

**The seven rules of health : you and your family will stand a better chance of avoiding colds, influenza and other common ailments, as you will more serious diseases such as tuberculosis, if you follow these simple rules ... / prepared for the Ministry of Health and the Department of Health for Scotland by the Central Office of Information.**

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# THE SEVEN RULES OF HEALTH

You and your family will stand a better chance of avoiding colds, influenza and other common ailments—as well as more serious diseases such as tuberculosis—if you follow these simple rules. The rules offer the best guidance on how to improve your health and increase your vitality.

Rule 1

## FRESH AIR



Sleep, eat and, if it is possible, work in airy rooms. Stagnation, lack of oxygen, and that tired feeling are often due to a stuffy atmosphere.

Rule 2

## EXERCISE



It is very important to have clean hands when preparing your meals; important for the health of the family.

Rule 3

## SLEEP..

For the children—wherever their age—get enough sleep.



And you, too! Don't forget to open the windows and draw back the curtains.

## A GUIDE TO YOUR CHILD'S SLEEP

### Rule 4

## ABOUT CLOTHING

Let's be comfortable



Infected food causes illness

Rule 5

## KEEPING CLEAN



Infected food causes illness

Rule 6

## CONCERNING FOOD

A balanced diet



Infected food causes illness

Concerning Food

## HANDLING FOOD

It's very important to have clean hands when preparing your meals; important for the health of the family.



Infected food causes illness

Concerning Food

## MILK FOR CHILDREN

... must be pure



Infected food causes illness

Rule 7

## LEISURE—enrich your life



Infected food causes illness

PREVENTION IS BETTER THAN CURE — LET THE RULES BECOME HABITS