Cows.

is careless or ignorant. It is possible to prevent entirely all tuberculosis due to bad milk.

But cows' milk is merely one of the means by which the tuberculosis germ gets into our bodies. The other source is sputum, or what

we call spit. As I have already told you, the most common form of tuberculosis is tuberculosis of the lungs. Many persons with tuberculosis of the lungs also have tuberculosis of the throat. They cough and spit up matter which we call "spit" and which doctors call "sputum." It is in the sputum that the tuberculosis germ is to be found. Even a very little sputum contains millions of tuberculosis germs. When the person with tuberculosis coughs, he sprays out into the air many germs unless he holds something in front of his mouth.

Now, you may ask, how do the germs get from the patient's spit into our bodies? There are several ways in which this may happen.

First, the germs may be passed from a sick person to a healthy one by means of kissing. No one but father and mother should kiss little boys and girls, and then only when father and mother are healthy. Kissing on the mouth is a very common way by which tuberculosis germs are passed from one person to another. In fact, many infectious diseases, such as

scarlet fever, measles, whooping cough, diphtheria, and common colds are frequently given to others by kissing.



If You Have No Drinking Fountain.
Have Your Own Drinking Cup.

Then we get the germs from sputum by drinking from glasses or cups or by using spoons or forks or by wiping on towels that have been used by tuberculous people. Do not

use a drinking glass or cup after others, or use a common towel. Common drinking cups and common towels spread many other diseases besides tuberculosis. We should not put pencils or other such articles in our mouths because some one else may have done the same and we may get diseases. There are only four things little boys and girls should put into their mouths. They are:

1. Food and drink, and these should be pure food and clean milk and water.
2. The glasses and eating utensils, such as spoons and forks, which we use to convey food and drink to our mouths. These should be clean and not used by others.
3. A toothbrush, which should never be used by any one but the owner. The owner should use his brush often in order to keep the teeth and mouth clean.
4. A thermometer—when it is necessary to take one's temperature.

Now I am going to tell you something very



Do Not Use a Common Drinking Cup.

important. There are ten things which every normal boy and girl possesses and which should be kept very clean whenever food is handled, but should never be put in the mouth. It is a very common thing to put some one or other



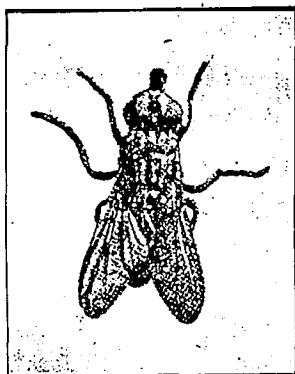
Wash the Hands Just Before Eating.

of these ten possessions in the mouth. I am going to name these ten things. They are your two thumbs and eight fingers. Many boys and girls place their fingers in their mouths. Many more do not keep their fingers and hands

clean and are not careful to wash them well before eating. Our hands come in contact with many things on which are disease germs and, unless we are very careful, we will carry germs into our bodies on our hands and fingers. *Wash your hands very carefully before eating and keep your fingers out of your mouth.*

Now, there is one other way in which germs are carried from spit and then get into our bodies. Flies feed on sputum and carry particles of sputum containing germs on their legs and bodies. When we look at a fly magnified to several times its natural size it is very easy to see how germs, sputum and other dirty and filthy things will stick to the fly and be carried by it from one place to another; Flies live on and in filth. They feed on manure, garbage, and decaying things. But they also like good things, and they light on our food and dishes and drag their dirty bodies over the food and utensils we put in our mouths. In this way they carry many disease germs and are responsible for the spread of infectious diseases. We

should not only "swat the fly," but we should destroy her breeding places. Flies breed principally in manure, but they will breed in scraps of food thrown away carelessly, or in any de-



A Common House Fly.

caying vegetable matter. We should keep our yards so clean that flies will not breed and should screen our houses so that flies can not enter and carry filth and germs to our food.

QUESTIONS ON CHAPTER III.

