

SPECIFIC INSTRUCTIONS TO EXPERIMENTAL SUBJECTS

1. Maintain a confidential record for Doctor Kehoe of daily activities, first indicating usual habits and manner of life, and subsequently calling attention to departures from usual regimen, listing such events as illnesses, late hours, parties, unusual activities or vacations from the regimens, whether enforced or otherwise.
2. Maintain a daily record of items of food and beverages, other than water, consumed. Record any accidents, errors, or omissions that may influence samples and results. That is, if any sample is lost or partially lost or damaged in any manner, a report of the circumstance should be made verbally and for the record.
3. Collect duplicate samples of all items of food, and of beverages except water, putting them together as one sample per day, or per meal, as desired. (When a large volume of any beverage is involved, keep it separate from the food sample.) Keep all containers in paper bags, before and after use, to avoid contamination with dust. Mark all samples carefully with name and date.
4. Collect a duplicate sample, daily, of all water consumed, taking an equivalent amount, as consumed. Mark carefully with name and date.
5. Collect urine in 24-hour samples in gallon jugs, using no preservative. Exercise great care against any possible contamination of the samples by washing the hands and drying them carefully before handling the container, and by removing the container from the paper bag only in a scrupulously clean place free of dust. Keep jug in paper bag except when in use. Record any losses or failures to collect samples. Daily collection is to begin at 8:00 A.M., voiding into the container at that hour, thus completing the sample, then obtaining a new container. Mark each sample with the day and hour - e.g. 8:00 A.M., June 10 to 8:00 A.M., June 11.
6. Collect each stool in a separate clean jar, marking the date and hour on each sample.
7. Keep all samples carefully where they cannot be tampered with and where they will not be broken mechanically or by freezing, and where they will not be exposed to dust or dirt, or subjected to excessively hot or freezing temperatures.
8. Report to the person designated for certain microscopic blood examinations.
9. Report any and all illness or indisposition to the physician assigned to your medical supervision and take no medication without instructions. If medication is authorized, preserve a duplicate of each dose for analysis.
10. Certain medical and physiological observations will be made regularly, and certain others from time to time, on Saturday mornings. Other activities should be carried out on a flexible schedule so that as much of Saturday

morning as may be required will be free for these purposes. Report to the physician assigned to your medical supervision each Saturday morning.

11. Confer with Mr. Roberts, or the physician assigned to your medical supervision, or to Dr. Kehoe over any matters of procedure or policy that cause difficulty of any kind. In their absence consult Mr. Cholak.