DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

for September 1948

Report on Monthly Activities

Iwata Health Center

Health consult		( )	Immunization		
Tuberculosis		( )	Typhoid fever & paratyphoid		572
Venerial disease	73	(52)	Diphtheria		
Dentistry		( )	Whooping cough		
Dregnant women		( )	Small pox		118
Sucklings		( )	Tuberculosis (B.C.G.)		
Babies		( )	Extra ordi- eruptive typhus		
Other cases	61	(57)	nary inocu- cholera		
Total	134	(109)	lation other disease		
			Total		690
Number of mass examination					
Tuberculosis		( )	P.H. Nurse's visiting homes		
V.D.		( )	Tuberculosis		5
Dentistry		( )	V.D.		
Dregrant women.		( )	pregran women		
Sucklings		( )	Sucklings		
Babies		( )	Babies		
Other cases	572	(11)	Other cases		
Total	572	(11)	Total		5
No. of treatment for patients			Research of contact cases of V.D.		
artificial prenmotherax.		( )			
V.D.	38	( )	Nutrition		
Dentistry		( )	cases of Tuberculosis		
Parasites	398	(398)	consult Pregnant women & sucklings		
Other cases	45	(45)	other cases		
Total	481	(481)	Openning of Short coursas		
			Actual guide.		
Examinations					
Bacterio-Bacillus of intestinal system		( )	Education for Sanitation		
Logical Tuberculous bacillus		( )	Assembly held		
Exam. Gonococcus	17	(12)	Distribution of prints		
Parasites & protozoa	398	(318)			
Other germs		( )	Issue of certificate		
Total	415	(330)	Prescription slip		5
Seralogi- syphilis reaction	115	(12)	other certificates		146
cal test. Widale reaction etc			Total		151
Total	115	(12)			
Sanitary examination for food		( )	No of treatment days		
Test of nature of water		( )	Tuberculosis		
Clinical pathologival test		( )	V.D.		3
Tuberculin reaction	5	(1)	Dentistry		
			Pregnant women		
			Sucklings & babies		
			Total		3

Notice Figures in the parenthesis show the number of patients who necessitate guidance.

monthly report.

9月分

Iwata health center.

健康相談件數（）内は指導を要する患者数		予防接種		
結核	( )	腸チフス	パラチフス	572
性病	73 (52)	ジフテリヤ		
歯科	( )	百日咳		
妊産婦	( )	痘瘡		118
乳児	( )	結核（B.C.G）		
幼児	( )	腸管伝染病予防接種	発疹チフス	
その他	61 (57)		コレラ	
計	134 (109)		その他	
集団検診数（）内は患者又は指導を要する者		計		690
結核	( )	保健婦家庭訪問件数		
性病	( )	結核		5
歯科	( )	性病		
妊産婦	( )	妊産婦		
乳児	( )	乳児		
幼児	( )	幼児		
その他	572 (11)	その他		
計	572 (11)	計		5
患者治療件数		性病接触調査件数		
人工気胸	( )	梁養		
性病	38 (38)	細菌検査件数	結核	
歯科	( )		妊産婦乳幼児	
寄生虫	398 (398)		その他	
その他	45 (45)	講習会回数	人数	
計	481 (481)	現場指導回数		

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

乳児		( )	乳児		
幼児		( )	幼児		
その他		572(11)	その他		
計		572(11)	計		6
患者治療件数			性病接觸調査件数		
人工気胸		( )	栄養		
性病		38(38)	細菌検査件数	結核	
歯科		( )		妊産婦乳幼児	
寄生虫		398(398)		その他	
その他		45(45)	講習会回数 人数		
計		481(481)	現場指導回数		
試験及検査			衛生教育		
細菌検査	腸管系伝染病病原菌	( )	會合回数 人数		
	結核菌	( )	印刷物頒布枚数		
	淋菌	17(12)	諸証明書発行		
	寄生虫及原虫	398(318)	電力第		5
	その他	( )	その他		146
	計	415(330)	計		151
血清学的検査	梅毒反応	115(12)	診療日数		
	ウイダール反応 その他	( )	結核		
	計	115(12)	性病		3
食品衛生試験		( )	歯科		
水質試験		( )	妊産婦		
臨床病理試験		( )	乳児及幼児		
ツベルクリン反応		5(1)	計		3

