

DEPARTMENT OF THE INTERIOR

OFFICE OF INDIAN AFFAIRS

TUBERCULOSIS AMONG INDIANS



CHOCTAW-CHICKASAW HOSPITAL. (SOUTHWEST VIEW.)

WASHINGTON, D. C.
ACME PRINTING COMPANY
1917

DEPARTMENT OF THE INTERIOR

OFFICE OF INDIAN AFFAIRS

HICHUSHI-ILILLI (TUBERCULOSIS)

UT

HATAK-UPI-HUMMA OKLA AITINTAKLA YA AIASHA



Chahta micha Chikasha Abeka-aiasha-chukka Oka-mahli-hushi-
aiokvtula-itintakla-imma holbyt-toba.

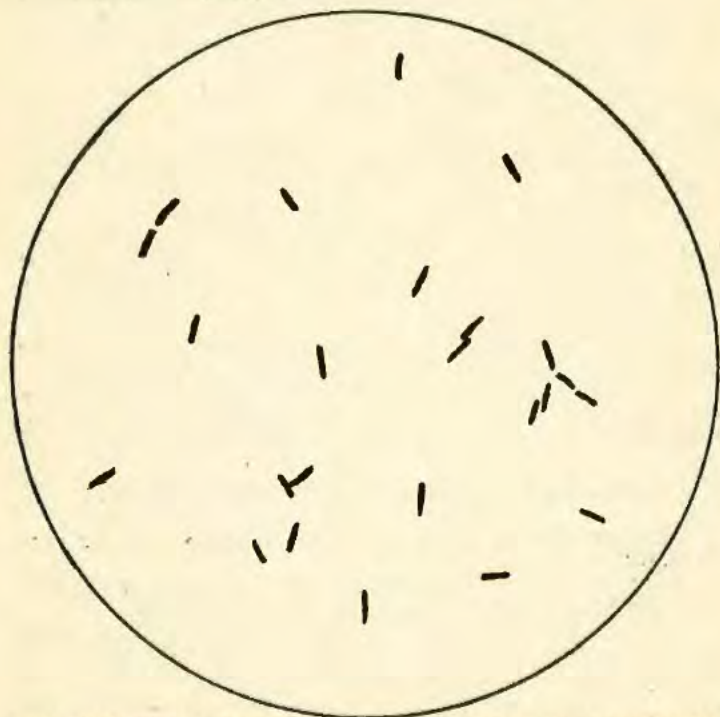
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TUBERCULOSIS

("CONSUMPTION.")

WHY DID THE COMMISSIONER OF INDIAN AFFAIRS
HAVE THIS PAMPHLET PRINTED?

Because tuberculosis is today the Indian's most dangerous enemy. One death out of every four among Indians is due to this disease. There are thought to be about 30,000 cases among the Indians, 7,000 of which are believed to be in the Five Civilized Tribes of Oklahoma. Whole Indian families die of it,—fathers, mothers and their children. Children have to be sent home from schools because of this sickness so that the other children may not catch it from them. **INDIANS WHO HAVE THE DISEASE MAY GET WELL IF THE BODY IS PROPERLY TREATED.**

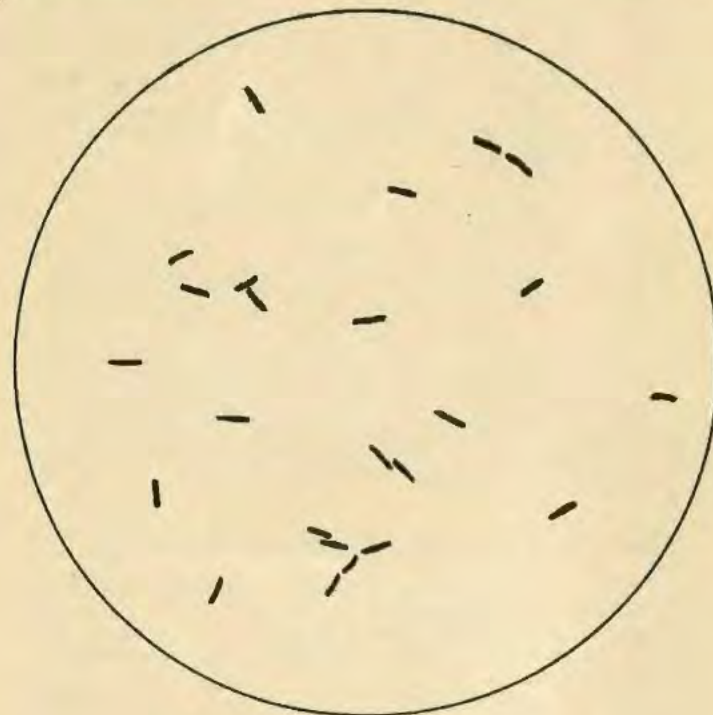


THE TUBERCULOSIS GERMS LOOK SOMETHING LIKE THIS UNDER THE MICROSCOPE.

hukmit e tahla hinla hokmvt, anonti hotilhkokmvt itvkha ya a kumma chi ka, e yomihcha hinla hokmvt, ililli iluppa e mosholichi naha hinla hoke.

Hichushi-ililli-isht-atoba-nihi yvt hotilhkokma itukchi iskitinisi yvt, itvkha ya a kochvt, mahli ha, aiibafoka hoke. Ilupvt shela cha, hituk-chubi chohmi ho mahli hv shala hinla hoke; mikmvt anonti okhisa-isht-halvlli, oka-isht-ishko, nashuka-isht-kasholichi aiena ka a lapali, keyukmvt chukani kia iyi eshit shala hinla hoke. Ilupvt yakohma hinla kak o, abeka yvt, na-hilafa, keyukmvt nan-tapuski yo o hotilhko na, yvmmg hukmit tahli, keyukmvt okhish o okkuchi na, ililli-isht-atoba-nihi ya aba hinla, yvmmg kaniohmi hosh yomihcha hinla ka, otvmincha chi hakinli hoke.

Hichushi-ililli-isht-atoba-nihi yvt hichushi-ililli-alimma isht-a-hlachowa-toba (tubercular sores) hoke. Hatak-ppi-humma aiibachufa yvt kanihmikma ikonla shatali yvt asha chatuk, yvmmvt mahayvt,



Nan-isht-pisa (Microscope) Ut Otvnichikma Hichushi-ililli-isht-atoba-nihi (Tuberculosis Germs) Ut Iluppak O Holba Chohmi Hoke.

WHAT IS TUBERCULOSIS?

It is a disease caused by the growing in the lungs and sometimes in other parts of the body of a little plant or germ which we call the "tubercle bacillus." It is so small that it may not be seen except with a microscope, which makes them seem many times larger than they really are. They then appear as tiny, short threads.

This germ multiplies and spreads, sometimes slowly, sometimes more rapidly, through the lungs or other parts of the body, giving off poisons all the time, which kill the tissues around it until finally it kills the person in whom it grows.

WHERE ARE THE GERMS?

In the dried spit in the dust of houses and on the ground surrounding them. In the Indian homes where the consumptives spit and the spit dries and forms part of the dust there are thousands of germs. This is why people with this sickness should never spit on the floor, or on the ground around their houses, but always in a cloth or sputum cup, which can be burned. *If we could collect and burn all the spit of the tuberculous sick, and make them cover their mouths when they cough, we could almost wipe out the disease.*

In the air on the little drops of spray thrown out in coughing. This may not only dry and be blown about as dust but may fall on door knobs, drinking cups, hand towels, or be carried on the feet of flies. This is why patients should always cough into a cloth or handkerchief, which may then be burned or placed in a solution to kill germs, which will be explained later.

In tubercular sores. Among the Indians there are often seen lumps in the neck which finally break through the skin and discharge matter. This matter is loaded with germs which may get on the clothes or bandages placed around the neck. These should be burned in order to kill the germs.

On dishes, handkerchiefs, and clothes of the sick. This is the reason why these should only be used by the sick person himself.

In milk of tubercular cows. Sometimes cows have the disease. Veterinarians or "horse doctors" can find out by testing the cows. If they are found to have the disease the milk should not be used.

HOW DO THE GERMS GET INTO THE BODY?

They may enter in three ways. The first of these is thought to be the most common.

