

GOOD HEALTH

and how
to keep it



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GOOD HEALTH

AND

HOW TO KEEP IT

BY

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PUBLIC HEALTH IS THE
FOUNDATION ON WHICH
REPOSE THE HAPPINESS
OF THE PEOPLE AND THE
POWER OF A COUNTRY

—DISRAELI

GOOD HEALTH AND HOW TO KEEP IT



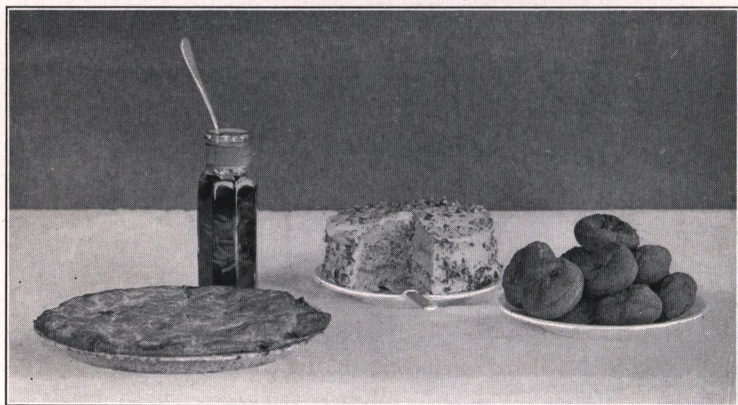
GOOD HEALTH, with but few exceptions, is within the grasp of most of us. While many people know and understand the principles upon which good health depends, they are not willing to take the time or the trouble to carry them out; sickness, sooner or later, is the invariable result. The "secret of good health" is really no secret at all, being only the observance of a few simple rules. For the benefit of those who have not these rules clearly in mind we state them. They are as follows:

Rule I—EAT THE PROPER AMOUNT OF GOOD, NOURISHING FOOD. This is perhaps the most important rule of all but the one most disregarded. Some people eat too little of the proper food rather than too much, but there is little doubt that most of us who have all the food we desire, eat considerably more than is good for us. Remember that "strength comes from the kitchen and not from the drug store."

Good food is not necessarily fancy food. Simple foods are the best as they cause less effort on the part of the stomach in the process of digestion. Milk, butter, meat, eggs, fish, bread, cereals, fruits and vegetables of all kinds are examples of simple foods. Milk is generally regarded as the most valuable single food as it contains all the elements necessary to existence. However, a healthy adult could not live on milk alone, indefinitely, as even good, rich milk is almost nine-tenths water.

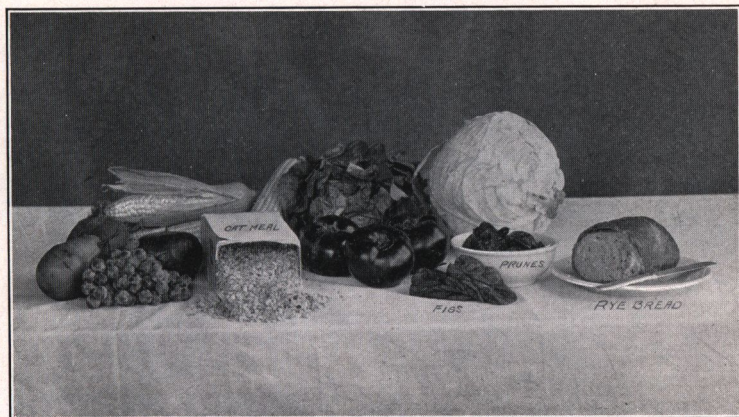


SIMPLE FOODS ARE NOURISHING



TYPES OF INDIGESTIBLE FOODS

By rich and indigestible articles we mean cake, pastry of all kinds, hot bread, pickles and most fried foods. These, when eaten, should be taken sparingly if we do not wish to overtax the digestive organs. In cooking, bear in mind that frying renders



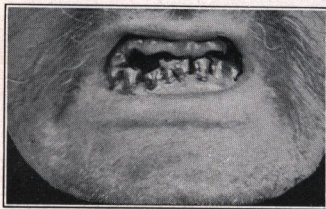
FOODS OF VALUE IN THE PREVENTION OF CONSTIPATION

the food less digestible than any other form of cooking. On this account broiling, baking and boiling should be employed in preference whenever possible. Apples, oranges, lettuce, figs, prunes, cereals, spinach, tomatoes, rhubarb, Graham and rye bread and cabbage are all known to be of value in the prevention of constipation, and may be regarded as desirable articles of food for this reason.