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

磐田保健所

ORGANIZATION AND PERSONNEL OF HEALTH CENTERS IN JAPAN

ORGANIZATION			PERSONNEL													
	SECTIONS	DIVISIONS	PHYSICIANS	DENTISTS	DENTAL HYGIENISTS	PUBLIC HEALTH NURSES	MIDWIVES	VETERINARIANS	SANITARIANS	PHARMACISTS	NUTRITIONISTS	X RAY TECHNICIANS	NON PROFESSIONAL EMPLOYEES	TOTAL
DIRECTOR* (PHYSICIAN)	GENERAL AFFAIRS	ADMINISTRATIVE AFFAIRS	1*										5	6
		MEDICAL AFFAIRS											2	2
		PHARMACEUTICAL AFFAIRS								1			1	2
	SANITATION	ENVIRONMENTAL SANITATION							3					3
		SANITARY TEAMS							8				40	48
		FOOD AND ANIMAL DISEASE CONTROL						1	2	1			1	5
	HEALTH PROMOTION AND PREVENTION	COMMUNICABLE DISEASE CONTROL	1										3	4
		TUBERCULOSIS CONTROL	2									1	1	4
		VENEREAL DISEASE CONTROL	1										1	2
		PREVENTION											1	1
		MATERNITY AND CHILD HYGIENE	1				1							2
		DENTAL HYGIENE		1	2									3
		NUTRITION									1		1	2
	PUBLIC HEALTH SERVICES	HEALTH EDUCATION											1	1
		PUBLIC HEALTH STATISTICS	1										3	4
		PUBLIC HEALTH NURSING				15								15
		MEDICAL SOCIAL SERVICE											1	1
		LABORATORIES	1							1			2	4
	TOTAL		8	1	2	15	1	1	13	3	1	1	63	109

