Health Department
N. A. C. W.

Prepared especially for

... Clubs ...

National Association
of

Colored Women

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National Chairman
If with intelligence and skill the homemakers can learn to do the work of dietitian, welfare worker and sanitary inspector, much will be done to improve the world. We are not working for our particular group, but through improving our own we may set an example in right living that will make the world a better place to live.

The progressive age in which we live has made it necessary to give you, even though briefly, a constructive program. We realize that the child’s intellectual development is dependent on the physical structure and moral attitude. Therefore we are opening our yearly work hereafter with a program for Better Homes.

You are requested to hold meeting and have concerted action the twenty-second of September in a campaign for this purpose.

September:

"Westward the Star of Empire takes its way."
Was said by someone of a by-gone day.
But Look! The Star of Better Health is near.
To shed its light upon your home, right here.

Give more time, to the living conditions of the home. Use properly all the things you possess. Train the children to use their knife, fork and spoon properly. How to arrange flowers for beautiful effect. What colors harmonize in interior decoration. These all help to mold character. This idea has been splendidly outlined by Mrs. Sallie Stewart, National President.

**Topics for Consideration**

Shall we save the best silver for company? Make the home a happy place to live. Does it pay to always eat in the kitchen? Should children have definite duties to perform? Do mothers need recreation? Should a father be acquainted with his own children? Is the moral attitude being kept up to the high standard?

**Enlistment - Environment, Habits, Morals and Religion.**

October:

Slogan: Aid suffering humanity before it suffers.

Preventive medicine has revolutionized methods of practice. "Tis better to remain well than to attempt to cure the ills that may invade the body. You are urged to give attention to preventive medicine and prophylactic principles.

To circulate literature on care of waste, ventilation, body protection, care of mothers and children, and the need of a knowledge of preventive medicine.

Vaccination and inoculation to protect children from childhood diseases and epidemics.

Vaccination prevents smallpox. Dick test protects against scarlet fever. Shick test protects against diphtheria possibility. Toxin-antitoxin prevents diphtheria. Antitoxin combats diphtheria. Tetanus antitoxin prevents lockjaw. The above facts may be taken to the humblest home and the knowledge will prevent needless suffering and loss of life. This is the work you can do and do well.

Teeth—examine periodically.

Tonsils—Needed, but when diseased, should be removed. Secondary infection and toxic conditions directly traceable to diseased teeth and tonsils.

**November:**

Specific diseases.

Syphilis is a curable disease if taken in time and persistently treated. It is one of the few diseases that a child may be born with. The symptoms are very easily perceived and should be treated early.

It is no offense to be told you have the disease but it is not only an offense but a calamity to hide it and refuse to take treatment for your own sake and protection of others.

**General:**

A communicable social disease which is being better understood and yielding to treatment. "More common than you would believe and more destructive to happiness or health than most diseases. The prophylactic protection of the sight of new-born babies by legislation in most states has greatly decreased the number of blind children. Consult your physician or the public clinic.

**December:**

Tuberculosis.

Tuberculosis is a curable disease.

In many large cities Tuberculosis Institutes or Hospitals have been established: in smaller places "Clinics" in local hospitals. Literature may be had for the asking at the local Health Office.

Early diagnosis is important. Hospitalization helpful and persistent treatment is necessary. Actinic, Ultra-violet rays, diathermy, static electricity and sunshine are wonderful curative agents.

Open air sleeping apartments, workshops and school rooms, where a number of people are patients have been very beneficial. Proper food, exercise and clothing are helpful preventives. Collect information and broadcast.

**Important:**

Negroes are no more susceptible to "T. B." than other people under similar conditions.

Splendid results have been obtained from routine rest, dietetic and hygiene measures in the early stages. Artificial pneumothorax gives a hopeful and successful solution to cases formerly considered incurable.

**January:**

Better homes, happiness and progress will all be aided by the club women just after the holidays in their personal contact work with the "Fellow in need." There are millions of people who would go on doing and living if only given a chance to know. The clinic, the public welfare station, the visiting nurse, the big hearted doctor, each is reaching out a helping hand. The club woman can by personal contact bring the helpers and the people together. Much good work may be done by public lectures, teas and get-together meetings. The highest is not very far above the lowest. The rich is just next yard to the poor. The bad are not very much worse than those we deem good. It is all relational value and viewpoint.
February:

Psychiatry.

See to the birth registration of all babies.

The health and care of children is so important that most communities today have systematic service of registration, investigation and plans for relief of conditions that impair the healthy development of children. Centers, clinics and welfare stations afford helpful instructions and aid.

It is known that childhood diseases are not necessary and immunity to many contagious diseases may be established by injections or vaccinations.

March:

Heart affections are of great importance from birth to old age. Contributing causes are many and the subject is now being helpfully considered by specially organized agencies in large cities.

"Is life worth living"?
"It depends on the liver."

You see the liver eats food to nourish and enable the liver of the liver who has the liver to form liver secretions and if the liver does its work properly, the liver is a joyful liver.

April:

In the spring there are many agencies that send out plans for helpful constructive programs for “Better Health” and the N. A. C. W. should co-operate in every possible way. Among the best programs are those of the Medical Association and Tuskegee.

Campaigns for cleaning up and arranging for outdoor sports and recreation will give wonderful results.

May:

Make summary of work, report to this office, please.
Suggestions gratefully received.

My Friends:

For many years I have endeavored to bring my people to a realization of the importance of the work women in the home and women in club work may do Health Campaigns. Others who shall come after me will have easier work with the great improve-

The appendix is very queer.
It does not know just why 'tis here.
All that it makes is stomach aches.
Surgeons though, hold it dear.
ment in hospital facilities and the scientific discoveries which are constantly lessening the suffering occasioned by disease.

Kindly preserve this folder and pass it on to some one who may find some helpful thought herein.

As a final reminder we urge periodical examinations to keep well instead of the old way of exposure to disease.