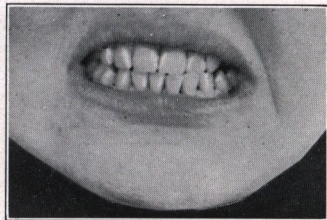
As a general rule meat should not be eaten more than once a day; a disregard of this may lead in time to Bright's disease and other troubles.

Some people, through habit, bolt their food, while others fail to chew it thoroughly because it hurts their teeth to do so. The result in either case, sooner or later, is impaired digestion. If

**MEAT 3 × A DAY + NO EXERCISE =
BRIGHT'S DISEASE [IN A FEW YEARS]**



WHAT CAN YOU EXPECT FROM SUCH
TEETH AS THESE ?



THESE TEETH CAN CHEW FOOD
PROPERLY

your teeth are in bad shape, have them put in proper condition by a competent dentist for the sake of your digestion, if for no other reason. Thorough mastication is second only in importance to the choice of the food itself.

Going without breakfast is not a good thing and may cause headache and faintness. Do not eat between meals; this upsets Nature's plans and causes confusion in the stomach. A "lunch" just before going to bed is unwise as it deprives the stomach of about the only rest that it gets. It is very much the same as if you yourself tried to work twenty-four hours out of the twenty-four.

The cold lunch at noon, except on hot summer days, is not a good idea. If you take your lunch to work, buy a bowl of hot soup or a cup of cocoa to drink with it. Or you can very easily make a cup of hot malted milk with malted milk powder obtained from the druggist; this is quite nourishing. Soup or other hot



ONE OF THE BEST INVESTMENTS YOU CAN
MAKE FOR TWENTY-FIVE CENTS

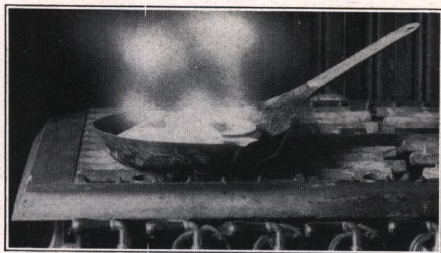
liquids placed in a vacuum bottle on leaving home in the morning will keep hot until lunch time. Such bottles may be obtained in one-pint

sizes for a dollar, and with care will last indefinitely. At any rate see that you eat or drink something warm at noon time.

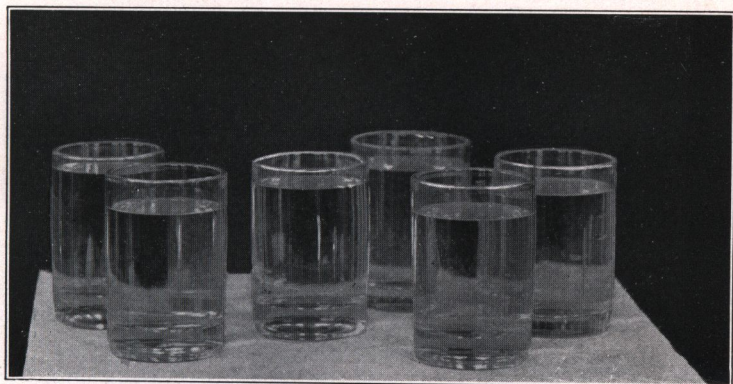
It is not a good plan to eat a meal following

heavy exertion; the blood of the body is at that time largely in the muscles, in which case the stomach is not prepared to digest the food properly. Better take a short nap or at least rest fifteen or twenty minutes to allow adjustment of the circulation before eating.

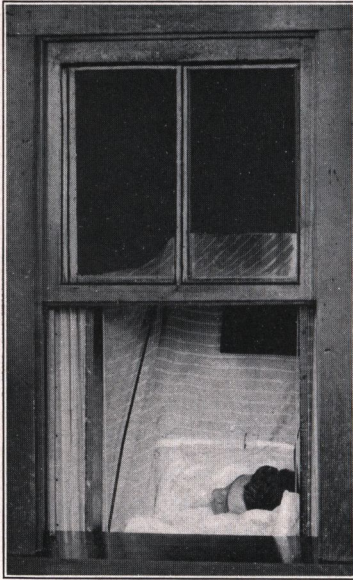
Drink at least six glasses of water a day in winter and eight in summer. This means a glass at each meal, one or two between meals and one at bedtime. It is not harmful, as some think, to drink water with your meals, provided food is not washed down with the water. If no food is in your mouth when you drink no harm will result.