REPRO BY THE 64TH ENGR BASE TOPO BN

PH&WHS CHART NO A-5 14-3-1946

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

THE 1/200 SCALED FIGURE OF SHIMODA HEALTH CENTRE
下田保健所平面図

縮尺200分の1

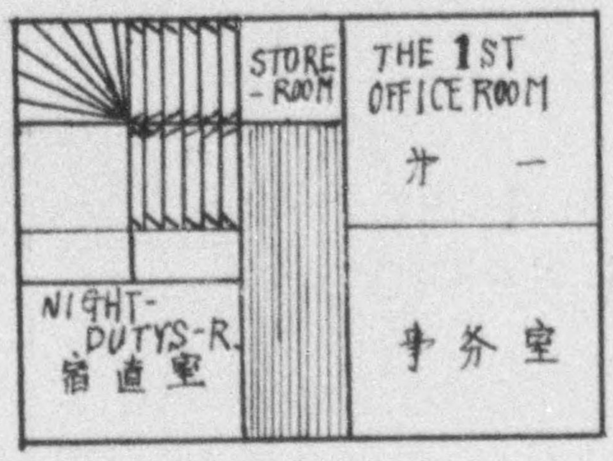


FIG. OF UPSTAIR
二階平面図

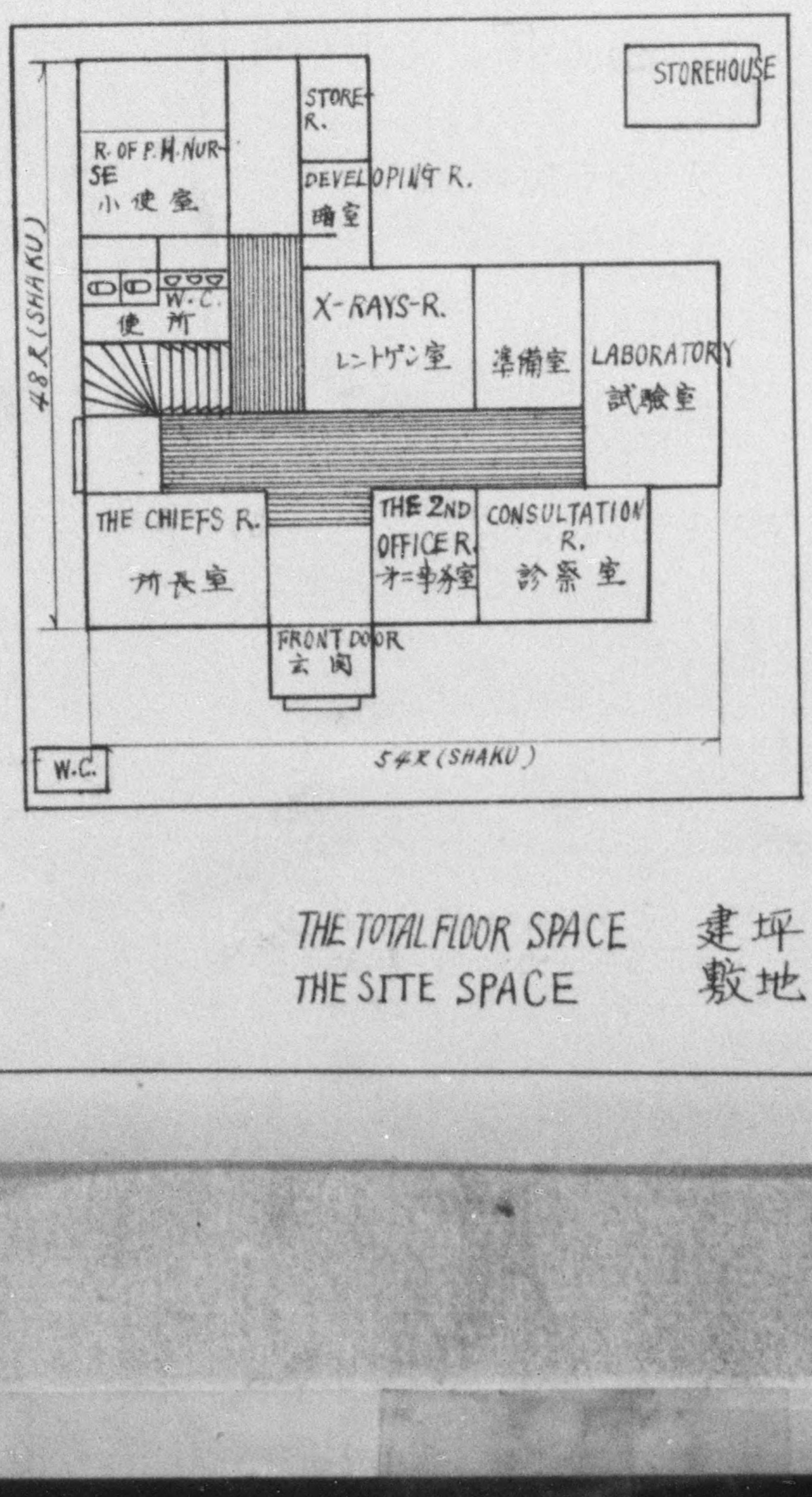


FIG. OF THE GROUND-FLOOR
一階平面図

1 SHAKU = 1 FT'

THE TOTAL FLOOR SPACE	建坪	85坪(TSUBO)
THE SITE SPACE	敷地	120坪(TSUBO)

