

**PUBLIC HEALTH BULLETIN;
NO. 98, HEALTH
ALMANAC FOR 1920**

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R. C. WILLIAMS

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The tables giving the time for the rising and the setting of the sun are calculated for Washington, D. C., Virginia, Kentucky, Missouri, Kansas, Colorado, Utah, Nevada, and central California. Exact time for rising and setting of sun may vary 2 to 30 minutes, more or less, from this table in other sections of the United States, depending on the parallel of latitude upon which a given place is located.

To obtain moon's phases in central time, subtract 1 hour; mountain time, subtract 2 hours; pacific time, subtract 3 hours.

TREASURY DEPARTMENT
UNITED STATES PUBLIC HEALTH SERVICE

PUBLIC HEALTH BULLETIN No. 98

HEALTH ALMANAC

FOR
1920

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United States Public Health Service

PREPARED BY DIRECTION OF THE SURGEON GENERAL



WASHINGTON
GOVERNMENT PRINTING OFFICE
1920

. 1920 .

| JANUARY . | | | | | | | JULY | | | | | | |
|-----------|----|----|----|----|----|-----|-----------|----|----|----|----|----|-----|
| Sun | M | Tu | W | Th | F | Sat | Sun | M | Tu | W | Th | F | Sat |
| 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| FEBRUARY | | | | | | | AUGUST | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | | | | | | | 29 | 30 | 31 | | | | |
| MARCH | | | | | | | SEPTEMBER | | | | | | |
| 7 | 1 | 2 | 3 | 4 | 5 | 6 | 5 | 6 | 7 | 1 | 2 | 3 | 4 |
| 14 | 8 | 9 | 10 | 11 | 12 | 13 | 12 | 13 | 14 | 8 | 9 | 10 | 11 |
| 21 | 15 | 16 | 17 | 18 | 19 | 20 | 19 | 20 | 21 | 15 | 16 | 17 | 18 |
| 28 | 22 | 23 | 24 | 25 | 26 | 27 | 26 | 27 | 28 | 22 | 23 | 24 | 25 |
| | 29 | 30 | 31 | | | | | | | 29 | 30 | | |
| APRIL | | | | | | | OCTOBER | | | | | | |
| 4 | 5 | 6 | 7 | 1 | 2 | 3 | 3 | 4 | 5 | 6 | 7 | 1 | 2 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 10 | 11 | 12 | 13 | 14 | 8 | 9 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 25 | 26 | 27 | 28 | 29 | 30 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | | 31 | | | | | | |
| MAY | | | | | | | NOVEMBER | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 1 | 7 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 8 | 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 15 | 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 22 | 23 | 24 | 25 | 26 | 27 |
| 30 | 31 | | | | | | | 29 | 30 | | | | |
| JUNE | | | | | | | DECEMBER | | | | | | |
| 6 | 7 | 1 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 1 | 2 | 3 | 4 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 12 | 13 | 14 | 8 | 9 | 10 | 11 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 19 | 20 | 21 | 15 | 16 | 17 | 18 |
| 27 | 28 | 29 | 30 | | | | 26 | 27 | 28 | 22 | 23 | 24 | 25 |

HEALTH ALMANAC.

"Let it be your pride, therefore, to show all men everywhere * * * what good men you are, keeping yourselves fit and straight, in everything, and pure and clean through and through."—*Woodrow Wilson.*

"The greatest asset of any nation is the good health of its citizens.

"Everyone who would like to see the United States continue its progress can do a patriotic service by keeping well. It is the very cornerstone of happiness, prosperity, and contentment."—*Carter Glass, Secretary of the Treasury.*

"Wealth, growth, and world power may be accurately measured by the condition of the public health. The very destiny of a nation is guided by it."—*J. H. Moyle, Assistant Secretary of the Treasury.*

"We must not shut our eyes to the fact that the immediate future constitutes a period of intense competition on the part of all the nations of the world. Unless we do our utmost to bring this country to the highest degree of fitness and maintain it there, we shall fail to keep our country in the present favorable position attained with so much effort. To the health officer this means the reduction of sickness and personal injury, the prevention and correction of physical defects, the promotion of bodily vigor, and the prolongation of useful life."—*Rupert Blue, Surgeon General, U. S. Public Health Service.*

RIGHT LIVING—A MESSAGE TO YOU.