FRYING, THE WORST WAY TO COOK FOOD



THE AMOUNT OF WATER YOU SHOULD DRINK EVERY DAY



WINDOW-TENT

Rule II—BREATHE ALL THE FRESH AIR YOU CAN AT ALL TIMES. Next to proper food, pure, fresh air is most essential to good health. At your workplace, the proper air conditions are maintained by ventilating systems. When not at work it is up to you to see that you get fresh air. Get out into the open all you can. As a rule, the outdoor worker is the most healthy in the long run. This is seen in the case of farmers and fishermen. However, the inside work has to be done and

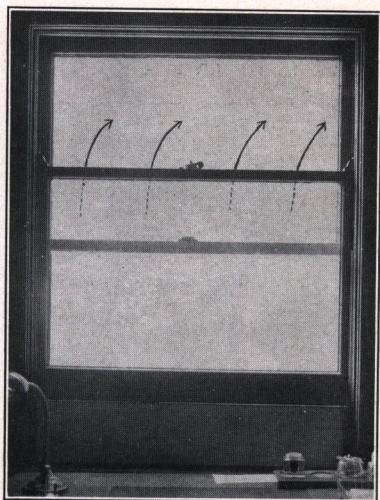
it is necessary for most of us to be indoors in the day time. But it is within our power to be in the open air the rest of the time, or practically so if we sleep with our windows wide open. Heretofore it was considered that night air was injurious, and that malaria and other diseases came in this way. We now know that the bite of a certain mosquito is the sole



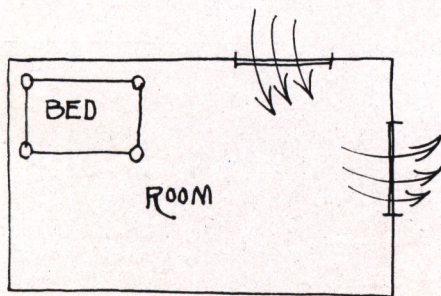
OUTDOOR OCCUPATIONS ARE HEALTHFUL
BECAUSE OF FRESH AIR AND EXERCISE

cause of malaria, and that the "night air" superstition is without any foundation whatever. So before going to bed open the windows top and bottom, except in the severest weather, and even then have one window open at least a foot. Better still, is sleeping in the open. This is an excellent practice for anyone, no matter how healthy. It is accomplished in a practical way, winter and summer, by the use of a window tent, several makes

of which are on the market and which cost about \$5.00. By the use of a window tent, your head is really outdoors while your body is indoors. If you own your home and happen to be "handy"



A SIMPLE AND INEXPENSIVE VENTILATOR.
ARROWS INDICATE DIRECTION OF AIR CURRENT

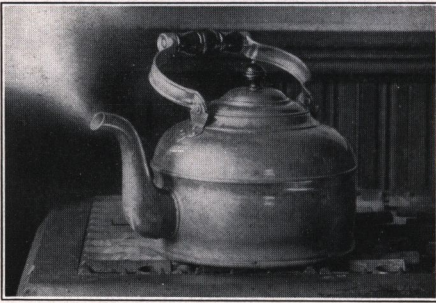


THIS ROOM IS GETTING FRESH AIR WITH BED
[PROPERLY PLACED]

with tools, a small sleeping porch may be built, if you prefer, at a cost of less than \$50.00. The window tent, however, answers every purpose and has some advantages over the sleeping porch.

A thin board, 12 inches wide, fitted into the bot-

tom of the window frame and the window then opened about 8 inches, makes an excellent and inexpensive ventilator. The fresh



A PRACTICAL WAY OF MOISTENING THE AIR
OF A ROOM

air comes in between the two windows and is directed upward without producing any draft.

The air in poorly ventilated buildings where great numbers of people gather for a considerable time is usually bad, because it passes repeatedly from one pair of lungs to another.

Dust is a great factor in the spread of disease, and should be controlled as far as possible. Vacuum cleaners, where it is possible to use them, are the nearest approach to sanitary cleaning that we have. The only objection to most of them is that they are expensive and require electricity for their operation. There are on the market, however, certain mechanical vacuum cleaners which do the work very well and which cost only \$7.00. In dusting, a damp or oiled cloth should always be used, as a feather duster simply scatters the dust and is unhygienic. In sweeping floors, the dust may usually be controlled by the use of

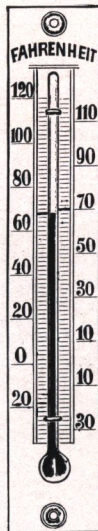


THE IMPROPER AND PROPER WAY TO WALK
THE BOY ON THE RIGHT IS DERIVING
BENEFIT FROM HIS EXERCISE

moistened sawdust or wet pieces of paper.

Some people make it a habit every day to slowly inhale to the full chest capacity, hold for four or five seconds and then exhale. This is repeated fifteen or twenty times and is always done outdoors and where the air is pure. It is an excellent habit as it forces the air into the furthest portions of the lungs that with the ordinary quiet breathing are insufficiently ventilated. By so doing, the lungs are rendered much more able to resist disease, especially tuberculosis.

