



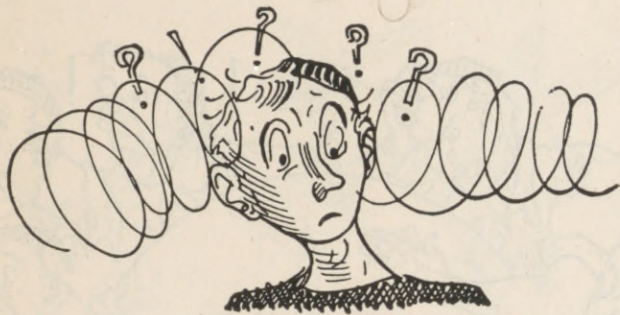
*C. D. Gaffe*  
**KEEP**  
*D-67*  
**WELL!**

**HERE'S**  
**HOW** →

PREPARED BY MEDICAL DIVISION  
WAR SHIPPING ADMINISTRATION  
AND UNITED SEAMEN'S SERVICE, INC.

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**HERE  
ARE  
The  
Answers....**



*How to fight a global war* —



*against disease*





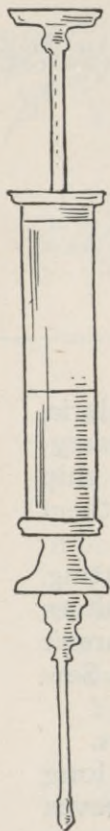
## *Protect yourself against disease*

Many germ diseases are preventable.

In the United States, public health departments are there to protect you.

In many foreign ports, you look out for yourself. If you don't no one else will.

*We tell you how  
You do it*



You can arm your body to fight smallpox, yellow fever, typhoid, cholera and typhus. Vaccination prevents smallpox. Shots prevent the other diseases. Soldiers and sailors are protected in this way. You should be "immunized" too.

Germs can't win against these weapons—they don't even get started.

If one of these diseases is present in a port, you may not be allowed to go ashore—unless your papers show you have been immunized.

**SHOTS ARE AMMUNITION**



There are no injections against malaria, dengue, and dysentery. Mosquitoes carrying malaria and dengue can fly to a ship anchored off shore. You have to keep them from biting and infecting you.

In a tropical port, sleep under netting. Tuck it in. Arrange it so that the mosquitoes can't bite you through it. Be sure there aren't any under the netting before you get in. Sew up even the smallest tears.

Use an insect spray in your quarters.

Keep your body covered. Wear long trousers. Keep your shirt on with the sleeves rolled down.





Repellants 612 or indalone rubbed on the exposed skin will keep mosquitoes away 3 hours.

Don't go ashore from sundown to sunup if you don't have to.

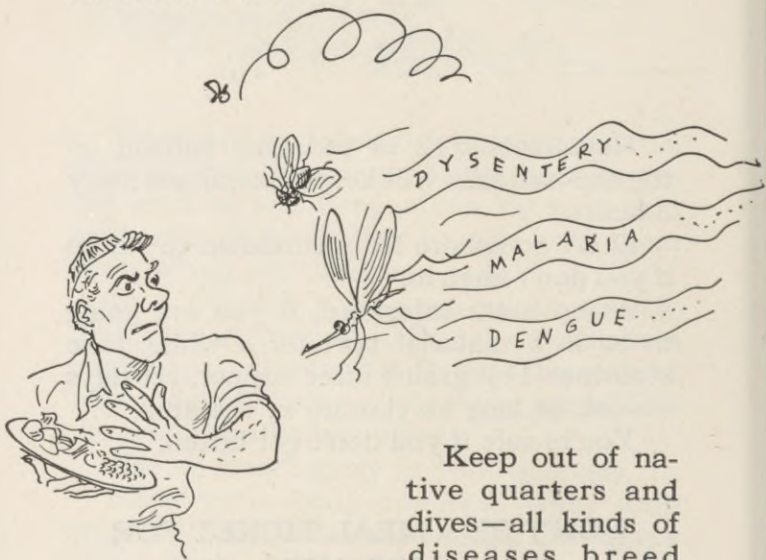
As an extra safeguard, if you are going to be in a malarial port for a while, take atabrine—1½ grains after supper, six days a week as long as you are in the area.

You're safe if you don't get bitten.

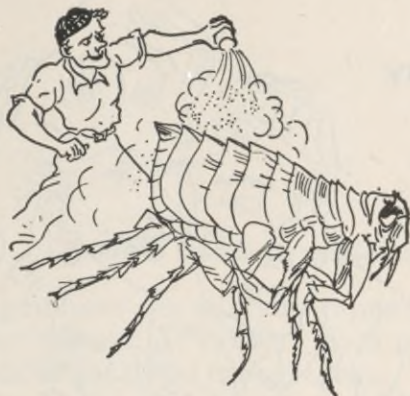
**DON'T BE A MEAL TICKET FOR  
A MOSQUITO**

*Intestinal diseases breed in filth.*

Flies and dirty hands carry germs from body wastes to food. Eat only cooked food in unsanitary foreign ports. Lack of sanitary toilets causes polluted water. Drink only boiled or purified water. This will safeguard you from dysentery, typhoid and other intestinal diseases.