First. They may be breathed in. The air and dust of houses in which the sick spit and cough carelessly are filled with germs.

Second. The germs may be swallowed in food. The milk and meat of tubercular cows, or food which has not been covered from dust and flies, may contain the germs, which remain in the body, and grow. The flies get germs on their feet by walking on the floor in the spit and then walking around on food.

HICHUSHI-ILILLI, KEYUKMUT SHILUKPA-HLACHOWA, KEYUKMUT HOTILHKO-SHILA, KEYUKMUT NUKSHUMMI.

(Tuberculosis or Consumption.)

KATIOHMI HO, HATAK-VPI-HUMMA NANA IM AKANIOHMI AIMMA I KUMMISHINA (COMMISSIONER OF INDIAN AF- FAIRS) UT HOLISSO ILUPPA ATAHLI CHO?

Himak nitak a, hichushi-ililli (tuberculosis) ak osh Hatak-vpi-humma ya i tvnup okpulo moma ishahli kak oke. Hatak-vpi-humma aiokla ha hatak ushta hosh illi aiyuka ka, hatak achufa kvv ililli iluppak o isht illi hoke. Hatak-vpi-humma aiokla hieli ka, tahlepa-sipokni pokolitchina (30,000) foka hosh illi iluppa haleli yimmi, mikma yumma tahlepa-sipokni untuklo (7,000) foka kvv Hatak-vpi-humma Oklushi Hopoyuksa Tahlapa Ulhti Oklahoma aiibachvfa yosh ililli iluppa haleli ya, yimmi hoke. Hatak-vpi-humma i chukka-achvfa ya, iki, ishki mikmut vlla aiena kvv moyumvt illit tahaha hoke. Ililli iluppa vlla inla yvt ikhalelo ka chi ka, vlla yvt ililli iluppa haleli hokma holisso-apisa ya a kocha wehliit i chukka pit tihelinli hoke. **Hatak-vpi-humma kvna hosh ililli iluppa ishi kvv, haknip a aivhlpisachit alikchi hokmut hlakoffa hinla hakinli hoke.**

Hichushi-ililli (Tuberculosis) Vt Nanta Ho?

Ililli hosh shilukpa mikmut kanimikma haknip i kanima hohkia ililli nan-offo iskitinisi, keyukmut ililli-isht-atoba-nihi yvt ai offo ho, yumma hichushi-ililli-isht-atoba-nihi (tubercle bacillus) e hochefo hoke. Ililli-isht-atoba-nihi yvt, iskitini fienna hatuk o, nishkin a eshit pisa he keyu kia, amba nan-isht-pisa (microscope) yummato chitoli kvv amiha kanohmi onachi hatuk osh otanicha hinla hoke. Yummak okmano ponolushi iskitini micha ikfalalo ho chohmi hosh otvni hoke.

Ililli-isht-atoba-nihi ilupput, kanimikma sulaha anonti kanimikma tushpa fienna hosh, isht-illi ililli ha kohonchi hosh, offot lauvv shilukpa, keyukmut haknip i kanima hohkia ont a tiapvt, yummvt nipi pit biljkasi ka abit isht mahyakmut, polaka kvna hosh haleli yatukma abi hoke.

Katimak O Hichushi-ililli-isht-atoba-nihi Yvt Aiasa Cho?

Hichushi-ililli-isht-atoba-nihi yvt itukchi tufa tuk shila yosh hitukchubi tovt aboha micha wanuta aiena ka aiasa hoke. Hatak-vpi-humma i chukka putta ka hotilhko-shila-haleli yvt abanta hokmut, tufa na itukchi shila yvt, hitukchubi ya aibafoka hosh, ililli-isht-atoba-nihi yvt tahlepa-sipokni lava kia aiasa hoke. Ilupput yakohmi kak o, hatak vt ililli iluppa haleli yokmut, i chukka iti-patvhlpo, keyukmut wanuta aiena ka, on tufa hetuk keyu hoke; amba na-hilafa, keyukmut holisso-atufa-isht-ishko yummvt luvv taha hinla ho, a tufa na bilja hetuk oke. **Hotilhko-shila-isht-abeka itukchi ya mominchit il itahobi cha,**



HOW THE HOUSE FLY LOOKS WHEN MAGNIFIED. THIS IS ONE OF THE WORST ENEMIES THE INDIANS HAVE. HE HELPS TO SPREAD TUBERCULOSIS BY CARRYING THE GERMS ON HIS FEET TO THE FOOD YOU EAT.

Third. The germs may get on the food from the hands if they are not washed before eating.

HOW MAY THE GERMS BE KILLED?

They may live for months after being spit out on the floor. The use of plenty of soap and water will remove them and if plenty of fresh air is admitted to the house through open doors and windows it may help to blow them away.

Germs can be killed by burning or by boiling water. ALL SPIT SHOULD BE BURNED. Indians may spit directly into the fire, or on a piece of paper, cloth, or sputum cup, which may afterwards be placed in the fire. If they spit in cups a little water should be placed in them so that the spit will not dry. Then it should be emptied into the fire. The sputum cups made of paper may be burned. If a tin or china cup is used it should be washed every day.

Strong sunlight kills germs. They only live a few hours in the bright sunlight. This is why the doctors advise letting the sunlight into the Indian houses by more windows.

Germs may be killed by poisonous drugs.

Carbolic acid may be mixed with hot water and applied to clothing and other articles which have germs on them. Six teaspoonfuls of the acid to a pint of water makes a very strong solution. This is very poisonous.

polaka mitafa na, aninchichi yvt kohcha chatuk oke. Aninchichi yumma, ililli-isht-atoba-nihi yvt alotowa hosh, yummut ilefoka, keyukmut nahilafa yokma nana hosh ikonla isht talakchi tuk a, a lapalit aiasha hinla hoke. Yakomi kvt ililli-isht-atoba-nihi yvt illa chi ka, lua hetuk oke.

Hichushi-ililli-isht-atoba-nihi yvt, ampo, nan-tapvski, micha abeka im ilefoka aiena ka, aiasha hoke. Iluppvt yohmi kak o, nana yakomi ka, abeka yvt ilap bano hosh iesha hetuk oke.

Hichushi-ililli-isht-atoba-nihi yvt, wak-hichushi-ililli-haleli i pishukchi ya, aiasha hoke. Kaniohmikma, wak vt ililli iluppa haleli yvt asha hoke. Issuba-im-alikchi (veterinarians) vt wak a imomaka pisa hosh abeka yokma ithana hinla hoke. Wak-ishki yvt ililli iluppa haleli yokma pishukchi yvt achukma keyu hoke.

Katiohmi Hosh, Hichushi-ililli-isht-atoba-nihi Yvt, Hatak Haknip A, A Chukowa Cho?

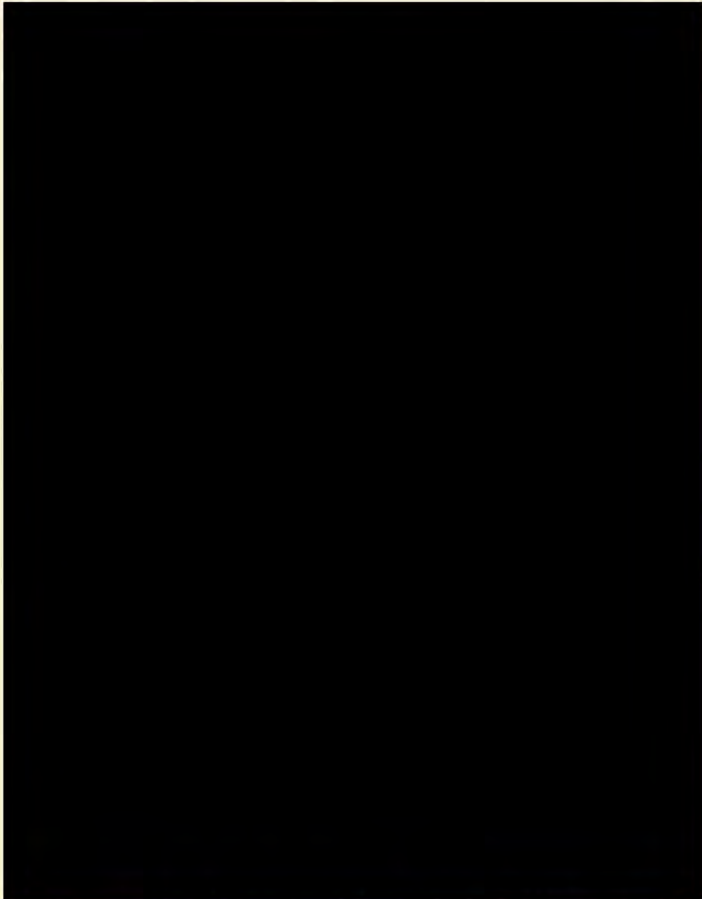
Hatak haknip a a chukowa hinla kvt amiha tuchina hoke. Amiha tuchina ka ummona kak osh, peh moma i-ishahli, yimmi chatuk oke.