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

LIST OF PUBLIC HEALTH CENTERS

Name of Centers	Name of Chief	Location	No. of Personnel	Jurisdiction in charge of	Population
Shimoda	KAWAMURA Motoi	Shimoda-machi	12	23 towns & villages in Kamo-gun	101,156
Atami	SUZUKI Naruo	Atami City	13	2 cities & 3 towns-villages in Tagat-gun	85,849
Mishima	SHIOYA Hyozo	Mishima City	12	1 city, 19 towns & villages in Kamo-gun	158,651
Numazu	HATAKEYAMA Kazuo	Numazu City	13	All over Sunto-gun. 1 city & 21 towns and villages.	218,300
Yoshiwara	KOJIMA Shin	Yoshiwara-machi	14	10 towns & villages in Fuji-gun.	113,523
Fujinomiya	NAKAJIMA Yuzo	Fujinomiya City	10	1 city, 7 towns & villages in Fuji-gun.	81,142
Shimizu	IFUKU Kageto	Shimizu City	9	All over Ihara-gun. 1 city, 13 towns & villages.	191,488
Shizuoka Central	MURATE Masashi	Shizuoka City	13	All over Abe-gun. 1 city, 11 towns & villages.	251,340
Shimada	KOGANEI Hideo	Shimada City	11	All over Shida-gun. 1 city, 27 towns & villages.	206,384
Kawasaki	TOZUKA Teizo	Kawasaki-machi	11	All over Haibara-gun. 16 towns & villages.	125,033
Kakegawa	IWASAKI Taro	Kakegawa-machi	14	All over Ogasa & Shuchi-guns. 53 towns & villages.	213,908
Hamamatsu	TATENO Osamu	Hamamatsu City	18	All over Iwata, Hamana & Inasa-guns. 1 city, 84 towns & villages.	604,845

Remarks: The chiefs are all doctor.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Bernard

Atami Health Center Inspection: 16 March 48. - Bernard
Jurisdiction: eastern half of Izu Peninsula, from Atami to Kabe.

Dr. Suzuki is the chief.
Mr. Wada is the Superintendent.
Number of personnel in Health Center.

2 Chief. Nurses (clinical)
3 PH Nurses
2 Pharm.
2 Drs.
5 Gen. Inspectors
1 Accountant
1 Staff Tech.
1 Veterinarian
3 General Clerks
1 Janitor

Public Health Nurses Activities:

1. Health Education, inspections and Immunizations in all the Schools
2. Pre-Natal and Post-Natal Education in Villages every 2 or three months. About 70 % of those talked to come to the Health Center for Inspection and help.
3. Give BCG once a year to all school children and every two or three months visit the villages for BCG immunizations.
4. V.D. Education and advice for Murata and etc.

Laboratory Facilities:

Murata test
Urinalysis test for protein
Stool test for Parasites
All tests are done in the Pharm room.

T.B. Patients:

They are sent to National Hospital (Atami), or National Sanitorium (Ito). If they can't afford to go to the Hospital they are helped at home by the PH nurses. TB home education is given by PH nurses. No word is received when Patient leaves the hospital or Sanatorium. The only special ration is 1 lb of butter per person per year.
Lectures by doctors & nurses, every 2-3 months, to general public.

There is no cooperation with Red Cross and the Health Center.

V.D. Program:

Have routine examination of Prostitutes one day per week.
The only education is lectures (given in villages, to general public — probably not well attended). No Movies or nothing in the newspapers. Very bad. The chief says that about 10 % of the Prostitutes have V.D. He says that the general public is coming in better and that the V.D. rate for them is 2.3 %.

Disease Control teams:

There is one man in charge of this. He supplies all the materials for the teams. There are 4 teams in Atami, 3 teams in Ito and 1 team in each village office.
Apparently keeping all the time.

Th Public Health education for this vicinity is very bad. It was suggested that they use the newspaper and radio and give more lectures in order to give the people more knowledge in the above matters.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