Where does the tuberculosis germ come from?

What common animal is subject to tuberculosis?

How can we prevent the spread of tuberculosis by means of cows' milk?

Name several ways by which the tuberculosis germ is carried from sputum to healthy people.

What are the only things we should put in our mouths?

Name several things we should not put in our mouths.

What do you know about the common house fly?



Keep Your Fingers Out of Your Mouth.

CHAPTER IV.

I have shown you that tuberculosis is not inherited as people thought it was. Now I am going to tell you how to help prevent the spread of tuberculosis. You will remember that people once thought tuberculosis was unavoidable and I told you I would show you later they were wrong.

Now, children, how are you going to keep well and strong yourselves and avoid tuberculosis? In the first place you must keep away from sick people. This is a very important thing for a boy and girl to learn. Keep away from sick people and from houses where sick people live. It is personal contact with sick persons that is responsible for the spread of most of the infectious diseases.

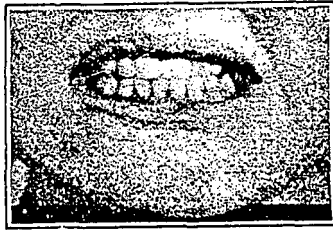
Next, you should build up your bodies and keep them strong so that your bodies will not be good soil for the tuberculosis germ to live in. If you have large, diseased tonsils and



Typical Adenoid Faces.

adenoids, you should have them removed, because they interfere with breathing and also are responsible for much poisoning of the bodies of boys and girls. Children with bad tonsils and adenoids can not study as well or learn as quickly as they could if well.

Then you should have your teeth kept in good condition. Bad teeth make children nervous, interfere with their appetites and with the digestion of food. They also help



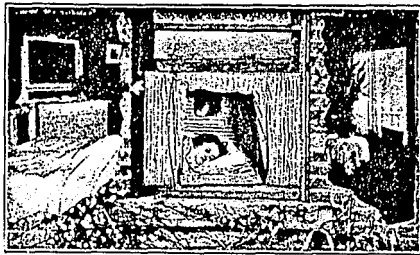
disease germs to enter the body and to remain and thrive there. Be sure that your teeth are properly taken care of.

These teeth can chew food properly.

Then you should get plenty of rest. Children should go to bed early and should not go out at night frequently. One night out a week, Friday, or Saturday night, is enough for children of the primary schools. There is nothing so refreshing, so strengthening, or so necessary

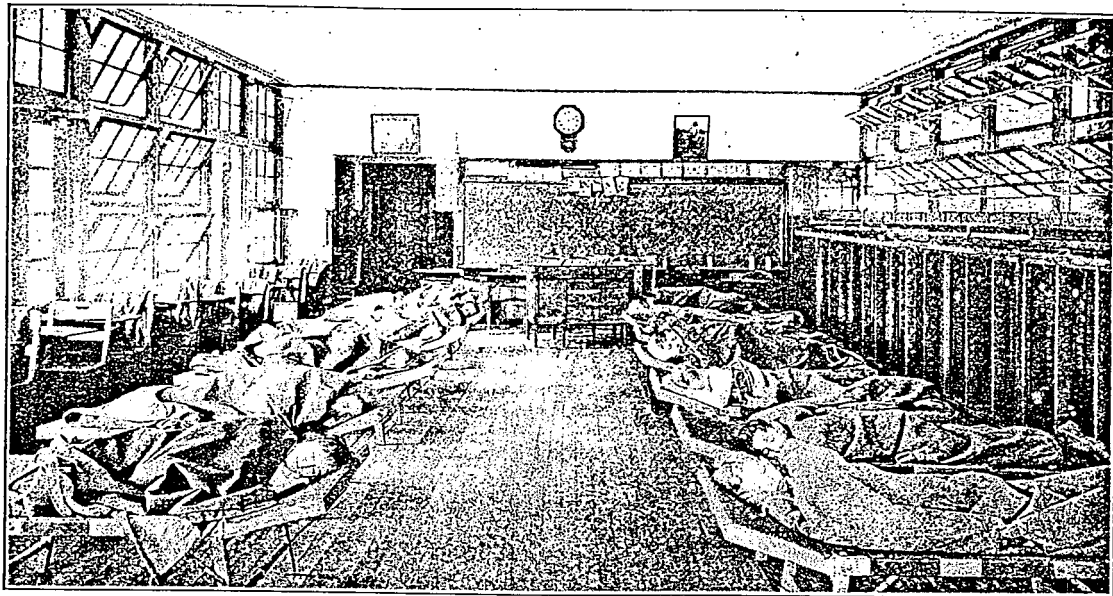
to growing children, as rest. Rest is a great foe of tuberculosis.