Ummona. Hichushi-ililli-isht-atoba-nihi iluppa il a fiopa ho haknip a a chukowa hinla hoke. Mahli micha hituk-chubi aiena aboha aiasha kvt, yumma abeka yvt ahah ik ahno hosh tufa mikmut hotilhko aiena tuk o, ililli-isht-atoba-nihi yvt isht alotowa hoke.

Atykla. Hichushi-ililli-isht-atoba-nihi yvt, ilimpa ya aiibafoka ho, nanvba hinla hoke. Wak-hichushi-ililli-isht-abeka yo i pishukchi micha nipi aiena, keyukmut ilimpa yummut ompoholmo tuk keyu ho,



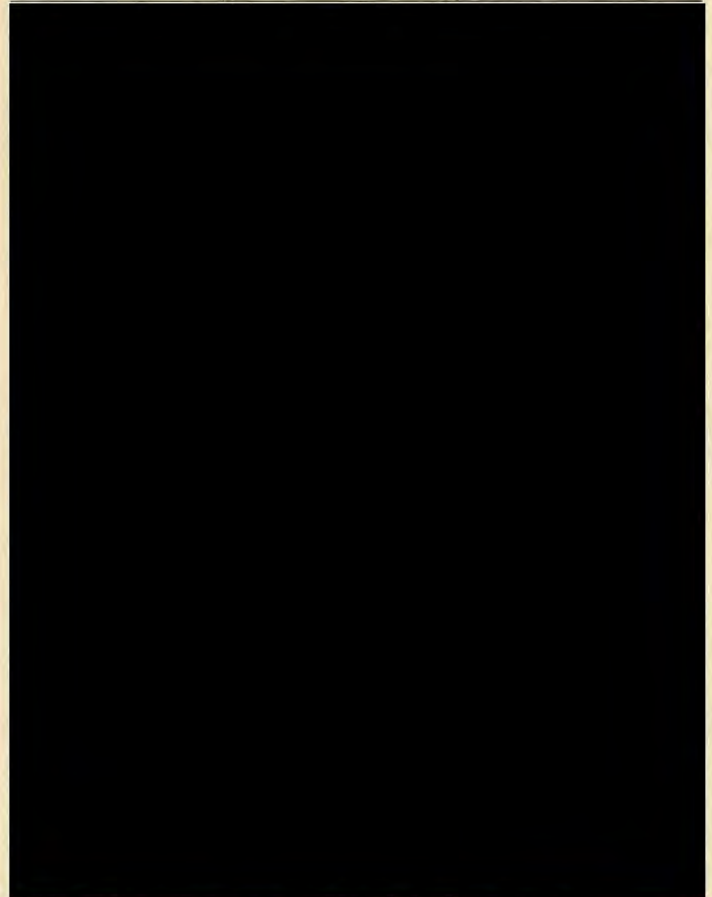
Chukani ya hobachit chitoli hosh ikbilema pisa kvt yakohmi hoke. Iluppak esh Hatak-upi-humma i tumv aiasha ka moma ishahli hoke. Ilimpa ish impa ka, chukani yvt, ililli-isht-atoba-nihi ya, iyi eshit shalit ont halelechi na, hichushi-ililli (tuberculosis) vt tobvt ishahlit ishit mahaya hoke.



NOTICE THE FLIES AROUND THIS PATIENT. SHE HAS TUBERCULOSIS
AND THE FLIES GET THE GERMS ON THEIR FEET AND CARRY
THEM TO FOOD WHICH WILL GIVE THE
DISEASE TO OTHERS.

hituk-chubi micha chukani aiena kut haleli tuk q il impakmut, hichushi-ililli-isht-atoba-nihi ya e nanvli na, pi haknip a a chukowut ai aiasha cha, offa hinla hoke. Chukani yvt, iti-patullpo ya hatak vt atufa tuk a a nowt ililli-isht-atoba-nihi ya iyi eshit shali cha, hatak im ilimpa ya a nowt halelihi hoke.

Atuchina. Ibbak a ikachefo hosh isht impakmut, ilimpa ya, ililli-isht-atoba-nihi ya, halelihi kia gsha hinla hoke.



Chukani Yvt Abeka Iloppa Ai Aiasha Ka Pisá. Hichushi-ililli-haleli
Yq, Chukani Yvt, Ililli-isht-atoba-nihi Ya, Iyi Isht A Shalit
Ilimpa Ya Ont A Halelechi Na, Inla Yvt, Ililli Yvmmq Ishi Hoke

Bichloride of mercury. This is sold in small blue tablets. One of these dissolved in a pint of water makes a solution which may be used in the same way. This is also very poisonous.

Formaldehyd. This may be evaporated into a gas which will kill all kinds of germs. It is used for killing germs in rooms in houses.

All these drugs are very poisonous and should not be used except under the direction of a physician.

DO INDIANS TAKE THE DISEASE EASIER THAN WHITES?

The doctors think that the Indian gets the disease easier and it seems to run a more fatal course than it does among whites. We do not know the reason for this unless it is that the white man has been troubled by the same sickness for many hundreds of years whereas among Indians it is believed to be of more recent date.

WHY ARE CONSUMPTIVES MORE DANGEROUS TO BABIES THAN GROWN-UPS?

Because the babies catch the disease very quickly and when they catch it before they are two years old they almost always die. If they do not take it until they are older they are more likely to get well if they receive the right kind of care. For this reason it is a very bad idea to allow babies to be where there are persons suffering from consumption, for if they are near them very long they will almost surely take the disease.

FORMS OF TUBERCULOSIS.

Of the lungs. Known as "consumption." This is a common form among Indians.

Of the glands. Glands in the neck are sometimes spoken of as "kernels."

Of the bones and joints. Sometimes called "white swelling" because it does not become reddened like other diseases in the same place.

Katimichi_Hosh Ililli-isht-atoba-nihi Yq Aba Hinla Cho?

Iti-patuhlpo on tufa tuk a, hvshi kanohmi ona mak o, ililli-isht-atoba-nihi yvt okchayvt aiasha hinla hoke. Isht-ahchifa micha oka laua hq isht achefa hokmvt kashofa hinla, anonti aboha okhisa micha okhisushi aiena ka tiibli na, mahli kashofa yvt asha achukma hokma, kanohmi ka mahli hv shalit ishit kancha hinla hoke.

Ililli-isht-atoba-nihi ya luak keyukmvt oka wahlvlli yo isht aba hinla hoke. Itukchi tufa tuk poyutta ka hukma hetuk oke. Hatak-vpi-humma yvt tufakmvt, luak o pit on tufa hetuk, keyukmvt holisso tohbi, na-hlilafa, keyukmvt holisso-atufa-isht-ishko yo atufa tukma, hukmit tahla hinla hoke. Isht-ishko lua he keyu hq a tufa hokmvt, itukchi yvt ik shilo ka chj ka, oka iklauo kia isht-ishko vna hetuk hoke; atukmvt luak o o fohobla hinla hoke. Isht-ishko atufa yvt holisso tohbi yosh toba hatukma, hukmit tahla hinla hoke. Asonak-hvta isht-ishko, keyukmvt isht-ishko inla aiena (china, etc.) yokma, nitak aiyukali ka achehifa hinla hoke.