KAWASAKI HEALTH CENTER

14 September 1948: Tausig, Endo, Dr. Totsuka.
HC building is owned by 9 private persons. Prefecture at present is renting it, and trying to buy it; but prefecture budget has prevented it--submitted twice to assembly, both times rejected; to be submitted again this month. Owners want to sell the property, because rent paid by prefecture is less than owners pay to landowners.
Staff of 16, the total allotted by prefecture. No nutritionist; chief PHN substitutes.
One of the two doctors is now in Tokyo taking a course.
Clinic schedule: VD Mondays and Fridays all day; other days general.
150 patients weekly: 20 VD, 25 TB, 20 infants & children, 5 pregnants, others skin diseases, malnutrition, and intestinal parasitism.
Hospital is needed. At present, private hospitals are used.
Kakuribyosha has 10 pts per year. 4 rooms in it. Owned by town. For repairs, require 350,000 yen. Request for this was refused by prefecture, which says it cannot approve kakuribyosha expenses over 200,000 yen. New request is for 200,000, and town will make up difference; prefecture has not yet answered this request. (Kakuribyosha was formerly at edge of town; town grew around it.) Prefecture will not give subsidy to permanent hospital; only to isolation hospital(kakuribyosha) and VD clinic; thus a plan to transform this place into small permanent hospital is not feasible because of expense. New kakuribyosha at edge of town would cost too much. Besides, no one wants one near his home; people do not realise that it need not be dangerous.
Kimura, town health and welfare official, wants to rehabilitate the old place, add another room, and keep as kakuribyosha; vice-mayor is of same opinion. Perhaps, if a new kakuribyosha could be built, the old place, next to the HC, could be incorporated into the HC.
Benjos of Kakuribyosha need emptying.

Recommendations:
--Try a definite clinic schedule, e.g.,

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	VD	Infants & Children	TB	Infants & Children	VD	General Adult
PM	Gen. Adult	Nutrition	TB	Nutrition	Gen. Adult	

--Try to get volunteer private doctors, through Haibara-gun Doctors Assn, to help in HC clinics.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

KAWASAKI HEALTH CENTER
20 April 1948

Tausig
Bunyard
Mori

Personnel: Chief, Teizo Tozuka (absent)
One more doctor (absent)
4 PHN's(2 are also midwives)
10 clerks
1 servant

Nurses care for TB, VD, and some maternity cases. Easy deliveries are done by midwife; difficult by doctor.
TB cases in district: c. 600.

District: 16 villages & towns, no cities. Total pop 125,033.
No hospitals. Each community except one has isolation ward (kakuribyosha), without doctors; pts attended by private nurses; doctors visit; usually 6 beds.
DDT supply is adequate. PTA who complained recently did not come to HC, went directly to MG. Schools will get DDT as needed.

Kanaya typhus suspects: one still in isolation, other recovered. Blood negative, symptoms gone, so if doctor dismisses to home, OK with me. Preventive measures taken were: DDT in radius of 100 meters, and typhus vaccinations. (65 people).
Kanaya's public health official is not a doctor. — TEICHI OZAWA; underchief & PHN + clerk

Kawasaki's kakuribyosha is not used at present, and to be repaired "this year" by town office, which controls the place. Capacity 6 beds. Very near to HC.
One benjo had squirming larvae filling the stagnant pool.
Insect control team of 7 members works only when typhus is present. Rat killing is done by town and village offices; supplied and instructed by HC,

Medical supply adequate. Electricity continuously now.
X-ray: one machine, 10x12 inches.
Red Cross nurses from Shizuoka help in epidemics. No Red Cross orgs in district, to their knowledge,
Lab: Urine sugar(Nylander) and albumen(sulfosal.acid,& Esbach). Blood Murata & Ide.
GC smears. Parasites.

Recommendations:
—Clean out larvae in benjo, and DDT the area.
—Discuss transformation of kakuribyosha into hospital. Chief to report to me.
—Discuss with municipal offices the transfer of insect & rodent control entirely to HC.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

NUMAZU HEALTH CENTER

9 Sep 48: Tausig, Shirai, Dr. Tanaka.
Dr. Hatakeyama, chief. 22 total staff: one other doctor, 2 PHN (one now taking course in Tokyo), 1 nutritionist, 2 foodstuff inspectors, 2 veterinarians, 1 pharmacist, 1 sanitary inspector, 11 clerks.
Office is now in 4 rooms of an old factory, far from town. Original building was destroyed in war; new building, more conveniently located, is to be finished next month.
Max. patient load daily 2 or 3--VD treatment, referred to hospital.

