

## SUGGEST HEALTH WEEK PROGRAMS

### Church and Schools Expected to Help

The last week in April has been designated by state proclamation as Illinois Health Week. In this connection the accompanying suggested program has been formulated by the Chicago Tuberculosis Institute which conducts the Grosse Pointe Health center.

#### Health Sunday

Sermon on health or short talks by physicians or health workers.

Announcements of program for the week from pulpits.

#### Monday

1. Reports on conditions in community. (a) Annual death rate; (b) Infant mortality; (c) Amount of tuberculosis, etc.

2. Report on community equipment for health work. (a) Board of Health; (b) Hospitals; (c) Control of food, water, and milk.

#### Tuesday—Adult Health

Talks on: 1. Value of periodic medical examination.

2. What to expect in a thorough examination.

3. Positive health.

May hold Tuberculosis Clinic.

#### Wednesday—Infant Health

Day may be devoted to a baby clinic, or talks on Prenatal Hygiene, Infant Care, Nutrition of Infants, etc. Also demonstrations of examination of infant, preparation of milk formula, etc.

#### Thursday—School Health

Each school may present a health program to which parents are invited, or, program for general meeting may consist of talks on: A School Health Program, Control of Communicable

Diseases, Sanitation of School Plant, or demonstrations of individual and class room inspection. Program may include plays, programs, parades, etc., by pupils. Presentation of Modern Health Crusade Work.

#### Friday

#### Home and Town in Relation to Health

Reports and studies of home and town planning are health, beauty, sanitation, drainage, parks, etc.

#### Saturday—Recreation

Field Day: Contests between schools and between adult groups, as baseball game between bankers and merchants, doctors and lawyers, teachers and business women, etc.

Drills and exercises.  
Demonstrations of playground equipment.

Outdoor pageants, parades, etc.

#### Clean-Up Week

Clean-Up week may be combined with or may precede Health Week.

Monday—Clean cellars and basements.

Tuesday—Clean attics.

Wednesday—Clean yards.

Thursday—Clean alleys.

Friday—Clean vacant lots.

Saturday—Inspection of streets, alleys, yards, and vacant lots by Boy Scouts.

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This fact, proved by our long experience, has suggested a class of long distance service, which we call "station-to-station" service, and which we are able to supply at about twenty per cent less than the ordinary, or "person-to-person" service.

In many cases it is not necessary to talk to a particular person. The business can be transacted with some one else, or a message which meets the purposes of the call can be left.

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"Station-to-station" calls meet all these situations and many others. We suggest that you study your long distance telephone requirements with a view to using this service.

The rates for "station-to-station" calls are about twenty per cent lower than

for "person-to-person" calls. During the evening (8:30 P. M. to midnight), a still further reduction is made on "station-to-station" calls. From midnight to 4:30 A. M. the night rate on "station-to-station" calls is about one-fourth the day rate. (The minimum reduced rate on these messages is 25 cents).

To make a "station-to-station" call, ask the operator for "long distance" and when "long distance" answers, give her your name and telephone number and tell her you wish to make a "station-to-station" call to—(giving first the distant city or town and then the telephone number). If you do not know the number give the name and address under which the telephone probably is listed. It will then be understood that you will talk to any one who answers. The charge begins when the distant telephone is answered.

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