Hvshi-tomi lvshpa aighli kvv ililli-isht-atoba-nihi ya abi hoke. Hvshi-tomi lvshpa aighli hokma, hvshi-kanvlli kanohmi illa hq, ililli-isht-atoba-nihi yvt okchaya hoke. Ilvppvt yakohmi kak o, Hatak-vpi-humma i chukka ya hvshi yvt a tomi achukma chj ka, okhisushi asha achukma chj hq, alikchi yvt ahnit i miha hoke.

Okhish apvt-illi yo ililli-isht-atoba-nihi ya isht aba hinla hoke.

Ilefoka micha nan-inla kia ymma ililli-isht-atoba-nihi yvt asha ka *Carbolic acid* a oka lvshpa yo itibani cha isht o hlala hinla hoke. *Carbolic acid* vt isht-impushi hannali hosh oka yvt isht-ishko-achufa (pint) o itibellto kvv kullo vhpesa hoke. Ilvppvt okhish apvt illi kullo aighli hoke.

Bichloride of Mercury. Ilvppa okhish loba-holba, okchamali chipintasi yo, kanchi chatuk oke. Achufakma oka yvt isht-ishko-achufa (pint) o itibani cha, ymma isht o hlali kash inla hinla hoke. Ilvppvt okhish apvt-illi kullo hakinli hoke.

Formaldehyd. Ilvppa shobohlichit-mahli (gas) ikbikma, ymmvt ililli-isht-atoba-nihi ilaiyuka ka, mominchit aba hinla hoke. Ilvppak o isht vta hosh, ililli-isht-atoba-nihi aboha aiasha ka, isht abi chatuk oke.

Okhish yakomi kvv okhish-apvt-illi kullo aighli bano ha'uk o, alikchi yosh miha hq aiakaiya keyukmvt, isht vta hetuk keyu hoke.

Hatak-vpi-humma Yvt Hichushi-ililli (Tuberculosis) A Halela Kv Na-hollo Yq Ishahli Cho?

Hatak-vpi-humma yvt ililli ilvppa halela hinla kvv kullo keyu, mikmvt isht illa he bano ahoba kvv Na-hollo aiokla ha ishahli hq, alikchi vhleha hvv okla yimmi hoke. Kanohmi hq ilvppvt yohmi ka kil ithano, amba Na-hollo aiokla hvv, afvmmi tahlepa lava hq ililli ymma isht abehinka, ymohmima Hatak-vpi-humma aiokla hato, achekusi kak o, ililli ilvppa isht abekvt okla isht ia kak osh yohmi ka, okla yimmi hoke.



THIS LITTLE INDIAN GIRL HAS A TUBERCULOSIS LUMP IN HER NECK.

Katiohmi Hq, Hotilhko-shila-isht-abeka (Consumptives) Ut Iilli
Ilvppa, Ulla Ya Halelicha Hinla Kvt Asvno Yq Ishahli Cho?

Ullusi yvt hotilhko-shila ya halela hinla kvt tushpa, mikmvt afummi
tuklo ka ikono moma hosh haleli kvt, okla illi naha bano chatuk oke.
Iilli ilvppa ikhalelo hosh asvnot taha hosh haleli na, aivlhpisachi hosh
im alikchi hokma, hlakoffi naha hinla hoke. Ilvppvt yohmi kak o,
kanima yo hatak-hotilhko-shila-haleli yvt aiasha hq, ullusi ya isht ona



Hatak-vpi-humma Ulla-tek Ilvppvt Ikonla Hichushi-ililli-na-shatali
Yo Ishi.



THIS IS A PICTURE OF AN INDIAN BOY WITH A TUBERCULAR KNEE. HE DID NOT TAKE PROPER CARE OF IT AND NOW IT IS STIFF.

HOW DO WE KNOW WHEN WE HAVE TUBERCULOSIS?

By signs or "symptoms." Signs of tuberculosis of the lungs are as follows: The disease may begin in different ways. *The most common early sign is perhaps a slight cough.* Usually but not always this is in the morning. Every cough that lasts more than three weeks should be regarded as suspicious. A cough which has lasted for years even though it has not made its owner feel very sick is very suspicious.

If there is no cough to warn us there may be a *tired feeling* which is present no matter whether any work is done or not. This usually comes on in the afternoons and with it there may be red cheeks, bright eyes, and fever. This tired feeling, just as with the cough, is a sign and should cause you to see a doctor.

Hoarseness. A long continued hoarseness which does not leave is suspicious.

Loss of weight. This is a very important sign. If a person begins slowly to lose weight without reason for it which you can think of, it should suggest consumption. If you have a cough do not neglect it. Talk it over with a doctor and have him find out what the trouble is.

ka achukma keyu, yummut i bilikasi aiasha na achieba tuk okmut, ik kaniohmi kia ililli iluppa haleli naha pulla hinla hoke.

Hichushi-ililli Hvt Ilaiyuka Hosh Haiakvt Kocha. (Forms of Tuberculosis.)

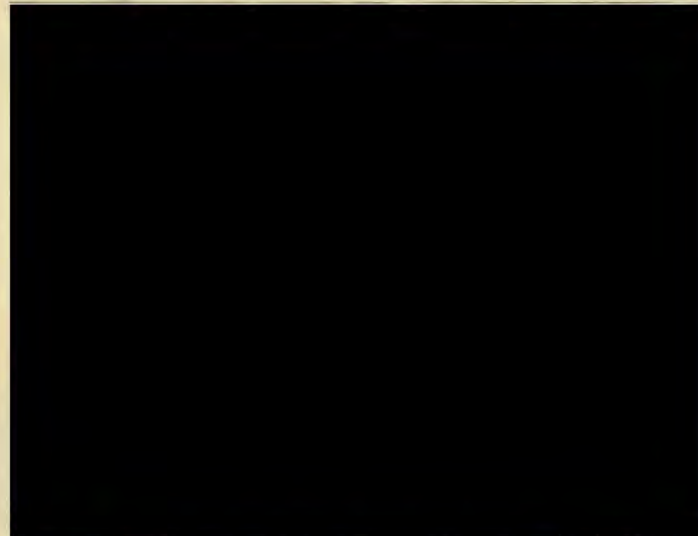
Hichushi-ililli hvt shilukpa yak q a haiaka. Hotihko-shila, keyukmut nukshemmi (consumption) achi hq okda isht ithaiyana chatuk oke. Ililli iluppak q Hatak-vpi-humma aiokla hvt haleli aighli hoke.

Hichushi-ililli hvt chihlanli ak q a haiaka. Ikonla na-shatali ya kaniohmikma chihlanli (kernels) hochefo chatuk oke.

Hichushi-ililli hvt foni mikmut aitachakvlli aiena kg a haiaka. Aitachakvlli vvt hummut ililli inla ya holba keyu kak q kaniohmikma "shatali-tohbi" (white swelling) achi chatuk oke.

Hichushi-ililli (Tuberculosis) A E Halelikmut Katiohmi Hosh Il Ithana Cho?

Hichushi-ililli isht-atokowa keyukmut. isht-otvni yak q isht il ithana hoke. Yakomi kak osh, hichushi-ililli (tuberculosis) vt shilukpa ya ahaiaika ka, nan-isht-otvni yoke: Ililli ilupput tobut isht ia kvt ai ilaiyuka hoke. Hotihko chohmi ahoba kak osh tikbanli nan-isht-



ilupput, Hatak-vpi-humma Ulla-nakni Yosh Iyi-kvlaha. Vvt Hichushi-ililli-haleli Yosh, Holbut-toba. Ulhpisachit Ahah Ahni Tok Keyu Hq, Himak-ano Iyi-kvlo Yoke.



A MODEL LOG HOUSE WITH PLENTY OF DOORS AND WINDOWS. MANY INDIAN HOMES DO NOT HAVE ENOUGH LIGHT AND AIR.

Loss of appetite, or "Stomach Trouble."

Some form of "stomach trouble" may have existed for years and when a cough appears it is spoken of as a "stomach cough." The only safe way is to have a careful physician look into the matter and find out if you have tuberculosis.

Slight blood-spitting.

The disease may begin with slight blood-spitting, and it may be some time before any further trouble is noticed. It is nearly always a sign of tuberculosis and should never be neglected.

Night sweats.

Night sweats are sometimes the first sign, but not often.