TB study of school children of Numazu city, done April-August 1948. 15,000 examined. 2200 skin test negative, given BCG. Skin test positives are to have sputum and x-ray (large) done Oct 48-April 49). X-ray film used is 35mm and 10x12 inches; both, it is agreed, are unsatisfactory; because of American recommendation, they say, more is being made in the still scarce 11x14 size.
In a nearby town, sputum exam of 1119 school children found 48 suspicious of TB; these are to have large x-rays made. Urged that contacts also be checked.
Chief says there are 56 PHNs in Numazu HC district. 26 of these work as PHNs; others are in hospitals doing non-PH work, and prefer to stay there, it seems, because hospital provides boarding-house. Chief says it would be hard to find living space for the nurses if he were successful in hiring them for the HC.
Staff quota for this HC is 26, set by prefecture; so low because of low budget. States-men, says Tanaka, are not fully awake to the need for public health measures. City, town, and village cannot afford public health measures, because they have already spent much for schools and police stations. (But what use are these in an unhealthy community?)

Recommendations: -Allow as much separation of clinic rooms as possible; avoid using same room for several clinics, especially sharing with VD.
-Tanaka to continue to notify Ministry of Welfare of the need for larger x-ray film.
-Try to arrange accommodations for more PHNs, and to get them from hospital jobs in the district.

Action to take: -Talk with prefecture head of PHN section of Nursing Association, about misplaced PHNs in this district.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

YOSHIWARA HEALTH CENTER 7 April 1948

Tausig, Toyoda
(& Capt. Johnson)

Examination of babies--approx. 600 in 3 days. At Imaizumi primary school.
Weight & length.
Sketchy physical exam: chest and skin.
Nutrition advice--handout information sheets.
Artificial formula as supplement when necessary(4% of mothers).
Kojima to send report: total examined, disease found.

Discussion of milk supply--Kojima(HC chief), Watanabe(v-pres. of doctors' assn), Fusama(mayor of Yoshiwara), plus a city hall clerk.

Powdered milk has been distributed from city hall, where sent by prefecture govt. Now, more recently, pref. govt sends milk to drug stores. Formerly, independent physicians issued certificates for powdered milk; now, as of 1 April, 4 places have been designated for this purpose(Fuji Hospital(private), Yoshiwara Hospital(Agricultural Association's, but attempts are being made to make it a "foundation" financed by central govt.), Watanabe Hospital(private, in Yoshiwara), and Health Center. No coordination between these 4.

Only 60% of people needing milk have been supplied. Some of milk has surely gone to patients less urgently needing it, approved by doctors who do not wish to lose patients.

They agreed to my suggestion that health center should supervise issuance of certificates and distribution of milk. Kojima is to report on the system when set up, and report also on reaction of Doctors' Assn. to it. He will speak to meeting of assn. 18 April. Doctors' Assn. has favored city hall distribution, perhaps for political and black market considerations.

Toyoda points out that druggist may sometimes dilute milk powder when dispensing from large container, unscrupulously.

Pref. govt supplies 4 different kinds of milk, consecutively. No opinion was had concerning relative quality of these.

Some brands of powdered milk and other food:

KOKUFUN, prepared by central govt: mixture of rice powder and powdered milk. Considered bad--insoluble.

NUTRIMENT, prepared by Morinaga: mixture of sugar, protein, malt, dextrin, salt. Powder, becomes moist on exposure to air. For infants 6-12 months old.

NUYOJISHOKU. Skim milk 40%, starch 38.2%, sugar 21.1%, malt 0.1%, NaCl 0.2%. Lumpy, insoluble.

KATOFUNYU. Whole milk powder. Soluble, satisfactory.

NURTLOGEN. Similar to NUTRIMENT.

Clinical lab is desired at HC, Need culture equipment and more. Requested it from pref. some time ago. I said I'd remind pref.