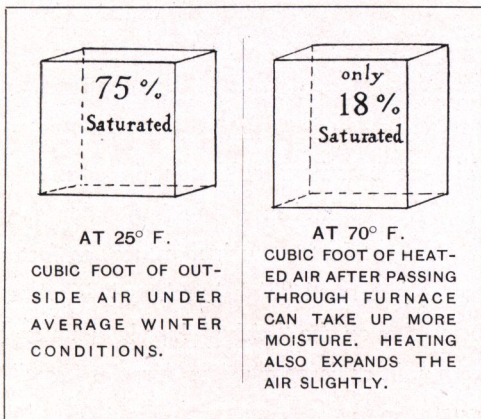
In winter, when it may be regulated, the proper temperature of the air in a room where people are sitting is 70°. When you are engaged in active work or moving about it should not rise above 68°, except under unusual conditions.



Proper Temperatures
For Active Work—68°
For Quiet Work—70°

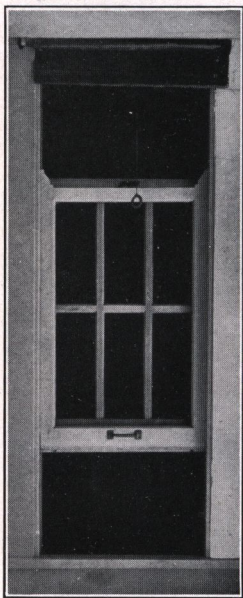
Almost as important as the temperature is the moisture in the

air. This matter takes care of itself in summer, but in winter, in artificially heated buildings, the air when heated is able to take up much more moisture than is possible at the lower temperatures. For example, let us suppose a



cubic foot of air is taken from outdoors at a temperature of 25° F. If this air contains 75% (or $\frac{3}{4}$) of the amount of moisture it can possibly hold, it will, after passing through a furnace and being heated to 70° F., contain only 18%, provided no water

has been added. This low percentage of moisture is noticed by a dry feeling of the skin and by the fact that plants tend to dry up and die. The moisture may be partly replaced by keeping water constantly boiling in the living apartments or by placing shallow pans of water on the radiators or hot-air registers. In winter, if frost or moisture is seen on the windows you may be sure that there is sufficient moisture in the air; this is an easy and simple guide to go by. So it will be seen that the amount of moisture that air will absorb depends on the temperature of the air. The warmer the air, the more moisture it will hold.



PROPER POSITION OF BED-
ROOM WINDOWS AT
NIGHT

To promote comfort and health, the air we breathe should contain from 50 to 75% of moisture. It is possible for air to contain too much moisture; in fact, an excessive amount, or what is termed "high humidity," is what causes us to feel so uncomfortable on the "sticky" days in summer; also, too much moisture in winter is responsible for the "raw" bitter cold which is so penetrating.

Rule III—GET SOME FORM OF EXERCISE EVERY DAY. We all know how quickly a person loses strength when confined to bed for a long period even though not really sick; say, for instance, with a broken leg. There is only one reason for this; lack of that exercise to which the muscles have been accustomed.



BRAIN WORKERS NEED EXERCISE MORE THAN THOSE PHYSICALLY ENGAGED

Moderate, sensible exercise is absolutely necessary to keep the muscles in good condition, to help throw off the body-poisons and to produce that feeling of “snap” and vigor and appetite that all those in good health experience. This does not mean that it is necessary to run five or ten miles every day or to play football, or anything of the sort. What it does mean is that morning exercises on arising, for two or three minutes before the windows are

closed, are a good thing; that walking to and from your work whenever possible, is beneficial. If you live so far from your work that you are unable to do this, there is nothing to prevent your walking part way and riding the rest. Because walking is the commonest and cheapest form of exercise and within the reach of all, its value is apt to be held too lightly. The chief good of walk-



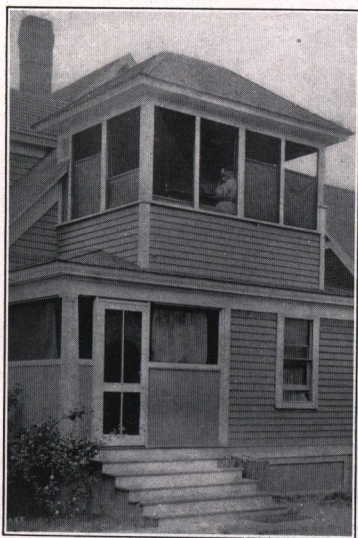
A POOR WAY TO SPEND THE ENTIRE NOON HOUR

ing is that it must be done in the open air, and because of this it might well be considered the ideal form of exercise. When walking, do so with a full stride and swing the arms; it will do you very much more good than if you take it slowly and quietly.

