

## Health epigrams

This penny postcard issued by the Kansas State Board of Health includes many epigrams aimed at teaching good public health.

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### HEALTH EPIGRAMS.

Swat the fly!

It takes time to boil baby's bottles, but it saves sorrow and sleepless nights.

Whooping cough in children under five years of age is a "grave" disease.

The parent who don't care "two whoops" whether his child has whooping cough or not, will later have those "two whoops" multiplied a thousand fold.

If you let the child have measles when he is young, you may save a doctor's bill later on, but you may have to pay the undertaker now.

The man who says he had rather have smallpox than be vaccinated never had the smallpox.

One large pock on the arm is better than many small pocks on the face.

An open window is better than an open grave.

Warm rooms have killed more people than ever froze to death.

A "stiff drink" makes the stomach warm but the skin cold.

A mustard bath for the feet will do more to ward off pneumonia than a gallon jug.

Avoid patent medicines as you would a pestilence.

Air your home thoroughly daily.

If your roof and your well both leak, fix the well first.

A good iron pump costs less than a case of typhoid.

The time to fix your well is before you have to send for a doctor.

Two dollars for a doctor is cheaper than one hundred dollars for a funeral.

Flies in the kitchen may be almost as dangerous as Rats in the pantry.

A fly in the milk often means a member of the family in the grave.

Keep flies from the house and you will help keep the doctor from the gate.

Flies in the dining-room precede nurses in the sick room.

A rain barrel full of water—a house full of mosquitoes.

If some people were as much afraid of flies as they are of bad water there would be less typhoid.

Good water is more to be prized than rubies, and clean hands are better than much fine gold.

The fly has small feet—but a million typhoid germs can ride comfortably on one of them.

A rusty tin cup and the wooden bucket in the schoolroom are convenient, but they are dangerous.

It is to the glory of Kansas that she was first to abolish the public drinking cup in schools, railroads and hotels.

Many a cough ends in a coffin.

A stuffy room is the germ's best ally.

A little ventilation is more effective than much quinine.

Open your windows for the fresh air and you will seldom have to open your pocketbook for the druggist.

It is better to sleep in the fresh air than in the fresh grave.

It is difficult to cure consumption; it is easy to prevent it.

Avoid consumption "cures." They never cure.

A careless spitter with a little cough is more dangerous than a careless man with a big revolver!

A sanitary toilet costs less than a funeral.

### KANSAS STATE BOARD OF HEALTH.

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