Kojima wrote to Tenryu-so Sanitorium asking to be notified of patients discharged to his district. No response. K. says, however, that hardly any patients ~~are at~~ that place from his district. He intends to send future patients to National Hospital, Kamide-mura, Fuji-gun, because nearer; first, I urged, see that isolation technique is understood there. Wrote also to Shizuoka-shi TB Hospital, and had no repsonse; claims hardly any pts there from his district.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

INSPECTION OF HEALTH CENTERS AT FUJINOMIYA, YOSHIWARA, MISHIMA, NUMAZU:
April 12, 13, and [illegible]-1948

Inspected by T/4 Bunyard:

Fujinomiya Health Center:

The health center chief's name is Y. Nakajimi. He has 1 Doctor, 2 veterinarians, 1 Pharmacist, 2 PH Nurses, 1 dietician and 4 coerks on his stf staff. They have an electric shortage one day per week. The nurses are engaged in examination of prostitutes for V.D., home feeding and care of babies, and home education and care of T.B. patients, routine care and education of pre-natal and post-natal cases. They have sputum, Murata, gonorrhea and syphilis tests in their laboratory. The dietician is giving nutrition education . He is working in the rural areas now. Everyone in the health center can work on the disease control team if necessary. At present the team is composed of four persons who were spreading D.D.T. Their V.D.program is very small. They have special days for V.D. examinations. Their V.D. education program consists mainly of lectures. They are getting enough drugs for treatment of patients but need more laboratory equipment. They have a 35mm X-ray machine and a deep-therapy machine, both of which are working. They have group examinations in T.B. at schools and at the health center. They are gving home education. The patients are sent to any sanatorium that they desire. There is no follow-up treatment gven the patients. The health center was very clean.

A spot check was made on the Yoshiwara health center. They have stopped routine examination of prostitutesl It was in good condition.

Mishima Health Center:

The health center was in the act of moving so everything was in pretty bad shape. The chief's name is Chioya Hyozo. He has 1 Doctor, 1 Veterinarian, 2 PH Nurses, 10 clerks and 1 janitor on his staff. The health center serves about 15,00. They have no trouble with electricity. They have no laboratory. They are getting enough drugs. Their disease control teams are very bad. They have one team consisting of one person. They were told about this. The nurses aid the doctors in the health center, give home education and help in the T.B. program. They have a regular X-ray machine. They usually send their T.B. patients to Kanami or Mishima hospitals. No follow-up treatment. They have regular days for V.D. examination of public. There is no routine examination of prostitutes. The chief estimates that the V.D. rates of the public is about 1% per 1,000. He would like to have a good telephone.

Numazu Health Center:

This health center is located about 1½ miles from the city. The chief of the health center is K. Hatakayama. He has 1 doctor, 1 pharmacist, 2 veterinarians, 3 PH nurses, on of which is acting as dietician, 9 temporary clerks, 7 permanent clerks, and 1 janitor. They have no X-ray equipment. The PH nurses givehome education in T.B. program, keep records, give education education in pre-natal cases, teach other nurses and midwives of the surrounding vicinity in pre-natal and post-natal work. The nurses gather once per month. They have several three or four day courses per year. The

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

courses are sponsored by the health center and the local gun office. They just finished a course in PH nurses' requirements. It was a three day course. They have Murata and bactierological tests in their laboratory. They can get Wassermann, Kahn and Widal tests done at Nat. Hosp. The Dr. does the laborator work. They have one man who acts as food and drug official. The chief holds classes among his staff. The PH advertisement is done posters, theater slide lectures and newspapers. They have just completed the diptheria Vaccinations. They give Typhus twice a year, typhoid three times per year and whooping cough as desired. They have discovered a new vaccine for whooping cough. They are now testing it. They have regular physical inspections of reataurants and tea rooms. If the people don't pass the test they are not given the health statement and can't work. They have a disease control team of five persons that is now working on restaurant inspection. They have good supply of drugs. They do routine examination of prostitutesonce per week. Last year they only treated 612 people.for V.D. All ready this year they have treated 532. They have regular T.B. examinations. The patients are sent to any hospital that they prefer. The home patients get help from the nurses. They have follow-up treatment of T.B. patients. The Red Cross has a dispensary set up that handles mostly T.B. patients. The chief has made several attempts to get the trash and dirt cleaned up in Numazu City but so far has hit a blank wall. He wants our help. The center was in the act of moving, so couldn't be inspected for cleanliness.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

