

at the Ellen Day dinner
at the American Officers Club
London, Oct 16th 1918. Sir
William was a most
enthusiastic guest. He brought
with him some of the treasures
of his library, the original
palm-leaf of Warren, Weston and
Benson's work on the
document on the subject
of Ellen's anaesthesia. He was at
that time particularly interested
in the ~~subject~~ of the history of
anaesthesia, and it was a
rare privilege for Jim White,
our other guest, and the twelve
of us of the M. J. H. who had
gathered so far from home
to celebrate our hospital
~~between~~ Whitley, to hear from
the lips of the master words of
such living interest.

W.H.

(Written by Dr. means at the Ellen Day dinner)

Massachusetts General Hospital.

Friendly Advice to Persons having Diseases of the Lungs.

Although you may have trouble in your lungs and be suffering from the disease called Tuberculosis, you may get well, as thousands of others have done, by strict adherence to the following rules :

Be out in the fresh air as much as possible.

If you cannot have work out of doors, go to the house door or to an open window and take twelve full breaths. Do this six times each day.

Do not work in a dusty place.

Get in the sunshine as often as you can.

Sleep in a clean, well aired room with windows open, and go to bed early.

Avoid crowded rooms where the air is close and where there is much smoking.

Eat plain, simple food (eggs, meat, bread, oatmeal, maccaroni, rice, vegetables, milk, cream and butter).

If possible, have some hot liquid food before you get up in the morning and at bedtime.

Spend your money for good food rather than for medicines.

Do not drink whiskey, rum, gin, brandy or beer.

Keep clean.

Take a sponge bath each morning. Rub the skin well with a coarse towel.

Do not swallow what you cough up.

Protect your friends and neighbors from taking this disease from you by burning what you cough up or by throwing it down the water-closet. What you cough up contains the germs of the disease, and, if it dries, it soon becomes dust and flies about in the air, and your friends, breathing this dust, are liable to catch your disease.

Never spit upon the floor or in the street.

Do not spit into your handkerchief, but use a spit cup or have small pieces of cloth or soft paper to spit into. Do not put them into your pocket, but collect them in a paper bag, and burn bag and all when you get a chance.

Try not to cough.

When you must cough, hold a piece of cloth in front of your mouth, so that particles shall not fly out into the room.

Do not sleep with another person.

Have your knives, fork and spoons washed with boiling water.

Handkerchiefs should be boiled for half an hour before washing.