Never exercise to the point of exhaustion as this takes away all the benefit gained. Stop just short of fatigue and you will be surprised how much more you can do or how much further you

can walk from week to week as the muscles become used to the exercise. Do not exercise immediately after a full meal as it interferes with digestion; this applies particularly to swimming.

It takes no one much more than twenty minutes to eat lunch,



SLEEPING-PORCH

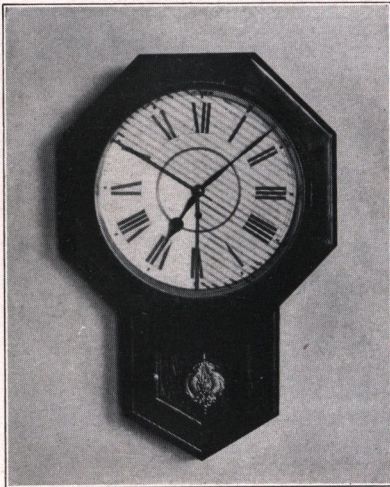
and instead of sitting inside for the rest of the noon hour reading, smoking or playing cards, get out into the fresh air. In summer you will have time for some baseball or "catch" or a game of quoits, and in winter you can take a walk, if nothing else. Saturday afternoons and evenings you may be able to skate; this is an excellent form of exercise. Swimming and open air bathing are good if you do not remain in the water more than fifteen or twenty

minutes, as they combine exercise, bathing and breathing of fresh air.

While every one of us needs exercise, it is of special importance in the case of brain workers. Here, there is an increased supply of blood in the brain and it is quite important that the circulation be adjusted. Nothing accomplishes this so well as muscular activity.

The improved circulation of the blood following exercise will repay you for your trouble many times in the general benefit to your health. Try it for a month and notice the difference.

Rule IV—GET SUFFICIENT SLEEP UNDER THE PROPER CONDITIONS. You are forced by Nature to sleep whether you want to or not. If you go without sleep one, two or three nights you will fall asleep at your work; you cannot prevent this. However, by running short on sleep month in and month out, say by sleeping five or six hours a night, you will very materially



SHADED PORTION OF CLOCK SHOWS PROPER HOURS FOR SLEEP

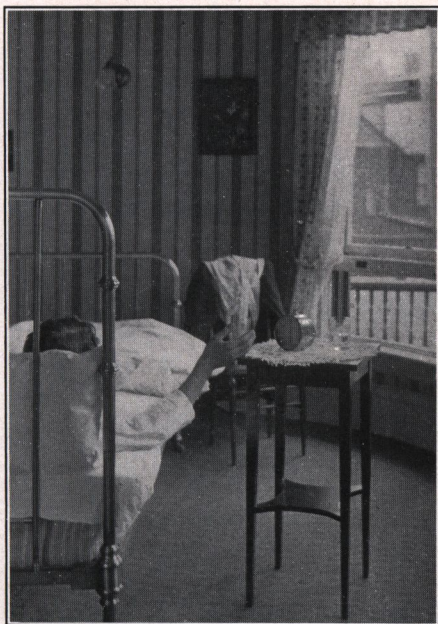
affect your general health. Dances, parties and other forms of amusement that keep a person up until after midnight every night in the week are harmful. Do not think that you can sleep almost all day Sunday and make up for the late nights of the week before; it does not work out that way.

The average healthy adult requires at least eight hours of sleep in the twenty-four to keep in the best condition. Perhaps you are

one of those exceptions that have managed on five or six hours for years and seem to thrive on it. If so, you certainly are an exception as most people would "run down" on this amount of sleep. Every day-worker should make it a point to be in bed by ten o'clock at least five nights in the week.

The bed room should be quiet and well-ventilated. Never permit yourself to "sleep cold;" this does not mean, however, that you

should pile on covers until you are weighted down with them, as they will only disturb your sleep and make it restless. The bed, if possible, should be in that part of the room where a draft will not blow over you. This applies especially in summer, for at that season you have few covers on, if any, and a draft can do the most harm. A hard mattress is better than a soft one, and feather beds should not be in any modern home.



