

The first rules for brothels were issued in Russia in 1844. In 1872, Tallinn City Government introduced an improved brothel regulation.

THE LAWS FOR A LANDLADY KEEPING GIRLS:

1. Girls must not be kept without police permission.
2. Only a single lady between 30 and 60 years may keep girls.
3. A lady with children must not keep girls at her place, nor can she take in a woman as a tenant.
4. If a landlady is allowed to keep such a girls' house, she must promise by her handwriting to respect all the laws that have been announced for the health of the girls that are at her place.
5. The landlady must list the names of all her girls, as is shown on the sheet attached hereto.
6. The writing in which these names are listed must be made with clarity and kept clean at all times.
7. Only those girls can be used, whose names are on the list, and any others must not be allowed to even be near.
8. A female person not yet 16 years old must not be used.
9. As soon as a girl leaves a house, the landlady must get a slip from the police, stating that she left and where she left to, and must give it to the doctor.
10. The landlady is not allowed to hold any girls locked up in her house because of debts.
11. The landlady may quit keeping girls, whenever she wants, but she'll have to tell the police first.
12. She may hand her girl-keeping to another, but not without the permission from the police.
13. If a landlady stops keeping girls, she'll still be under police obligations.
14. The more girls are kept in a house, the more space must there be.
15. There must be partition walls or screens between beds, so that each bed is separated.
16. The rooms must be aired often.
17. The landlady must make sure that the rooms, the girls' underwear and their bed linen are found clean.
18. She must also make sure the girls keep themselves clean, and so she must carefully inspect:
 - a. that they wash their childbirthing organs with cold water as often as possible, but first-most that they not let another use them right away without washing, and that they also change their underwear before that if possible,
 - b. that the ones with the female condition are not used for carnal pleasures at all,
 - c. that the girls go to a sauna twice a week,
 - d. that they use as little as possible of red and white cheek makeup, strong-smelling lip paint, salves or other rub-in substances.
19. If these cleanliness laws are not respected, the landlady herself must pay for it.
20. The landlady must pay a large fine if she lets her girls be used up too much so that they are very spent.
21. The landlady must take care of a peaceful and polite life in her house and to keep her girls from drinking too much.
22. On Sundays, the landlady must not allow visitors while the forenoon mass is not yet over.
23. Any boy of child age or school age must not be allowed into the girls' house.
24. The landlady must take all her girls to the police for a check-up on each day set for that, and must surely respect all the laws set up for her in this matter.

25. Without a doctor's check-up, the landlady must also check up on her girls every day and must send all the sick girls to a special women's hospital right away.
26. If a single girl is missing at a police check-up, it shall be called an act of hiding. For hiding, the landlady shall be sent to zukt-house (this means the so-called educational house, Zuchthaus in German).
27. The card given by the doctor after checking the girl, and the letter given by him about the girl's health must be kept by the landlady in a visible place and kept clean.
28. Also, the landlady herself, her brought-up daughters, relatives and maids must be checked up if one thinks that they are also used for carnal pleasures.
29. If a girl goes to another place or if a new girl comes to the house, the landlady must let the police and the doctor know, so the doctor can check up on her soon before she is used.
30. The landlady must also let the doctor know if one of the girls becomes gravida or otherwise sick, and must not let her be used anymore then.
31. It is strictly forbidden in any way to touch off or suffocate the gravida (that is, to interrupt the pregnancy), as well as to let sick girls be treated by one without the right to do so, and to use cures that the lower folk thinks helpful against sicknesses.