The war has taught many valuable lessons, but none more important than that we all must take greater interest in keeping ourselves healthy and physically fit. The examinations by doctors of the draft boards showed that one in every three men drafted was not physically acceptable for service. This is a very poor showing, especially when one considers that it is largely the result of ignorance and carelessness. If you were examined by the doctor to-day, would you be found physically fit? If so, you will surely be interested to learn how to keep your body in good health. Your interest in health matters should be still greater if you are not now in good health. In any case it will be well to bear in mind the fact that a large amount of disease is preventable, and that therefore in most instances good health can be maintained by right living. In the following pages of this almanac an attempt has been made to supply helpful information and advice to those who value good health. The principal aim of the booklet is to teach people how to keep well, for it is usually both unwise and impracticable to give advice suitable for specific cases of illness. In fact, the reader is warned not to attempt to doctor himself. When the plumbing gets out of order you do not ask your next-door neighbor, the tailor, for advice; you send for the plumber. If your body, a delicately adjusted and complicated machine, gets out of order, do not attempt to tinker with it yourself, but send for a doctor.

Every one of us has a part in the public health. To ourself and our family we owe the duty of keeping in the best possible physical condition; to our community and Nation we owe the duty of helpful cooperation to improve and conserve the health of those about us.

RUPERT BLUE.



MOON'S PHASES.

| MOON'S PHASES. | | | | EASTERN TIME. | | | |
|-------------------|----|----|---------|--------------------|----|----|----------|
| | D. | H. | M. | | D. | H. | M. |
| Full Moon..... | 5 | 9 | 5 A. M. | New Moon..... | 20 | 5 | 27 P. M. |
| Last Quarter..... | 12 | 12 | 9 P. M. | First Quarter..... | 28 | 3 | 38 P. M. |