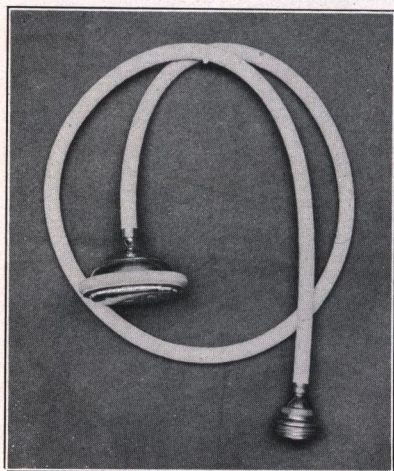
6 O'CLOCK EVERY MORNING

Rule V—KEEP THE BODY CLEAN AT ALL TIMES. Strange as it may seem, breathing is carried on by the skin as well as by the lungs, although of course to a lesser extent. Also, like the kidneys, the skin assists in throwing off waste matter. The skin is unable to properly perform these functions if the pores are clogged up with dirt and grease. It is known that if a coat of varnish were applied to the entire body the person would soon die. When we fail to keep the skin clean, healthy and active, bad results follow in proportion to the neglect.

To keep the skin in proper condition one should take a hot bath

with the free use of soap twice a week in winter. In summer, when perspiration is free, a bath every day is necessary. Aside from the benefit derived from bathing, a neglect of this matter makes it disagreeable for those nearby.

One of the great preventives of winter ills, such as colds and sore throats, is cool bathing every morning, followed by a vigorous friction rub with a rough towel. This does not mean jumping

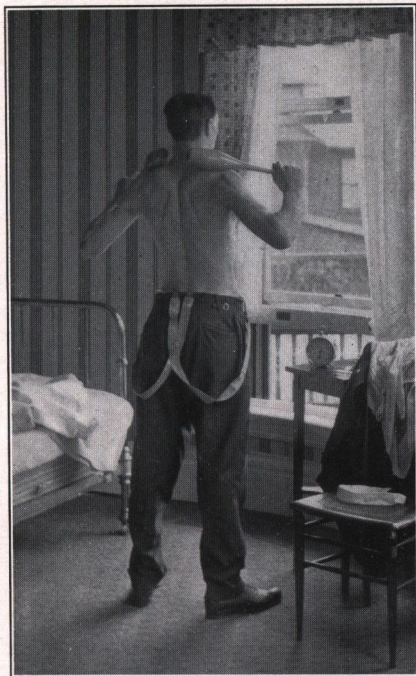


TUBING AND SPRAY FOR SHOWER BATH

into a tubful of ice cold water; this is quite unnecessary, and there are few people who can stand the resulting shock. But a cool sponge bath of the neck, shoulders and chest produces in most people, after the rubdown, a comfortable feeling of warmth. The skin is thus accustomed to sudden changes in temperature and the likelihood of catching cold is much

reduced. Still better, and for use every morning both summer and winter, is a shower bath. The water may be tepid to start and then changed to cold or may be cold throughout. No expensive installation is necessary because quite as invigorating and beneficial an effect may be obtained by the use of rubber tubing and spray attached to the bathtub faucet. This may be purchased at any drug store for about one dollar, and has an advantage over the overhead shower in not wetting the hair.

For most people, the hot bath is best taken at night before retiring; it is cleansing and soothing. Heat opens the pores of the skin and brings the blood to the surface, greatly increasing the liability of "catching cold" on exposure; this cannot happen if you go immediately to bed. Take the cool bath in the morning; it is stimulating and acts as a tonic to the entire body.



EXERCISE FOR A FEW MINUTES ON ARISING

Remember that if your skin is not kept clean, the pores become clogged and the action of the skin in throwing off waste matter is greatly interfered with. This forces the kidneys to do work for which they are not intended, and in

the long run the health is apt to suffer.

Always try to make it a point to wash your hands just before eating. The hands, when soiled, are covered with many germs of different kinds and serious diseases such as Typhoid Fever and Tuberculosis may be contracted by failure to observe this precaution.



WASH THE HANDS JUST BEFORE EATING

Cleanliness of the mouth is most important. To maintain it you should brush your teeth night and morning, using a powder similar to the following, which any druggist can make and which is inexpensive and efficient:

Precipitated chalk.....	3 parts.
Powdered orris root.....	1 part.

If brushed only once a day, the best time is before you go to bed; then the food particles cannot ferment, producing lactic and other acids while you sleep. These acids act as a corrosive to the tooth enamel; once the enamel is gone, decay progresses rapidly and cavities are formed. Once or twice a week clean between the teeth with dental floss. The brush cannot reach these places and it is important that they be kept clean.

Rule VI—BE AS REGULAR AS POSSIBLE IN ALL YOUR HABITS. We are all familiar with the results of eating at any and all times and also of irregular and broken sleep. It is quite unnecessary that the regularity of habits be measured by minutes, but our meals should, and in most cases can be within a quarter or half an hour of the same time every day.

Freedom from constipation depends on regular hours more than any other one thing. Of course exercise and diet count for a great deal, but no more than a long-established habit of attention to the bowels at the same time every day. For most people this matter is best attended to just after breakfast and before going to work.