Nest is fresh air. Fresh air is one of the best tonics in the world. We should all sleep with our windows open, or out on *a* porch. Once upon a time people thought night air was harmful and that it must be kept out of the sleeping quarters. Now we know that night



Window Tent.

air is health-giving and life-saving, if we allow it to flow into our sleeping rooms. But we should also have fresh air in the day time as well as at night time. It should be in all the stores, houses, schools, factories, theaters and in every place where human beings are. Fresh air schools where children study and work in



Children at Rest in an Open Air School.

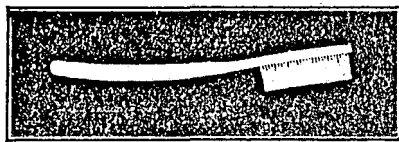
the open air are in use in many of the cities; and, do you know, supposedly stupid children often become quite bright when taken from the stuffy schoolroom and taught in the open, and all the children become healthier and happier and brighter. Wouldn't it be splendid if your teacher would tell you more about these fresh air schools?

Then your body needs good food to build it up. It should be clean food, simple food, well cooked, eaten slowly, and well chewed. Drink water and milk, but not tea and coffee. Avoid greasy foods. Eat plenty of bread and butter. Sugar is a good food, but too much must not be eaten at one meal. Meat should be eaten only once a day, and should not make up too much of the meal. Plenty of fresh vegetables are good for children. There is no harm in a plain cake or a piece of pie, but too much cake or pie is bad. The principal things to remember are: eat slowly and chew your food thoroughly; the food should be clean; it should be simple.

One more thing about food. Many children hurry to school in the morning without taking time to eat sufficient breakfast. At noon, lunch is hastily bolted instead of being slowly chewed. Many children have been known to make the noon meal of food purchased at a confectioner's store. Often this means that lunch consists of a few doughnuts or a piece of indigestible pie. Parents should see that their children commence the day with a good breakfast, and that at noon they are furnished with a lunch of good and simple food.

Another way we can make our bodies strong is by bathing. Bathing in lukewarm water, followed by rubbing, is a splendid tonic for any child. Some children can take cold baths. Cold baths are especially good for those children who can stand them, but are too severe for many children. Your doctor should tell you whether you should try cold bathing. The skin is very important in keeping the body strong and well and for this reason we should see that it is kept clean and in good working order.

And while we are speaking of bathing, I must again remind you to keep your hands clean. Always wash them before handling food. Never put your fingers in your mouth or in your nose. Keep your hands away from your face except when necessary to carry foods



One of the best investments you may make
for twenty-five cents.

to your mouths, and then be sure your hands are clean.