Other signs which are common:

Pain in the chest. Especially in the shoulder. Sometimes this is the sign of tuberculous pleurisy, or inflammation of the inside lining of the chest wall near the top or apex of the lung.

Fever. This may be an early symptom if we use a thermometer to find out. This little instrument tells us how hot the body is. It has an arrow on it which is the "normal" or what the temperature of the body should be. In tubercular cases the end of the mercury may be below the normal in the morning and above the normal one and a half degrees in the afternoon.

otvni yvt moma jshahli chatuk oke. Hotihlko ilvppvt onnahinli yo yohmi kia, onnahinli yvt moma keyu chatuk oke. Hotihlko putta kvv nitak-hollo tuchina kvv atampa hokma, nukvvhla chohmit anukfills hinla hoke. Hotihlko kvv afvmmi kanohmi kia, abeka yvt isht abekvchi fehna keyu mak v, nukvvhla fehna hinla hoke.

Nan isht il akostininchi hotihlko yvt iksho hokma, **Na-tikambi** yvmmvt toksvli anonti keyu hokia yohma hinla kvv, nan isht il akostinincha hinla hoke. Na-tikambi ilvppvt opiaka pilla hak v otvni chatuk, mikmvt anonti itisukpi yvt humma hinla, nishkin vt malanta, mikmvt yvnhla aiena hinla hoke. Na-tikambi ilvppvt, hotihlko yv chohmit nan-isht-otvni yvkv, yvmmvt yohmikma alikchi ish pisa hetuk oke.

Na-nukshvmmi. Nukshvmmi kvv hopaki kia kvvnia he keyukma nukvvhla hinla hoke. Ilvppvt Hichushi-ililli nan-isht-vlhtokoa yvkv inli hoke.

Weki kvv itikba yavuk v iklavo. Ilvppvt nan-isht-otvni afiena hoke. Nan-isht-amiha he yvmmv ish ithana kvv, iksho hv, hatak vt weki kvv itikba yavuk v ik alavot mahava hokma, yvmmvt hotihlko-shila (consumption) anoli yv hinla hoke. Chi hotihlko hokmvt yvmmv chik ahaksecho kashke. Alikchi yv isht ish itim anumpoli na, nana hv isht chi ataklvma hokma, akostininchvshke.



Iti-lumbo-chukka Ulhpesa Hosh Okhisa Micha Okhisushi Laua Aiena. Hatak-ovi-humma I Chukka Lgva kvv Tohwikeli Micha Mahli Aiena Kvvt Ona Achukma Keyu Chatuk Oke.



THIS DRYING MEAT SHOULD BE PROTECTED FROM THE FLIES.

Spitting. After the cough has lasted a while some spitting is apt to begin and this spit should be carefully examined under the microscope by the doctor to see if the germs of tuberculosis can be found in it.

Remember that when a person has a slight cough with loss of weight, appetite, and strength, with a tired feeling, and perhaps some slight sweating, the disease is just beginning.

IF YOU FIND YOU HAVE THE DISEASE CAN YOU GET WELL?

Persons just beginning to be sick can be cured, but if they wait until the disease has become very much advanced it may be too late. We know that many Indians do get well. The doctor can usually tell whether you have a good chance or not. As soon as you find out you have the disease, the best thing you can do is to start right in and follow the doctor's orders and make a fight to get well. Never lose hope.

Impa-bvna-im-okpulo, keyukmvt "Iffuka-ikachukmo."

Iffuka ikachukmo kaniohmi kia gsha na afvmmi yvt lauvt taha cha, hotilhko yvt haiaka hokma, "iffuka-hotilhko" (stomach cough) achi chatuk oke. Aivlhpiesa bieka na chim ahleka chj keyu ka, alikchi nan-ahah-ahni yosh, afananlechit pisa cha hichushi-ililli (tuberculosis) ish haleli yokma akostininchashke.

Issish iklauo tuhofa.

Issish iklauo hq tuhofa ka, hichushi-ililli (tuberculosis) vt tobtv isht ia hinla, mikmvt himmakma nan-ataklvma yvt iksho tuk kia, kanima kash inli hq otvna hinla hoke. Issish tuhofa kvv hichushi-ililli (tuberculosis) haleli ya isht-otvni naha chatuk oke; yohmi hoka, ahaksicha himma keyushke.

Ninak-laksha.

Ninak-laksha yvt, yohmi fehna keyu kia, kaniohmikma hichushi-ililli (tuberculosis) haleli ya nan-isht-otvni vmmvna chatuk oke.

Hichushi-ililli isht-otvni inla mvt gsha chatuk:

Ikkishi a hotupa; tahchi yak fehna kak o. Kaniohmikma ilvppvt, hichushi-ililli chunukvbi (tuberculous pleurisy), keyukmvt ikkishi anuka alata, shilukpa ya wishakchi keyukmvt shilukpa ahikvvt ia vmmvna yosh shatali ho, otvni hoke.



Nipi Ivppa Shileli Ka, Chukani Yvt Ik Apistikelo Ka Hetuk Oke.



A CLEAN AND SANITARY KITCHEN.



THIS IS A DIRTY KITCHEN. COMPARE IT WITH THE OTHER PICTURE OF A CLEAN KITCHEN AND NOTICE THE DIFFERENCE.

Yvna. Ilvppvt, lshpa-isht-akostininchi (thermometer) ya, ish il akostininchi hokma, hichushi-ililli tobvt isht-ia vmona yosh, otuna hinla hoke. Lvshpa-isht-akostininchi iskitini ilvppvt, haknip vt lshpa kaniohmi ka, pim otunichi hoke. Lvshpa-isht-akostininchi ilvppa, uski-naki holbt-toba isht inchuva takanli kv, lshpa kv aiulhpisa, keyukmt hatak vt abeka keyu hq haknip vt lshpa kani-ohma hinla ka, otunichi hoke. Hichushi-ililli-haleli yokma, lshpa isht-akostininchi oka-hanta (mercury) yvt, uski-naki holbt-toba ya nutaka yo takanli, onnabinli ya, atukmt opiaka pilla hano, ont ia kv isht-vlhpisa (degree) achvfa iklvna hq, ont hikya hinla hoke.

Itukchi tuhofa. Hotihinlhko na hopakikma itukchi tufa kaniohmi kv isht ia hepulla, yohmikma itukchi tufa ilvppa, hichushi-ililli-isht-atoba-nihi yvt asha mt, hatakakma, pisa chi hosh, alikchi yvt achukma-lit nan-isht-pisa (microscope) a, isht afanalecha hetuk oke.

Hatak vt hotilhko chohmit weki kv itikba yatuk a iklauo aienakmt, impa-im-okpulo, isht-ahlampko-iksho, na-tikambi aienakmt anonti laksha chohmi bekalmt, hichushi-ililli (tuberculosis) a hemo halelit isht ia hq yohmi ka, ish ithaiyanashke.



Ahoponi Ilvppvt Liteha Hoke. Ahoponi Kashofa Holbt-toba Inla Ya Itapesvt Ish Pesa Cha, Kaniohmi Hosh Itiminla Hokma, Yohmi Ish Ahnashke.

Kvna Hvt, Hichushi-ililli (Tuberculosis) Ilvppa Haleli Kvt, Hlakoffa Hinla Cho?

Kvna hvt peh hemo ililli ilvppa isht abekvt isht ia kato hlakoffa hinla, amba peh anta takla na ililli hvt achaka fienu hokma, atupvt ont ia hinla hoke. Hatak-vpi-humma lava kvt hlakoffi ka il ithanvshke. Himmak fokalechi ahli kvt, chi hlakoffi okma anonti keyu okma kani-mampa hinla ka, alikchi yvt chim anoli naha hinla hoke. Hichushi-ililli (tuberculosis) a ish haleli tuk osh, ish akostininchi mak inli hosh, chi hlakoffa chi kvt, ahlit wakayvt, alikchi im anumpa vhpisa aiakaiya cha, ish itibi kak osh, nana ish ayumobma hinla ka, achukma ishahlishke. Sa hlakoffa he ahni kvt nitak nana chi kvnia na.

Hopaki Katiohmi Foka Ho Hlakoffa Hinla Cho?

