

The Cebu Skin Dispensary. Cebu, Cebu.

INSTRUCTIONS TO PATIENTS WITH INCIPIENT LEPROSY.

1. You show the early signs and symptoms of leprosy. It means that unless you receive the proper treatment now, you will most likely develop the disfiguring and crippling manifestations of the disease later on. On the other hand, if you attend to your treatment at once, your chances of getting completely cured are bright.

2. The success of the treatment will depend principally upon your willingness to co-operate with your doctor. The Philippine Health Service will administer the treatment and render expert medical advice free of charge.

3. Read the following instructions carefully and follow them faithfully from day to day.

4. Eat only fresh food. Avoid stale fish, meat, vegetables—any article of food which is not perfectly fresh. Vegetables should form the bulk of your diet, but sufficient proteins should also be taken in the form of milk, eggs and meat. Avoid crabs, shrimps, lobsters, and other shell fish. If chicken makes your body itchy, it should also be eliminated from your diet. Avoid too much condiments; your food must be simply cooked and do not eat anything raw except fresh fruits.

5. Take regular daily exercise, as it is absolutely essential for your recovery. Exercise promotes the elimination of the toxic products of the disease, it gives you a healthy appetite and good sleep, and facilitates the absorption of the medicine.

Walking is one of the best form of exercise and it is suited to your condition. You must walk at least 10 miles a day; one-half of the distance may be covered in the morning and the other half in the evening.

Gymnastics, pulleys, dumb-bells, and tennis, will also keep you in good trim. Violent exertions should, however, be avoided and it is best to omit the exercise on the afternoon following your injection.

6. Keep your body clean by bathing frequently. Use plenty of soap. Whether a bath is to be taken or omitted on the day following the injection depends on how you will feel that day.

7. Your bowels must be evacuated daily. If constipation is present, correct it by eating more vegetables or by taking a proper laxative.

8. Lead a methodical life ; observe regular hours for meals, rest, exercise and for sleep. It is best to write down a fixed schedule and then follow it strictly.

9. If you are suffering from some debilitating ailment such as venereal diseases, malaria, hookworm, etc., this should be treated first before you receive the anti-leprosy treatment.

10. Come to the injection clinic at least once a week ; twice a week would be preferable. The injection days are Wednesday and Saturday ; the time is 8 o'clock in the morning. Take sufficient exercise and a good bath before coming for your injection.

11. You may do your routine work after the injection but it is best to avoid unnecessary exertions during that day.

12. Sunlight is good for your health but avoid the mid-day heat.

13. Cheerfulness is one of the best tonics. Forget your worries and be cheerful.

14. When in doubt about anything concerning your health, consult your doctor. Take him into your confidence.

15. If you know any one of your friends having symptoms similar to yours advise him to present himself to the Philippine Health Service without delay. Give him a chance !

16. The treatment will take sometime. Do not get impatient. Let perseverance be your motto and you will succeed in getting rid of your disease.