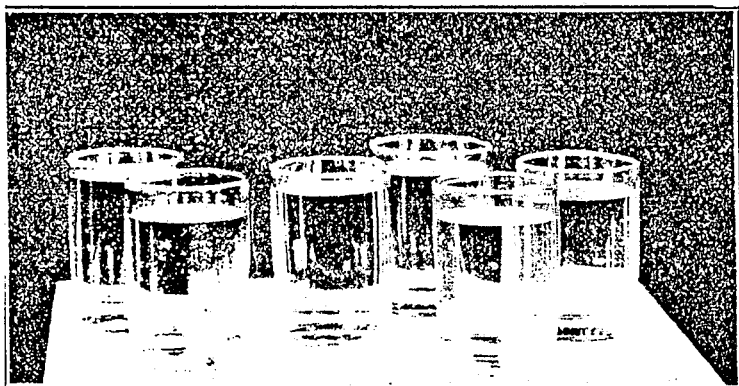
There are still some more things which I must tell you about cleanliness. You should each have your own toothbrush, and the brush should be kept clean and should be used often. If you do not brush your teeth, particles of food collect between and around the teeth and these food particles become sour and harbour germs. Then the teeth decay more easily and the breath gets bad. Use the toothbrush often



Use Your Toothbrush Often.

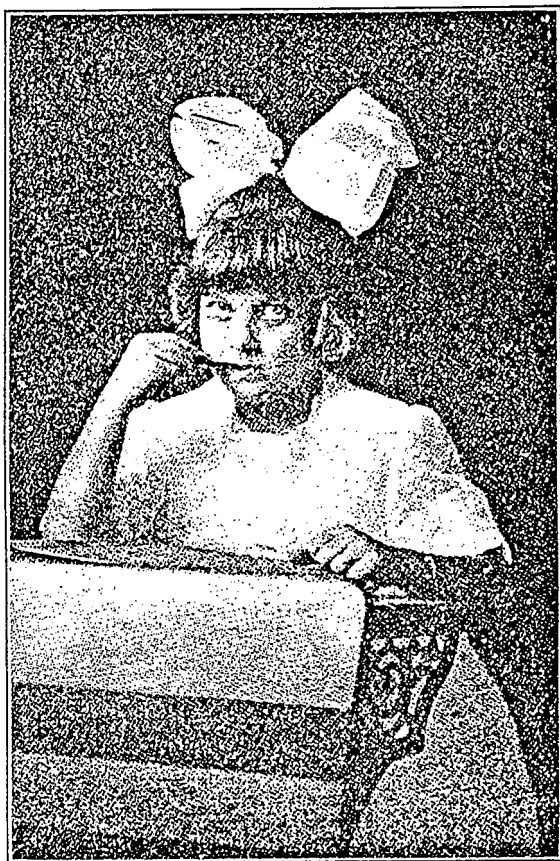
enough to keep the teeth clean. Besides, clean teeth look so much nicer than dirty, yellow teeth. Ask your teacher how best to brush your teeth.

Now, I will tell you some more about cleanliness. The body needs a bath inside as well as outside. Children should drink plenty of



Drink Plenty of Water Each Day.

water each day because in this way one can bathe inside. Then one should always remember that each day the bowels should get rid of that part of the food which the body has rejected or discarded. It is very necessary to



Do Not Put Pencil in Your Mouth.

one's health that our bowels should move daily. This helps us to keep clean inside.

And now, I must remind you again about keeping things out of your mouths. Do not put pencils in your mouths; do not eat fruit which is passed around for every one to have a bite; do not swap gum; do not drink from a cup another has used. The Bible tells us of a man who prayed the Lord "to keep a watch on his mouth" so that he would tell the truth and would say only kind things and not say mean and spiteful things. I ask you to keep a watch on your mouths so that nothing dirty or dangerous or which does not belong there, gets in.

QUESTIONS ON CHAPTER IV.

What should children do to keep well and strong?

What should be done with adenoids and diseased tonsils?

Why are bad teeth injurious?

How much fresh air should children have?

Is it important to have plenty of good food?

Tell what you have been taught about cleanliness of the body.



Do ~~Not~~ Eat Fruit Which is Passed Around.

CHAPTER V.

I have told you what you should do to keep well. Now, what should sick persons do to prevent giving the disease to others? Because it is mainly those who have tuberculosis of the



A Pocket Sputum Cup.

lungs who are dangerous, I shall tell you what they should do.