Ome, Hatak-vpi-humma yvt, hichushi-ililli hvt kullo feha keyu ka, hvshi hannali foka, anonti kvlo fienu ka, avvmmi tuklo keyukmvt tuchina ona ho, hlakoffi ka, il ithana hoke. Laua aiahli hosh hlakoffi ka, il ithana hoke. Kanimi kvt palvmmi tuk kia hlakoffi hatuk o, chi abeka fienu ahoba hohkia, sa hlakoffa he ahni beka ka, vhpisa micha hlakoffa chi kvt, amosholit ish pisashke.

Hlakoffi kvt, okhish aitatoba asha ihinshi kak o, miha keyu hoke. Hatak vt itikba kash kanihmit ahanta tok vt, yvmmak inli ho chohmit ahanta chi hokma, okhish, yvmmak illa kvt hichushi-ililli ya hlakofficha hinla kvt, iksho hoke. Okhish kanimi kvt apelacha hinla halinli, atuk o okhish yvmma chomi ka, alikchi yosh apesa ho, chipeta eji hoke.



Ahopni Kashofa Achukma.

HOW LONG DOES IT TAKE TO GET WELL?

Well, we know Indians can recover in six months in light cases and in two or three years in bad cases. We know a good many are cured. Since some bad cases get well it is always right to hope and try hard to get well, even if you seem to be very sick.

Getting well does not mean taking a lot of patent medicines. There is no medicine which by itself will cure tuberculosis, if the person keeps on living the old kind of life. Some medicines help, and such medicines will be given you by your physician.

The best place to go is to a sanatorium. There are sanatoria for Indians at the following places:

| State | Address | Number of patients which can be taken. |
|--------------|--------------------|--|
| Arizona | Ft. Defiance | 20 |
| | Phoenix | 100 |
| Idaho | Lapwai | 100 |
| Iowa | Toledo | 80 |
| Montana | Browning | 20 |
| Nevada | Carson | 20 |
| New Mexico | Mescalero | 20 |
| | Laguna | 34 |
| North Dakota | Belcourt | 20 |
| Oklahoma | Concho | 20 |
| | Talihina (x) | 60 |
| Washington | Wellpinit | 20 |

(x) This hospital is available only for Choctaw and Chickasaw Indians unless the per capita cost is paid.

At the sanatoria you are not only getting proper food and care, but you will also learn how to take care of yourself in the future, and how to prevent giving the disease to others. A complete cure may not be made at the sanatoria unless you stay quite a while, but the disease will be stopped or "arrested," and the signs or "symptoms" of the disease will stop. This will be a dangerous time, because if you feel well you may be tempted to do things you should not do. If you have been a good patient, however, and learned how to live well, you will know how you must live when you get home. Use common sense and you will be all right.

IF THERE IS NO ROOM AT A SANATORIUM OR FOR SOME REASON YOU CANNOT GO TO ONE, WHAT IS TO BE DONE?

Do not spit on the floor. This is a very common custom. Do not do it! In this way a house becomes filled with dust and tuberculosis germs from the dried spit, so that the other people in the house breathing the dust take the disease. Do not let Indians who visit you spit on the floor. All spit should be burned.

Abeka-aiasha (Sanatorium) ak o ia ka, aivtta achukma moma ishahli hoke. Hatak-vpi-humma abeka aiasha putta (Sanatoria) yvt abeka-aiasha hohchifo auet ikaiya yummak oke:

| Ulhti. | Holisso-aaitula. | Abeka laua kaniohmi hosh aiasha hinla. |
|-------------------|-----------------------------|--|
| Arizona | Ft. Defiance..... | 20 |
| | Phoenix..... | 100 |
| Idaho | Lapwai..... | 100 |
| Iowa..... | Sac and Fox..... | 80 |
| Montana | Browning..... | 20 |
| Nevada..... | Carson..... | 20 |
| New Mexico..... | Mescalero..... | 20 |
| | Laguna..... | 34 |
| North Dakota..... | Belcourt..... | 20 |
| Oklahoma..... | Concho..... | 20 |
| | Talihina ¹ | 60 |
| Washington | Wellpinit..... | 20 |

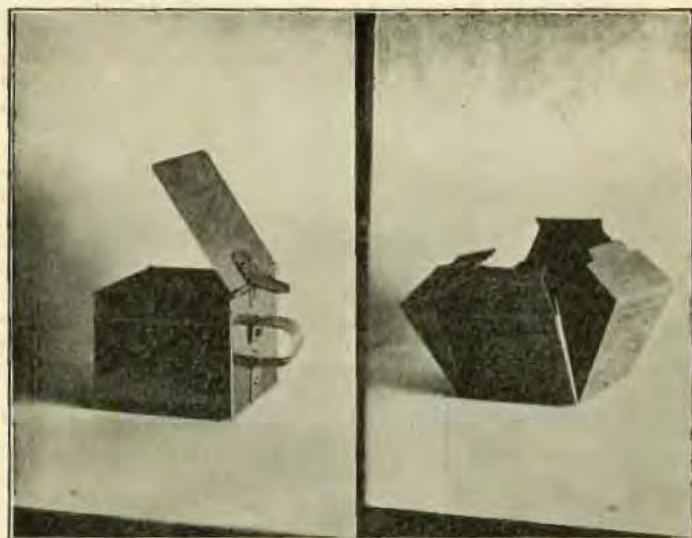
Abeka aiasha putta (Sanatoria) ya, ilimpa vlpesa micha ahah ahnit apesuchi aiena ka, isht ai ithana ka yummak illa he keyu, amba himmak pilla ha kaniohmit chishno ak inli kut ish il apesucha chi, mikmvt kaniohmi hosh inla yvt, hichushi-ililli (tuberculosis) esha chi ka, ish oktubla chi aiena kut, ish ithana hinla hoke. Abeka aiasha (Sanatorium) a ish anta na, hopaki fehna tuk, keyukma ililli hvt hlakoffit taha aiahli tuk keyu kia hinla, amba ililli hvt yokopa keyukmvt "oktubli" na, ililli isht otuni keyukmvt "isht-vlpesa" putta kut issa hinla hoke. Himak ak o ahleka hinla kut ai ona ka, vm achukma ish ahni hokmvt, nana ish ayohma hetuk keyu kia, ish ayohma hinla hoke. Amba, hatak abeka chi hopoyuksa hatak, yohmimvt kaniohmi hosh achukmvt ish ahanta chi kut ish ithana tuk okmvt, chi chukka ish onakmvt, kaniohmi hosh vlpesvt ish ahanta chi kut, ish ithana chi hoke. Ahah ish ahnikmvt achukmakvt ish ahanta chi hoke.

**Abeka-aiasha (Sanatorium) A Ahaiaka Kvt Iksho, Keyukmvt Nan-
inla Kia Nan-isht-amiha Yvt Asha Na, Ish Chukowa He Keyu
Hokmvt, Nanta Ho Ish Katiohma Chi Cho?**

Iti-patvlhpo ya chik on tufa kashke. Iluppa aaimovchi yvt moma chohmi fehna hoke. Chik yohmo kashke. Iluppak o yohmi na, hituk-chubi micha hichushi-ililli-isht-atoba-nihi yvt aboha ya alotvt kunia na, okla inla aboha aiasha kut ilafiapakmvt ililli ha haleli hoke. Hatak-vpi-humma yvt chi novvt aya kut, iti-patvlhpo ya on tufa chi ka, chik imisso kashke. Itukchi tufa tuk a moyumvt luvt taha hetuk oke.

Hvshi-tohwikeli micha mahli kashofa aiena kut, chim aboha ya asha achukma pullashke. Hatak-vpi-humma i chukka lava ka, aboha anusi yvt achvfa illa ho, chukka-achvfa yvt moyumvt anusi ka asha

¹ Abeka aiasha iluppato Chahta micha Chikasha Hatak-vpi-humma ak bano ho ai im vlpesa, keyukma hatak achvfa kut vltoba vlpiesa ho atobi hoke.