Keep out of native quarters and dives—all kinds of diseases breed there.



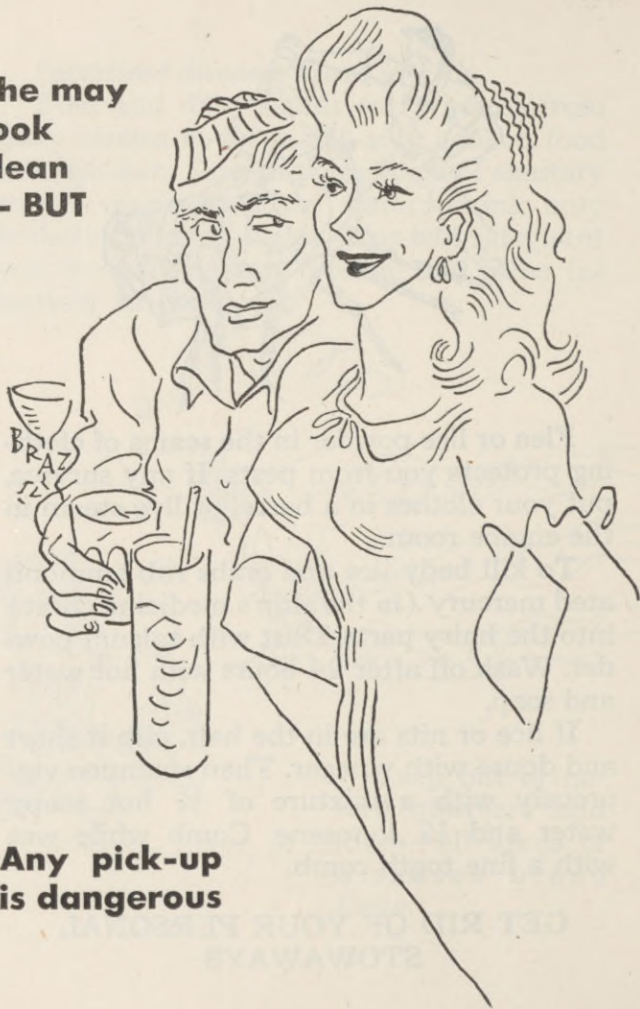
Flea or lice powder in the seams of clothing protects you from pests. If any survive, put your clothes in a barrel of live steam in the engine room.

To kill body lice and crabs rub ammoniated mercury (in the ship's medicine chest) into the hairy parts. Dust with talcum powder. Wash off after 24 hours with hot water and soap.

If lice or nits are in the hair, clip it short and douse with vinegar. Then shampoo vigorously with a mixture of  $\frac{3}{4}$  hot soapy water and  $\frac{1}{4}$  kerosene. Comb while wet with a fine tooth comb.

**GET RID OF YOUR PERSONAL  
STOWAWAYS**

**She may  
look  
clean  
— BUT**



**Any pick-up  
is dangerous**

## *Don't take a chance*

If you have sex relations protect yourself against disease. A "rubber" gives protection. Handle it gently so it won't tear.

After intercourse, wash the privates and your hands with plenty of soap and water. In addition use a "pro" kit or sanitube according to directions. If you had no "pro" go to a prophylactic station as soon as possible. All Army, Navy, and city stations are open to you.

If you suspect that you are infected go at once to a clinic, if on shore, or to the pharmacist mate on board ship.

Don't let your buddy get roped in when he is too drunk to know what he is doing.

Read "Know the Facts," a pamphlet for seamen on venereal diseases.





## COME AND GET IT

What you need:

Meat, fish, chicken, eggs, and cheese to help keep the body built up. One can substitute for another.

Fruits. Every seaman in the old days knew that he had to have lime juice or he got scurvy. Orange, grapefruit, or tomato juice take the place of limes.

Butter (or fortified margarine).



## BUT—GET WHAT YOU NEED

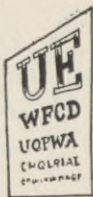
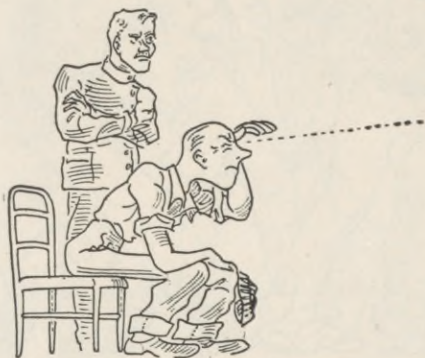
Milk—fresh, dried or evaporated—just as good for you at 40 as it was at 4 years.

Water cleans you inside as well as out. Drink 8 glasses a day—more if the weather is hot—to make up for sweat.