(1) They should not spit anywhere except into something that can be burned, and they should see that all sputum is burned. There

are sputum cups made for tuberculous persons to use when they must spit. The germs are in the spit and all spit must be burned.

(2) They should not cough or sneeze without holding cheese cloth in front of the mouth. A person who coughs or sneezes without holding something in front of the mouth sprays germs over everything in reach.

(3) The tuberculous person should not kiss any one, because kissing spreads tuberculosis.

(4) Tuberculous persons should have separate dishes and towels. If the dishes are boiled, it is not necessary to keep them separate.

(5) Tuberculous persons should not play with or handle children.

(6) Tuberculous persons should sleep alone.

From what I have told you, you can see that tuberculosis can be prevented if the well people do those things which keep them strong, and if they are careful about their bodies and what goes into their mouths and if the sick people are also careful not to pass the tuberculosis germs on to another.

QUESTIONS ON CHAPTER V.

Where should sick persons spit?

What should persons do to prevent the spread of disease when coughing or sneezing?

In what other ways should tuberculous persons be careful?

CHAPTER VI.

On the same page of this little book where you read that tuberculosis could be prevented, you were told that it could often be cured. How is tuberculosis cured? The most important thing I know about the cure of tuberculosis is: you must discover early that the person has tuberculosis. If discovered early enough, tuberculosis can always be cured. If neglected, tuberculosis is nearly always fatal. Persons who tire easily, and who lose weight and who cough, should see a doctor early. It is important that one should see a good doctor who can recognize tuberculosis early. Enlarged glands in the neck, or pains in the bones or joints of children, should not be neglected. See a good doctor and, if you have tuberculosis, learn it early.

If it is discovered that you have tuberculosis you should do as your doctor says until well. This little book is not intended to take the place

of the doctor, nor to make people think they can treat themselves, because they can not. If you have tuberculosis, get the best doctor you know.

However, while this little book is not intended to take the place of a doctor, there are a few things about treatment that it would not be amiss to mention:

First, rest is absolutely essential to cure. Exercise is very bad if a patient has active tuberculosis.

Second, fresh air is nearly as necessary as rest. Persons with tuberculosis should sleep out of doors.

Third, persons with tuberculosis need good food, and plenty of it.

Fourth, certain climates seem particularly adapted to the cure of tuberculosis, but a tuberculous person can get well in any climate if his disease is discovered early and he gets proper care.

There are no medicines which are "cures" for tuberculosis, although medicines frequently

must be given to allay various symptoms or complications which may arise during the course of illness. Remember, there are no sure cures, or rapid cures, and anything advertised as such is a cruel, worthless fake.

Remember, again, that it is much better and often 'easier to prevent tuberculosis than to cure it. Be a worker. Help prevent the spread of tuberculosis.

QUESTIONS ON CHAPTER VI.

What is the most important thing in the cure of tuberculosis?

Name other important aids to cure.

What do you know about medicines which are advertised as "cures" for tuberculosis?

TO THE PARENTS.

. This little booklet on tuberculosis has been prepared and placed in the schoolrooms so that your children,—the citizens of tomorrow,—may be taught facts concerning the disease; to recognize and always be on the watch for the commonest early symptoms and, to always keep their bodies strong and well so that it will be almost impossible for the tuberculosis germ to secure a foothold.

They have been taught in the preceding chapters that it is much better and often easier to prevent tuberculosis than to cure it, The best way to prevent tuberculosis is for everyone to have a thorough knowledge of the disease and modern methods of combatting it. For a long time ignorance and the inability to note and recognize the most common symptoms has played an important part in the spread of the disease. Many have also retained erroneous ideas about it, that it could

not be cured or prevented. "These ideas have been proven untrue and we are asking you to help us teach the younger generation the true facts about the disease. Remember that infection nearly always takes place in childhood, but if the child is well and strong, exercises in the open air, takes plenty of rest and keeps his body strong and well that it is almost impossible for the germ to secure a foothold. Keep the subject before them and insist that the subject of tuberculosis be taught in the school-room along with other text books on health and hygiene. There is absolutely no well-founded reason why the child should be kept in ignorance or taught erroneous ideas about tuberculosis. Teach them the necessary precautions and the different ways in which they may become infected with the germ. Remember always that "The solution of the tuberculosis problem lies not with the present, but with the future generations, and the best cure for the adult of tomorrow is the prevention of infection of the child today."

