

water and milk, and for saying good and kind words.

I will always chew my food thoroughly, and never drink whiskey or wine.

I will strive against the habit of "clearing my throat" because it is nearly always unnecessary, and may be disagreeable to others.

I will not cough or sneeze without turning my face and holding a piece of paper or handkerchief before my mouth. Polite people never cough in public if they can prevent it.

I will keep my face, hands, and finger nails as clean as possible.

I will not spit on floors, stairways, or sidewalks, and will try not to spit at all.

I will wash my mouth every morning on getting up and at night on going to bed, and will use a toothbrush if I can get one.

I will be clean in body, clean in mind and avoid all habits that will give offense to others.

I will get all the fresh air I can and will open wide my bedroom windows when I go to bed.

INTERESTING COMPARISONS

PROGRESS OF ANTI-TUBERCULOSIS CAMPAIGN



SOME comparisons showing the progress of the anti-tuberculosis campaign in the last eight years and the present needs of this movement are made by The National Association for the Study and Prevention of Tuberculosis in a brief report of its work issued today in connection with an appeal for further support.

During the eight years of its work, The National Association has assisted in the organization over 800 state and local anti-tuberculosis societies located in almost every state and territory of the union. Over 500 hospitals and sanatoria have been established with more than 30,000 beds for consumptives. About 400 dispensaries with more than 1,000 physicians in attendance and at least 150 open air schools for tuberculosis and anaemic children have also been provided. Laws dealing with tuberculosis have been passed in 45 states and ordinances on this subject have been adopted in over 200 cities and towns. An active field campaign of education against tuberculosis has been carried on in 40 states and territories by means of lectures, exhibits, the press, and the distribution of over 100,000,000 pamphlets on this disease.

Contrasted with this rapid progress which the anti-tuberculosis campaign has made, The National Association points out that at the pres-