It is a familiar fact that if we retire at about the same time every night, in good season, we are pretty sure to wake up at the same time in the morning. Reaching over to the alarm clock we often find that it is due to ring in five or ten minutes. This is an example of a good habit established by regularity.

Remember then, that habits of regularity are especially important as related to our sleep, our meals, and attention to the bowels.

Rule VII—BE TEMPERATE IN ALL THINGS. Some people think of the word "temperance" as applying simply to alcoholics. But we may very easily be intemperate as regards our food, our exercise and many other things. Essential as eating and exercise are, they may easily be overdone.

Overeating is especially common among Americans and is responsible for numerous ills later on in life such as Bright's disease and Gout. A pretty good sign of having had enough to eat is the food ceasing to taste good. "Stuffing" beyond this point or "finishing up" a meal simply because you have paid for it or be-

cause it has been served, is a tax on the digestion causing it extra and unnecessary work. Of the two, overeating is perhaps more harmful than eating too little. The effects of the former are difficult to remove, whereas those of the latter are easily remedied.

Do not *overdo* the matter of exercise. Moderation here, as in everything else, should be borne in mind. For one who is comparatively quiet all week it is unwise to attempt to walk fifteen or twenty miles on Sunday, the first time, or to go to any other extreme. Simple fatigue is not harmful, but remember to stop there; to push on to the point of exhaustion is decidedly bad and counteracts all the good that may have been accomplished.

A lengthy discussion relative to the temperance question would be unprofitable here. As a general rule, however, it may be said that for a healthy person, whiskey and other strong drinks are bad things. There is no doubt but that less alcohol is being consumed every year; people are gradually getting away from liquor. This is so because through popular education people are beginning to realize the harmful effects of strong drink; employers take it for granted that their workers are temperate, and finally, the number of states in which liquor is being legislated against is constantly increasing. There is no real strength in alcohol despite the belief of some to the contrary. Liquor may brace up a person temporarily but it is like whipping a tired horse, and there is bound to be a reaction. Beer is one-tenth as strong as whiskey, so that an occasional glass, say one or two a week, might not be harmful. This is by no means an endorsement of the habit of beer drinking, nor is there any real reason for its use.

As for tea and coffee, their use in moderation by healthy, active persons is not harmful. By moderation, we mean, one cup of



FOUR STIMULANTS WHICH SHOULD BE USED IN MODERATION IF AT ALL

each a day. It is unwise to allow children to drink these beverages, as they are passing through a formative stage and are more likely to be affected by these nerve stimulants than are adults. For those who would find it difficult to give up coffee, it may be said that there are certain preparations of coffee on the market from which practically all of the caffeine, the poison of coffee, has been removed. The removal of this caffeine does not interfere with the flavor of the coffee, but prevents the usual harmful effects of excessive coffee drinking. What has been said of coffee and tea is true of tobacco; used moderately, adults suffer little if any harm from its use. It is the *abuse* of beer, coffee, tea and tobacco that is harmful, and if we use these stimulants at all we should watch ourselves closely that we do not overstep the bounds of moderation.

RULE VIII—WEAR THE PROPER CLOTHING. For the preservation of health it is necessary that a body temperature

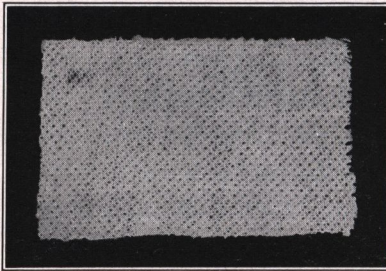
of 98.6° be maintained. This is accomplished partly by the action of the skin through the sweat glands and also by the small blood vessels which regulate the amount of blood which is brought to the surface. The two principal things which aid the skin in the performance of its function are bathing and proper clothing. The subject of bathing has been discussed.

Being next to the skin, underclothing deserves special attention. In the selection of underclothing two things should be borne in mind—

1. Its conductive properties.
2. Its absorbent properties.

Judged by these standards, porous or mesh underwear is the best, as it is both an excellent non-conductor and very absorbent. Because of the hundreds of open spaces in "mesh" underwear, there is produced what is practically a layer of air between the skin and the outer garments, and air is an excellent non-conductor. In winter the non-conducting property of porous underwear plays the important part in keeping the body heat in and the cold air out. Also, its power of absorption tends to keep the skin surface dry by favoring rapid evaporation. As a wet, clammy skin is a powerful

cause in "catching cold," porous or "mesh" underwear is for this reason a great aid in the prevention of colds and other winter ills. For this same reason of absorption, mesh underwear is very comfortable in summer in assisting in the evaporation of the



POROUS OR MESH UNDERWEAR

excess moisture which is apt to be present. As a matter of fact, unless one is exercising or it happens to be unusually warm, porous underwear will keep the skin dry and comfortable in summer.