WHAT IS THE BEST THING TO DO IF YOU BECOME SICK?

If you have tuberculosis, learn it early. Remember that the disease can be cured in the majority of cases if it is discovered early, while if it is not found out until it is advanced, it is hard to cure at all. When any of the symptoms are present go to see the best doctor you know and have a thorough examination. Even if the doctor cannot find the signs of tuberculosis when some of the symptoms appear, and it is very often impossible to do so at this time, it is much safer and wiser not to wait until he can find them before taking precautions. If you wait for other symptoms, such as germs in the sputum, spitting of blood, night sweats, etc., before you begin taking treatment, you are throwing away your best chance to regain your health. Don't wait until it is too late to begin treatment. The earlier treatment is instituted the better is your chance for an early recovery. Don't

think that you can continue with your work and get well at the same time. It cannot be done. Rest, absolute rest, and then more rest is the most essential thing in the treatment of tuberculosis.

VALUE OF SANATORIUM TREATMENT.

If your doctor tells you that you have tuberculosis you should at once make an effort to enter a well-conducted sanatorium. Home treatment should never replace sanatorium treatment. However, where it is impossible for the patient to enter a sanatorium much good may be accomplished at home. Secure the services of a competent doctor and remain under his care. In the sanatorium you have advantage of better climatic conditions. You are given the opportunity to rest and sleep in the open air twenty-four hours each day. A regular daily routine is carried out and you are taught how to rest properly, and how much exercise to take. You are under the constant care of a tuberculosis specialist and

nurses trained in the care of tuberculosis patients. You have an opportunity to obtain a thorough knowledge of the disease and of the different symptoms and their meaning. You may not be able to remain in a sanatorium long enough to complete your cure, but you are given a thorough training in the way you should live after you have been discharged. During your stay in the sanatorium you receive such information and advice that will be of much help to you after you return home and take up your former duties. Remember always that the sanatorium is the best place to get well and the earlier treatment is instituted the better chance you will have to regain your health.

THE STATE TUBERCULOSIS SANATORIUM. — LOCATION.

The State Tuberculosis Sanatorium is located at Sanatorium, Tom Green County, Texas, on the Sterling City & Paint Rock branch of the G. C. & S. F. Ry., near the little

town of Carlsbad, and approximately fifteen miles from San Angelo.

The altitude of Sanatorium, Texas, is 2150 feet; a mean temperature of 51 degrees F., with an average rainfall of 25.2 inches. The winters are bright, mild and invigorating. The summers are breezy and pleasant and the nights delightfully cool. There are as many days of sunshine as in any place in the West. The altitude is not sufficient to over-work the heart and kidneys. The water supply is obtained from the North Concho River—bright, sparkling and pure.

DESCRIPTION.

The capacity of the Institution is 325 patients. The type of building used for patients is of two-story construction, built of concrete, with broad verandas on which are kept the patients' beds. Rooms are provided, with room for two beds, into which the patients may be removed in stormy and inclement weather. A hospital building is provided for patients confined to