Vegetables—all kinds—not just potatoes. The body hankers after greens and yellows, so to keep it in good shape, down the hatch with string beans, cabbage, carrots and such.

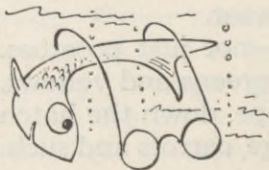
## TAKE CARE OF YOUR EYES—

You can't grow new ones



If your eyes bother you, have them examined at a Public Health Service Clinic. If you need glasses, wear them—don't stow them.

It's a good idea to take two pairs on a voyage—in case one is lost or broken.



Get glasses for *your* eyes. Another guy's glasses won't fit you any better than his false teeth.

## TAKE CARE OF YOUR TEETH—

You can't grow new ones

It's no fun to live on mush because you can't chew steak.

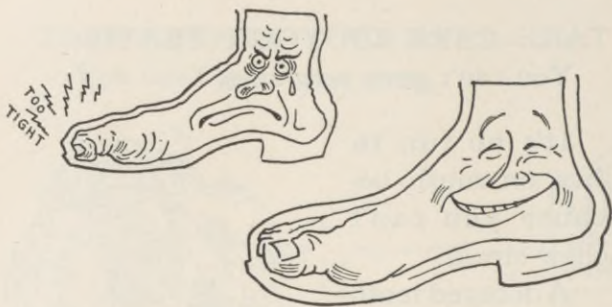
A decayed tooth may not hurt, but it can kick up any time. It can cause pains anywhere in the body.

Brush your teeth at least once a day.

See a dentist when you hit the beach.

Have your teeth filled by a dentist—not yanked out by a shipmate.





## BE GOOD TO YOUR FEET AND THEY'LL BE GOOD TO YOU

Wear shoes that fit. Never get them too small. If they are too big, make them comfortable by wearing thick wool socks.

When your feet are tired and hurt, give them a good soaking in warm water and dry them *thoroughly*. Then put them to rest on a pillow or blanket roll.







*How  
do  
You Stand?*

Apes stand and walk like this. Men don't. When men try it, it cramps their insides and weakens their muscles.

Stand straight—pull your chin in—and stretch as if the top of your head were trying to touch the deckhead.

Strengthen that back—straighten that backbone. Exercise will do it.



**IN THE TROPICS** protect yourself from the sun. Wear a hat. Stay in the shade if you can. Keep the back of your neck covered. Wear loose clothing. Use dark glasses.

A severe sunburn is just as bad as any other burn. It can make you plenty sick. Vegetable oil on the skin will protect it. If you have freckles, be especially careful.

Go easy on meat and liquor.

You may need as much as 8 quarts of water a day. Take extra salt—on your food, in tablets or in drinking water.

**IN THE ARCTIC**, keep warm with 4 or 5 loosely woven lightweight sweaters one over the other, instead of one heavy one. Then wear a wind breaker on top. Keep air from getting in at the neck, wrist and ankles. Keep the belt loose to help circulation.

Two pairs of wool socks and loose shoes keep your dogs cozy.

A woolen cloth fastened to each side of a cap just below the eyes and hanging down on the chest protects the face. Keep dry if possible.

Eat plenty of fatty foods.



## *An Easy Mind Helps Keep A Man Well*

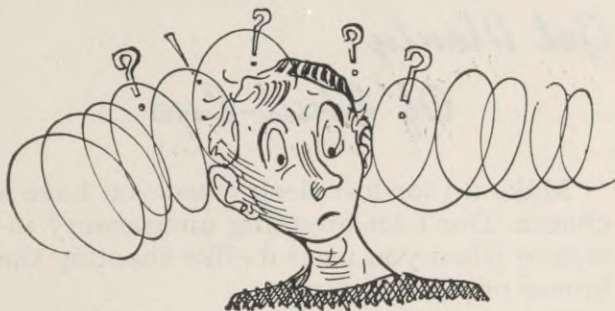
Be sure of yourself. Learn to take care of yourself in a jam. Know how to sail a small boat—swim—leave the ship in a hurry—give first aid. Know your station and job so well that you do the right thing without thinking, no matter how scared or excited you are.

Fear when danger threatens is natural. The busier you are, the less you'll worry.

Fear and worry can make you feel like blowing your top. You can let off the steam by taking ten laps around the deck or walloping a punching bag. A lively card game helps. *Stop stewing. Get going.*







Don't let your mind go round in circles. Try to find out what's eating you. If you can't work it out alone, talk it over with someone whose opinion you respect.



Get as comfortable as you can physically. Eat, sleep, and exercise. The better you feel, the less you worry.



# Get Plenty Of Shut-Eye

Make up for lost sleep when you have a chance. Don't let anything unnecessary interfere when you need it—like shooting the breeze or a poker game.

If you don't sleep well on board, don't keep worrying about it. You can get a lot of good out of relaxing in your bunk. See a doctor on the beach if the trouble continues.

Some people need less sleep than others. If you feel rested when you wake up you have had enough.



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