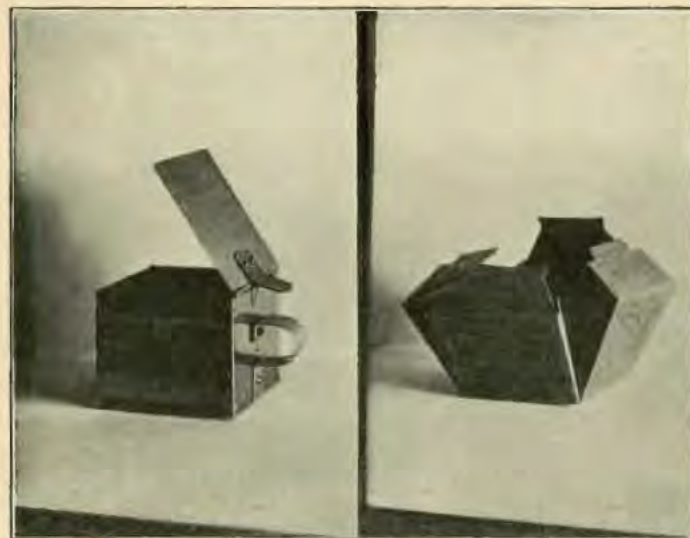
SPUTUM CUPS WHICH CAN BE PURCHASED FOR A SMALL SUM. AFTER BEING USED THEY SHOULD BE BURNED.

Let light and fresh air into your house. In many Indian homes there is but one sleeping room where all the family sleep together. These rooms are often very crowded and sometimes have only one window through which light and air can come. If plenty of fresh air cannot get into the room it soon becomes unhealthy and if the room is crowded disease soon spreads from one person to another. The lungs need fresh air in order to remain strong. Windows should be opened into rooms where you sleep, even during cold weather.

Indians often cover their heads while sleeping. In this way they breathe the same air over and over again. Use plenty of warm blankets, but do not cover your face. You need plenty of fresh air. If the rooms are dark build more windows that the sunlight and fresh air may enter. Sick persons should always sleep alone.

If you can sleep on your porch or out in the yard it will be still better. A screened porch is perhaps the best place. It is better to dress and undress in a warm room if you can.

Keep clean. Take a bath every day. Wash your hands before eating. Keep the house clean with soap and water, and a scrub brush, and let in all the fresh air and sunlight you can. The hands should be washed before you handle food. Food should not be eaten from the floor because the dust and germs are thicker on the floor than anywhere else. Get a clean table with clean dishes and keep the flies out of the house, and especially off the food.



Holisso-isht-ishko-atufa Putta Ymma Aiilli Yut Chaha Keyu Ho Chumpa Hinla Hoke. Atufut Tahlikma Lua Chintuk Oke.

hoke. Aboha yakomi ka alofa fehna tokba, mikma kaniohmikma tohwikeli a minta hinla kut okhisushi achufa bano chatuk oke. Mahli kashofa laua achukma hosh aboha ya a chukowa keyu hokma, chekusi mahli hut achukma keyu, yohmikma aboha ya alovt aiasha hokma, chekusi ilili hut tiapa na, okla iti haleli hoke. Shilukpa yut hlampko achukma bat mahaya chi kut, mahli kashofa benna hoke. Kocha kapessa hokia aboha ish anusi ya, okhisushi ya ish tivla hetuk oke.

Hatak-vpi-humma yvt, nusi itintakla kut, nushkobo ya ompohomo fehna chatuk oke. Ipppa yohmi kut mahli amiha achufa ho itelbilit fiohomba hoke. Shukbo libesha laua achukma ho ish anchi kia, chi nashuka yano chik ompohomo kashke. Mahli kashofa laua ho chi benna hoke. Aboha yvt okhlileka hokma, hvshi-tomi micha mahli kashofa aiena mut a chukowa hinla ka, okhisushi ya ikbit ish ibanashke. Hatak abeka yvt ilap bano hosh nusa beka hetuk oke.

Chukka apashia, keyukmut wanuta yak o, ish anusa hinla hokma, yvmak osh achukma kut moma ishahla hinla hoke. Apashia yvt isht-hoshontikachi vltaha yak osh anusi achukma kut moma ishahli bah. Ish yohma hinlakmut, aboha libesha yo, ilefoka ish ashuffi anonti ish afoka aiena kak o, achukma kut ishahla hinla hoke.

Ish ile kashofashke. Nitak aiyuka ka ish yupashke. Chibbak g ish achefa ha yak osh, ish impashke. Chim aboha ya, isht-achifa, oka, mikmut nan-isht-kasholichi aiena ho, isht ish kashoffashke; yohmikmut mahli kashofa micha hvshi-tomi aiena kut laua hosh chukowa



A PORCH BED ROOM. IF A PORCH IS SCREENED IT MAKES A VERY GOOD WAY TO GET PLENTY OF FRESH AIR.

Raw foods, such as apples, peaches, etc., should be washed before eating. Dry meat especially should be protected from dust and flies.

Do not raise a dust when sweeping. You can sweep with a damp broom or with a rag wrapped around the broom and dampened with water or oil. Dusting should be done with a damp cloth.

Eat plenty of wholesome food. Pure butter, milk, and eggs, fresh meat, beans, rice, corn, flour, sugar, and fresh vegetables, well cooked and clean, if taken in sufficient quantities and well chewed, will keep the body strong.

IF YOU HAVE FEVER STAY IN BED.

When the fever goes and your strength returns begin exercises in the open air little by little. Do not exercise if it is followed by a chill and fever. Do not get angry or excited about anything, even if only for a short time. When not in bed rest can be taken in a reclining chair.



Aboha Apashia Anusi. Apashia Yvt Isht-hoshontikachi Ulhtaha Hokma, Mahli Kashofa Yvt Lauvt Asha Achukma Hinla Hoke.

chj ka, ish im issáshke. Cibbak a itíkba achefa ha yosh, ilimpa ya ish potola hetuk oke. Hituk-chubi mikmvt ililli-isht-atoba-nihi aiena kv itipatlhpo ak o ai ash kv kanima inla ya moma ishahli hatuk o, ilimpa ya itipatlhpo ai eshit apa hetuk keyu hoke. Aiimpa, ampo aienvt kashofa yo ish ishi cha, chukani yvt aboha mikmvt ilimpa ak fehna kak o, ai aiasha chj ka, chik imisso káshke.

Nan-ilimpa ikhonno yummvt takkon chito, peh takkon micha nan-inla ymma chomi ka, itíkba achefa ha yak osh, apa hetuk oke. Nipishila ya, hituk-chubi micha chukani aiena kv ik halelo ka chj ka, ompoholma hetuk oke.

Pashpulikma hituk-chubi yvt vba ik io káshke. Isht-pashpoa lvcha, keyukmvt na-hilafa yosh isht-talakchi ho, oka isht ish lvchali cha, keyukmvt na-bila isht ish ahvmmi cha, isht ish pashpula hetuk hoke.

Ilimpa achukma ho, lauachit ish ihimpáshke. Pishukchi-nia, wak-pishukchi aiena kv kashofa achukma, mikmvt akak-ushi-lobunchi, nipi himmona, tobi, onush-lakchi, tanchi, bota-tohbi, hvpi-champuli mikmvt na-holokchi ilaiyuka aiena kv honnit nuna micha kashofa achukma ho, lauachit micha vlpisachi hosh ish ihimpa hokma, chi haknvp vt hlampko achukma hinla hoke.

Chi yvna hokmvt chin topa ish itoyuláshke.

Chi yvna kv shippanchi na, chim isht-hlampko yvt chj falamakmvt, kocha amahli ya, nitak aiyuka ka, hikikiyvt isht ish iáshke. Nowvt



SPITTING ON THE FLOOR IS A VERY DANGEROUS PRACTICE. THE SPIT FORMS DUST WHICH IS BREATHED IN BY OTHERS WHO CAN THEN TAKE THE DISEASE.

NEVER SWALLOW YOUR SPIT.

If you cough up spit and swallow it you can spread the disease to the bowels. If you are hoarse talk as little as possible and rest your throat. Do not smoke or allow others to smoke where you are if you have tuberculosis of the throat because the smoke will irritate the throat.

AVOID PATENT MEDICINES AND ALCOHOL.

USE SEPARATE DISHES.

HAVE ALL CLOTHS, DISHES, ETC. USED BY A CONSUMPTIVE BOILED BEFORE BEING USED. THIS IS TO KILL GERMS.