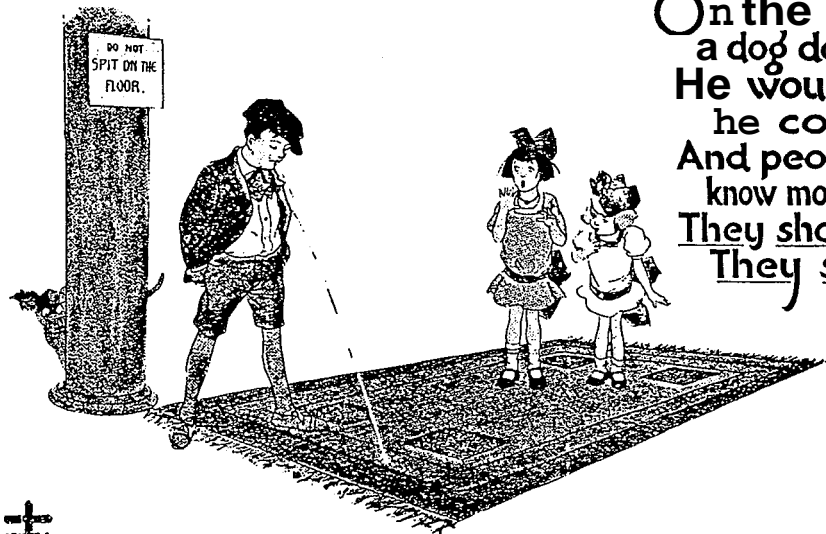
bed, and lean-to type of building is also used. The Institution is provided with an administration building, modern laundry, power plant, dairy barn of the modern type, subsistence building, ice plant, cold storage room, nurses' home, pumping plant, sewage disposal plant, sewer system, etc. In addition to this there is a modern laboratory fitted up with X-ray equipment, sterilizers, incubators, etc. A dental office, operating room for emergency cases, and barber shop are maintained for the use of the patients; also an auditorium and library. Everything that human ingenuity can devise is provided for the comfort and welfare of the patients. The dining room has a capacity of 300 people. It is large and airy, and tastefully decorated. A large dairy is maintained and an abundance of fresh, rich milk thereby assured at all times. The Institution raises its own feed and maintains an irrigated garden under the supervision of an experienced truck farmer. In season an abundance of fresh vegetables of all kinds are provided. A poultry farm is maintained to insure its supply of fresh eggs.

ESTABLISHMENT AND PURPOSE.

The State Tuberculosis Sanatorium was established by the Legislature in 1911, and opened to the public in 1912. The Sanatorium, like other State Institutions, is controlled by the State Board of Control, and under the immediate charge of the Superintendent.

The Institution was established for the purpose of treating incipient and moderately advanced cases of pulmonary tuberculosis and not a home for advanced consumptives. Early cases, or cases that can be cured or benefited substantially, are accepted for a period of six or nine months. During this time they are given a thorough training, and a cure or an arrest can be completed after returning to their homes. Most cases of tuberculosis cannot be cured in a short period of time, but by careful living and following the instructions taught them while in the sanatorium they have a splendid opportunity to make a permanent recovery.

A Bureau of Correspondence is maintained by the Institution for the purpose of assisting those who cannot enter a sanatorium. It offers its services to everyone, whether sick or well, and furnishes authoritative information to all who are interested. No attempt is made to supplant the services of the physician, nor to treat the disease by mail, but to give advice concerning diet, clothing, climate, care of the person, precautions to be taken to protect others, etc.



On the Floor,
a dog doesn't spit.
He wouldn't,
he couldn't.
And people-who
know more than dogs,
They shouldn't!
They shouldn't!



MODERN HEALTH CRUSADE.
THE CHICAGO TUBERCULOSIS INSTITUTE.

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Let us not forget that the entire child goes to school--body, soul and mind. Any system of education which ignores one or the other of these factors will be to the disadvantage of the child.

—*Rosenau*

SCHOOL DAY DON'TS

DON'T send a sick child to school.

DON'T forget that a healthy mind can thrive only in a healthy body.

DON'T forget that *Plenty of Fresh Air, Plenty of Nourishing Food, and Plenty of Sleep* are very necessary for the child that goes to school.

DON'T forget to give prompt attention to the child with "a cold," sore throat, earache, bad tooth, weak eyes, or headache.

forget to teach your child the early symptoms of tuberculosis.