

**32d**  
**OBSERVANCE**  
**March 31–April 7**  
**1946**



**THE PATTERN FOR THE NATION**  
**The Family Makes the Home**  
**The Home Serves the Community**  
**The Community Builds the Nation**

**NATIONAL**

# **NEGRO HEALTH WEEK**

**Special Objective { A HEALTHY HOME IN A HEALTHY COMMUNITY:**  
**HEALTH EDUCATION AND HEALTH SERVICES**

*For other information, write National Negro Health Week Committee, U. S. Public Health Service, Washington 25, D. C.*

For sale by Superintendent of Documents, Washington 25, D. C., 50 cents per 100 copies.

(See other side)



# THE HEALTH WEEK POSTER CONTEST

1. The subject entered in the poster contest must be an original composition of (a) some personal character or characters, or (b) some health activity, or (c) some appropriate idealized character or scene.

2. The poster contest must be entered by a distinct school unit. It is recommended that an elimination contest be held between the several classrooms to choose the best subject.

3. The poster must be accompanied by a letter of transmittal, giving a short story of the subject.

4. All schools of elementary (grade) and secondary (high school) standing are eligible for the contest awards. Other schools and cooperating organizations may enter complimentary posters.

5. Each school may enter one poster only, except that where elementary and secondary units are in the same school, one poster may be entered by each unit. Additional posters will be accepted for exhibit.

6. The subject should be of such size, composition, and quality of work as to facilitate its reproduction in printed publications.

7. Any school desiring to enter the poster contest must make formal application to the National Negro Health Week Committee, United States Public Health Service, Washington 25, D. C., not later than the beginning of the Health Week observance, March 31, 1946. Send for application form.

8. All poster subjects must be received by the National Negro Health Week Committee not later than June 15, 1946.

9. The posters entered shall become the property of the National Negro Health Week Committee. However, consideration will be given to individual requests for return of poster entries.

10. The judges for the poster contest will be chosen by the National Negro Health Week Committee. The decision of the judges shall be final.

NOTE.—Use good cardboard, 22 by 28 inches. Pack flat and securely to prevent damage in transportation.

## FOR GOOD HEALTH

**H**ealth First—Health Education and Health Services.  
Learn well; keep well; do well.

**E**at the *right food* in the *right way* at the *right time*.  
This is nutrition.

**A** good night's rest is your rebuilder and refresher.  
"Early to bed, early to rise."

**L**et your mind—not your emotions—be your guide.  
Cultivate a friendly attitude.

**T**ake an outdoors tonic every day—exercise and play in  
the open spaces.

**H**ealth is Nature's gift—a treasure of many joys.  
Cherish it well.

**F**ollow the green light of wise living for a long and  
pleasant journey.

**I**nformation needs your help to make it *education*.  
Practice what you learn.

**R**emember "cleanliness is next to godliness." Keep  
your person, clothes, and habits clean.

**S**ometime you may need a doctor. If so, do not delay.  
The doctor is your friend.

**T**ake good care of your health and your health will take  
good care of you.

## FOR SAFE LIVING

**S**top, Look, and Listen! Watch the traffic and obey  
the traffic signals.

**A**lways give yourself the benefit of any doubt. Don't  
take chances.

**F**ire is a good friend, but a bad enemy. Don't play  
with fire—or firearms.

**E**very day be careful. It is on the *off* day that people  
have accidents.

**T**ake time to get where you are going. Haste may  
waste limb or life.

**Y**ou should help others too—little children and older  
people. This is *character*.

**F**alls are dangerous. Watch Your Step! Be sure of  
your pathway and your footing.

**I**ntelligence beats indifference or indulgence. Think  
first; then act—wisely.

**R**ead the safety signs and safety news. Learn the  
why's and how's of safety.

**S**wimming is good fun and good exercise, but don't  
risk your life. You might lose!

**T**ime and tide wait for no man—but you can wait.  
Better late than missing.

## What To Do Each Day

Sunday	Mobilization Day	Sermons; Lectures; Program Impetus.
Monday	Home Health Day	Personal, Home, and Social Hygiene.
Tuesday	Community Sanitation Day	Neighborhood and Health Department.
Wednesday	Special Campaign Day	Immediate Community Health Problem.
Thursday	Adults' Health Day	Information; Physical Examination.
Friday <sup>1</sup>	School Health and Safety Day	Pageants; School and Child Welfare.
Saturday	General Clean-up Day	Completing Community Clean-up Plan.
Sunday	Report and Follow-up Day	Report of Results; Year-round Plan.

<sup>1</sup> April 5 is Booker T. Washington's birthday. Arrange appropriate exercises for this day.

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