

## \* \* \* HYGIENE \* \* \*

1. Personnel abroad must be particularly careful of their health. The purpose of this paper is to remind you of a few down to earth facts. "Corn", if you like, but likeable "corn".

**PERSONAL MANAGEMENT**

2. Some of us have less trouble than others in avoiding illness. There is no reason, however, why any of us should be careless nor why sensible precautionary measures should not be carried out as a matter of habit. These may well vary with the individual and circumstances, but there are a few.

3. **Cleanliness** in all its aspects—yourself, your clothes, your dwelling, your kitchen, your laundry—is your first protection against infection.

4. **Your food and drink**—Without pushing to extremes, it is well to make sure of its condition and that it is properly kept. Better a little continuous supervision than a lot of chronic stomach aches. Much progress has been made in recent years in the treatment of some of the more disconcerting internal conditions, for example amoebic dysentery, but, even with the best and most prompt treatment, it's still a disagreeable business. So watch the water and uncovered food.

5. It would obviously be a waste of time and energy to make sure your food is safe without being equally sure that the receptacles in which it is prepared and served are thoroughly clean. To achieve this will not always be easy. In many posts, domestic help don't believe in hot water, soap or proper drying of dishes and utensils. Nevertheless, don't forget that you and your family do not necessarily have the same built-in resistance the local population may have.

6. Your household servants should not only be encouraged but where necessary disciplined to see to their personal cleanliness.

7. Naturally, before any servants are hired, especially in C and D posts, a proper medical check up should be obtained. Even if it should cost you something from your own pocket, it is worthwhile insurance over a period.

8. **Snacks in the market**—Those exotic titbits in out-of-the-way places, the roadside barbecue, too much tropical fruit. You are hungry, they are tempting and the wise thing to do is to pass them up. It's pretty tiring to keep your children away from street vendors but it's often healthier.

9. **Know your doctor**—Finally, and not least importantly, don't wait until you are ill to find a doctor. On arrival at your post, enquire of your colleagues which doctor they recommend. Then make the effort to become acquainted with him. Consult him from time to time. Don't wait for a catastrophe to call him in. Where conditions warrant, see him for periodic check-ups.