A great deal of stress has been laid in the past on the character of the fibre used in underclothing. That is, whether it be wool, cotton, silk or linen. We are beginning to learn, however, that the value of underclothing depends not so much upon the kind of fibre used in its making as on the way the goods are woven. This applies to porous underwear, which is to be had in both linen and cotton. Linen mesh is quite expensive, but equal benefits may be enjoyed by those wearing cotton mesh instead, which may be obtained at small cost. It is the porous feature that is important, the fact that it is linen or cotton or silk being a minor matter. If mesh underwear is not used, then woolen undergarments come next in value in winter. This is because they absorb moisture very well, and because, as usually woven, they have considerable air space between the fibres. Cotton and linen fabrics are good conductors and consequently are better in summer than wool.

To sum up, while woolen garments are good in winter and cotton is good in summer, medium weight mesh underwear is better than either, both in winter and summer.

Many make the mistake of wearing heavy suits of outer clothing in winter in addition to heavier underwear. They have in mind the very few hours they are in the open, when as a matter of fact they are indoors twenty or twenty-two hours of the twenty-four, the temperature there often being as high as 80° and 85°. This is worse than summer heat, for with the windows closed the fresh air available in summer is lacking. For this reason perspiration is apt to be free, and then the exposure on going outside

to a temperature often 50° or 60° lower, creates the ideal condition for taking cold. The more sensible plan is to wear the same weight of outer clothes in winter that we do in summer, relying upon the overcoat alone for protection when outside. For the success of this plan you should, of course, wear either mesh or woolen underwear and not cotton. Those who have adopted this form of winter dress know the comfort and decreased frequency of colds that result, and it would be difficult to persuade them to return to the old practice. It is almost necessary to have both a



A VALUABLE AID IN THE PREVENTION
OF COLDS

heavy coat or ulster for the severe weather and a light coat for spring and fall use. The ulster might be uncomfortable at the latter seasons, whereas there are many days when it is unwise to go without an overcoat of some sort.

The wearing of "chest-protectors" is to be condemned. Quite the opposite of protecting, they weaken the chest and render the user a much more easy prey to colds and other troubles. The reason for this is that they make the chest more sensitive to the cold. The best "chest-protector" is cool sponging of the chest every morning followed by vigorous rubbing. For the same reason, it is unwise to wear sweaters indoors.

All the clothing worn during the day should be removed at night and clean, fresh night clothes put on.

It is very important that the feet be kept dry at all times. Nothing accomplishes this as well as rubber overshoes. Unfortun-

ately these are regarded by some as a nuisance, but they are one of our most valuable aids in combating winter ills.

To sum up—

1. Eat the proper amount of nourishing food.
2. Breathe all the fresh air possible.
3. Take regular daily exercise.
4. Get sufficient sleep.
5. Keep clean.
6. Be regular in your habits.
7. Be temperate.
8. Wear the proper clothing.

Memorize these eight fundamental rules and try to keep them constantly in mind. Nature is very generous, and with a little reasonable and intelligent co-operation she will always go more than half way to keep us in good health.

Some of you will probably read this booklet through and then say, "Pretty good idea; guess I'll have to try it out." Then the book will be put aside, its principles forgotten, and that will be the end of it. Don't YOU be one of these. As a practical suggestion, and to aid you in making the eight rules a reality, the following outline is presented. This schedule is to be used simply as a guide, for everyone will have to lay out his or her own plan to suit their particular home and working conditions.

- 6:00 A. M. Arise.
- 6:00—6:05 Exercise.
- 6:05—6:20 Bath and toilet.
- 6:20—6:30 Dress.
- 6:30—6:45 Eat breakfast.

- 6:45— 6:50 Attention to bowels. Brush teeth.
6:50— 7:30 Walk to work.
12:00—12:30 Wash hands and eat dinner.
12:30—12:45 Exercise in open air.
12:45— 1:00 Rest.
5:30— 6:10 Walk home.
6:10— 6:30 Wash hands and eat supper.
6:30—10:00 Rest and recreation.
10:00 Brush teeth. Drink glass of water.
10:00— 6:30 Sleep with windows open.

Follow such a schedule as closely as you can for one week and then at the end of the week check up and see where you fell short. Repeat this next week and see if you can not make a perfect score. The object of all this is to get yourself in the habit of following out the schedule without thinking—so that it becomes “second nature.” When you arrive at this point, you have really accomplished something for your health, for you can forget the schedule and things will take care of themselves with practically no thought and very little effort on your part.

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