| Day of Month. | Day of Week. | HEALTH HINTS AND NOTABLE EVENTS. | Sun | |
|---------------|--------------|--|--------|-------|
| | | | Rises. | Sets. |
| | | | A. M. | P. M. |
| 1 | Thu. | New Year's Day. Begin the year right. Ventilate. | 7.19 | 4.48 |
| 2 | Fri. | The quotation "He that hath clean hands shall grow stronger and stronger" is literally true. | 7.19 | 4.49 |
| 3 | Sat. | Spit-borne diseases are preventable. | 7.19 | 4.50 |
| 4 | Sun. | Hon. Carter Glass, Secretary of the Treasury, born 1858. | 7.19 | 4.51 |
| 5 | Mon. | Roentgen announced discovery of X ray, 1896. | 7.19 | 4.52 |
| 6 | Tues. | Ex-President Theodore Roosevelt died, 1919. | 7.19 | 4.52 |
| 7 | Wed. | Wear sufficient clothing to protect the body against cold. | 7.19 | 4.53 |
| 8 | Thu. | Avoid placing the hands in the mouth, nose, or throat as much as possible. | 7.19 | 4.54 |
| 9 | Fri. | British forces evacuate Gallipoli, 1916. | 7.19 | 4.55 |
| 10 | Sat. | Whether sick or well, never cough or sneeze into the face of some one else. | 7.19 | 4.56 |
| 11 | Sun. | The health of individuals determines national health. | 7.19 | 4.57 |
| 12 | Mon. | Help prevent the spread of spit-borne diseases. | 7.19 | 4.58 |
| 13 | Tues. | Cover every cough and sneeze. | 7.18 | 4.59 |
| 14 | Wed. | Keep the body resistance high. Fresh air helps. | 7.18 | 5.00 |
| 15 | Thu. | All births and deaths should be reported to the local registrar. | 7.18 | 5.01 |
| 16 | Fri. | Fresh air is always beneficial. | 7.17 | 5.02 |
| 17 | Sat. | Careless spitting spreads spit-borne diseases. | 7.17 | 5.03 |
| 18 | Sun. | Formal opening of Peace Conference, 1919. | 7.17 | 5.05 |
| 19 | Mon. | Public health is purchasable. | 7.16 | 5.06 |
| 20 | Tues. | Sudden chilling of the body is to be avoided. | 7.16 | 5.07 |
| 21 | Wed. | United States Government takes over all Dutch ships in American ports, 1918. | 7.15 | 5.08 |
| 22 | Thu. | Keep the windows of the bedroom open. | 7.15 | 5.09 |
| 23 | Fri. | Let us not forget the thrift lessons taught by the war. | 7.14 | 5.10 |
| 24 | Sat. | America expects every person to do his public health duty. | 7.13 | 5.11 |
| 25 | Sun. | Report communicable diseases to the local health officer. | 7.13 | 5.12 |
| 26 | Mon. | Ventilate. | 7.12 | 5.14 |
| 27 | Tues. | Lowered body resistance means increased susceptibility. | 7.11 | 5.15 |
| 28 | Wed. | When any of the spit-borne diseases are prevalent, avoid crowds. | 7.11 | 5.16 |
| 29 | Thu. | The dishes used by patients having spit-borne diseases should be kept separate from others. | 7.10 | 5.17 |
| 30 | Fri. | Buy bonds or war-savings stamps as long as they are offered. | 7.09 | 5.18 |
| 31 | Sat. | Germany announces unrestricted submarine warfare, 1917. | 7.08 | 5.19 |

CANCER.

Cancer, if discovered early and treated immediately, is a curable disease. Moreover, if certain very definite conditions which are now known to precede cancer are avoided or cured, the disease may be prevented.

According to careful estimates of the best statisticians, 90,000 deaths from cancer occur each year in the continental United States.

Cancer at the beginning is usually painless, and its onset for this reason is especially insidious and dangerous.

Cancer is at first a small local growth which can be safely and easily removed by competent surgical or other treatment.

Cancer is not a constitutional or "blood" disease.

Cancer is not contagious.

Cancer is, practically speaking, not hereditary.

Every lump in the breast should be examined by a competent doctor.

Persistent abnormal discharge or bleeding is suspicious.

Sores, cracks, laceration, lumps, and ulcers which do not heal, and warts, moles, or birthmarks which change in size, color, or appearance, may turn into cancer unless treated and cured.

Probably 60 per cent of cancers of the rectum are first regarded as piles. Insist on a thorough medical examination.

Continued irritation in some form is the usual cause of cancer. It rarely results from a sudden injury.

A doctor who treats a suspicious symptom without making a thorough examination does not know his business.

PNEUMONIA.

Pneumonia can be safeguarded against and in a large measure prevented by proper care and protection of oneself. Exposure to cold, wet feet, damp clothing, and lack of proper clothing invite this dreaded disease. Lack of fresh air aids pneumonia. The sputum from a pneumonia patient should be treated with an antiseptic or burned. Pneumonia is a sputum-borne disease. The pneumonia patient must have plenty of fresh air. Alcoholic excesses make one more susceptible to pneumonia.

TWO GOOD ANTISEPTIC SOLUTIONS.

| | |
|--|-----------|
| (a) Pure carbolic acid..... | 3 ounces. |
| Water..... | 1 gallon. |
| (b) Compound cresol solution (liquor cresolis compo- situs U. S. P.)..... | 3 ounces. |
| Water..... | 1 gallon. |

These should be used only for disinfecting sputum or infected objects. These are both highly poisonous and should therefore not be used internally or externally.