Use a piece of clean cloth as a handkerchief and hold it in front of your mouth when you cough. Burn after using.

Mothers who have tuberculosis should wean their children.

When a person dies of tuberculosis the room in which he lived should be disinfected, and all the germs in the house killed.



Iti-patlhpo Atufa Yvmohmi Ka Ahleka Fehna Hinla Hoke. Itukchi Yvt Hituk-chubi Toba Na, Inla Yvt Ilafipakmvt Hichushi-ililli Ha Haleli Hoke.

ish hikikiya ka, hochukwa-yunha yosh auet iakaiya chj hokma, nowvt ish hikikiya hetuk keyu hoke. Peh chekusi illa chj itintakla kia ile nukovchi keyukmvt, peh nukhlakancha aiimma ka ik chia yohmo kashke. Topa ha itonla keyukmvt, aiombinili yq binilit foha hinla hoke.

Chitukchi ya isht ish nvlli na.

Chitukchi ya hotilhkot ish kuchi cha, ish nvlli hokma, ililli hvv chiffuka ya a tiapa hinla hoke. Chi nukshummi hokmvt, ish anumpuli fehna keyu cha, chi nalvi ya ish fohacha hetuk oke. Inalvi hichushi-ililli yq ish hajeli hokma, shobohli hvv chi nalvi ya hotupala hinla hoka, hachuma chik shuko, keyukmvt kanima ish aianta ka, kuna inla yvt hachuma a shuka'chi ka, chik imisso kashke.

Okhish aitatoba asha micha oka-homi aiena ka chik ishko kashke.

Ampo putta kvv ila yq ish aiimpashke.

Hotilhko-shila-ililli-haleli im ilefoka, ampo, micha nan-inla chomi ka, itjka oka a wahlvlichi ha yak osh kanimichashke. Yvmma yvmihchi kvv ililli-isht-atoba-nihi ya abi hoke.

Ish hotilhkokmvt na-hilafa iskitini kashofa achukma ho, nan-tapski hobachit ish ishi cha, chi takha ya itikbvchit, ish hokdashke. Ihimmakma hukmashke

Ulla-ishki, hichushi-ililli-haleli yvt im vlla ya pishechit issashke.

Kvna hosh hichushi-ililli ya isht ilikma, aboha aiahanta tuk a,

HOW TO DISINFECT A HOME.

The purpose of disinfecting is to kill the germs left in a room after a person has died of a disease such as tuberculosis, which is catching. If this is well done the house will be without danger to the other persons living there.

Germs are little things and the work must therefore be done very completely.

Perhaps the best way to cleanse the walls and floor is to wash them down with soap and water which has in it a medicine which will kill the germs. A good solution to use is six ounces of formalin in one gallon of water.

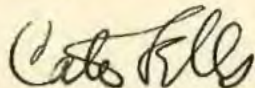
Clothing and bedding may be boiled for a half hour. This will kill all the germs which stick to them. Knives, forks, spoons, caps, and other dishes should also be boiled. Mattresses, which are hard to handle, should be burned if this is possible.

If a physician can be obtained to oversee further disinfection by formaldehyd gas it should be done. This disinfection may be done in the following manner:

Close all the windows and doors except the door to leave the room by, and paste paper strips over every crack, so that gas cannot get out. After all clothing and bed clothes are strung on lines across the rooms or spread out on chairs, and books opened, a tub is placed in the middle of the room and inside the tub a large wash bowl or pail. The next step is to place in the pail one-half pound of permanganate of potassium for every one thousand cubic feet of air space. Then empty into the pail one pound of formaldehyd solution for every thousand cubic feet of air space. This will form a gas immediately and the person doing the work should leave the room at once, closing the door, and pasting strips of paper over all the cracks of the door on the outside. This room should be left for twelve hours after which the windows and doors should all be opened and the room aired for twelve hours more. The germs will then all be dead.

It takes common sense, courage, and persistence to get well and I shall be glad to help any deserving Indian in any way I can.

Sincerely your friend,



Commissioner.

okhish isht achefa hinla, yvmihchikma ililli-isht-atoba-nihi aboha aiasha tuk vt, moyumvt illi hoke.

Ililli-isht-atoba-nihi Aboha Aiasha Ka Kanimichi Hosh Abi.

Aboha ya okhish isht achefa he ahni kv, kuna hosh ililli, ymmvt hichushi-ililli chomi ymma inla yvt halela hinla ho, isht ilikma ililli-isht-atoba-nihi yvt aboha ya asha tuk ak o, abi hosh yhmichi hoke. Aivhpisachi hosh yhmichi hokma, hatak inla yvt aiasha ka, nan-isht-ahleka hinla kv, chukka ymma iksho ka hinla hoke.

Ililli-isht-atoba-nihi yvt chipinta fiena hatuk o, achukmali aighli hosh ymhichi hosh abit tahla hinla hoke.

Aboha naksika micha iti-patelipo kashoffi kv, isht-ahchifa micha oka, ymma okhish ililli-nihi aba hinla hosh ibanlhto ho, vba hikvt isht achefot akka isht ia kak osh, achukma kv moma ishahli kia asha hoke. Okhish (formalin) vt ounces hannalikma, oka yvt isht-ulpisa (gallon) achufa ho itibelhtokmvt achukma hoke.

Ilefoka, patvlipo micha anchi aiena ka, heshi-kanelli iklvna foka ho, oka ya a wahllelcha hinla hoke. Yvmihchikma ililli-isht-atoba-nihi ymmvt alapohmaya tuk vt, illit taha hinla hoke. Bushpo, chufak, isht-imp, isht-ishko, mikmvt ampo inla moyuma ka, oka yo a wahllelcha hinla hoke. Yohma hinla holma patvlipo (mattresses) ymmato weli hoka, hukma hinla hoke.

Alikchi yvt anta cha apesanchi hokma, anonti okhish kvlo fehna (formaldehyd gas) achi ymma, isht-achefa hinla hoke. Okhish, ililli-isht-atoba-nihi aba chj hosh, aboha ya ai o shobohlecha chj kv, iluppak o ymhicha hinla hoke:

Okhish (gas) ilupput ik kocho ka chj ka, amba kuna hv akocha chj kal illa hosh tiwa ho, okhishu micha aboha isht-okshilita aiena ka okshittvt tahlkmvt, wakla ya holisso isht-akmmvt tahlshke. Ilefoka micha anchi moyuma ka, isht-talakchi ya aboha anykaka ya a bachali cha, a takohlehit tahli, keyukmvt abinili pakna yo om ashachikmvt holisso putta ka tivblit ashachit tahlkmvt, oka-aiulhto chito yo, isht-aiokami keyukmvt isht-ochi iskitini kia fohki cha, aboha iklvna yo talala hinla hoke. Yohmikmvt ont achukaya ka, aboha anykaka yvt cubic feet tahlepa-sipokni achufa ayukakma permanganate of potassium vt weli iklvna ho isht-ochi iskitini ya anashke. Yohmikmvt aboha anykaka yvt cubic feet tahlepa-sipokni achufa ayukakma, formaldehyd vt weli achufa ho isht-ochi iskitini yash anashke. Iluppa ymhichi mak inli ho shobotvt (gas) toba, mikma kuna hosh nan-isht-vita tuk vt mihmak inli ho aboha ya akucha cha, okhisa ya okshittakmvt, isht-okshilita wakla ya holisso isht a kmmvt tahlshke. Aboha ilupput peh hikiya na heshi-kanelli auah-tuldo onakma, okhishu micha okhisa moyuma ka tiwa hinla, mikma mahli hv a boha ya a hlopohonli na, anonti heshi-kanelli auah-tuldo ka ona hinla hoke. Yohmikma ililli-isht-atoba-nihi yvt moyumvt illit taha hoke.

Kuna hosh hlakoffa chj kv, imanukfala ha mominchit, amosholi, mikmvt achunanchi hosh hlakoffi hoke: yohmikma kaniohmi hosh, hatak-vpi-humma kuna hohkia ai apelacha he aivhpisa ka, ayukpanchit apela la chj hoke.

Chj kana aighli,

CATO SELLS,
Commissioner.