File

I6 Oct. I947

To: Lt. W.S Gyves, Public health Section of
Shizuoka MG Team
From: Director of Prefectural Health Section

Subject: Report on the conference about Health Centre activity

In compliance with your instruction for the comference of Numazu and Hamamatsu City Public Health section directors, we report measures established as follows.

I. Date From IO am till I2:30 Oct. I6th '47

2. Place Prefectural Health Section Director's room

3. Attendance
Director of Numazu City Public Health Section
Director of No.I Numazu municipal hospital
Assistant director of No.I Numazu municipal hospital
Director of Numazu Health Centre
Director of Hamamatsu City Public Health Section
Director of Hamamatsu Health Centre
Direcotr of Shizuoka ~~Pref. Public~~ Health Section
Chief of Public Health Section of Pref. Health Section
Chief of Administration Section of Pref. Health Section
Mr. Matsuura from Prevention Section of Pref. Health Section
Chief of Medicine Section of Pref. Health Section

4. Matters discussed Health Centre Activity

5. Matters discussed are as follows.
A. Numazu Health Centre
Numazu Health Centre is temporary building caused by sufe suffering, and the equipments are insufficient. So, the following measures will be taken.
a) TB controll
No. I and No.2 Municipal Hospital and Numazu National Ho hospital will be appointed, and treatment and health advice for general public will be done for 2 days every week.
b) VD controll
No. I Municipal Hospital will be appointed, and health advice and treatment will be done for 2 days every week.
c) Obsteric women and baby health controll and dental controll
No.I Municipal Hospital will be appointed for treatment. Health advice will be done there.
B. Hamamatsu Health Centre
a) TB and VD Controll
Treatment and health advice will be done in the Health Centre for 2 days every week by Dr. Suzuki.
b) Obesteric women and baby health controll
Enshuu Hospital will be appointed, and treatment and health advice will be done for 2 days by Dr. Tanaka from pediatrics.
c) Dental controll

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

A private doctor in the city will be appointed , and he will treat patients for 2 days every week.

6. Sign-boards will be hung on the clinics.
Example " Shizuoka-Ken Numazu Health Centre TB Advice Room"

T. Tanaka.
Director of Pref.
Health Section

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Name : Tachikawa Aiko

Education : 1. Graduated Higher course, Ejiri Higher primary School, Shizuoka City.

2. Graduated Shizuoka nurse's school (term 1 year)

3. Served Katsumata Hospital for 5 years, Shizuoka City.

4. Served Nagoya Army Hospital for 1 year.

5. Finished rescue nurse training at the japan Red Cross Hospital, Shizuoka Branch (term 4 years). Was appointed rescue nurse.

6. Served Izu Medical Consultation office for 1year

7. Served the japan Red Cross Hospital, Surgery for 2 years.

8. Finished the short course training for Public Health nurse at Shizuoka City for 15 days.

9. Passed Public Health nurse's examination at Shizuoka prefecture.

Occupation Is serving Shimizu Health Center as a Public Health nurse (term since April 1948)

Name : Kurebayashi Sei

Education : 1. Graduated Sagara Girl's High School (term 4 years)

2. Graduated nurses school in the japan Red Cross Hospital. (term 3 years)

3. Passed midwife's examination on 1947.

4. Passed Public Health nurse's examination on 1947.

5. Finished Public Health training. (term 4 monthes)

Occupation Is serving Shimizu H. C. as a P.H.N.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Name : Ueda Sumi

Eduation : 1. Graduated Girl's High School, Aichi Prefecture.(term 3 years)

2. Graduated nurse's Training School. japan Red Cross Hospital, Tokyo. (term 3 years)

3. Finished midwife's training. japan Red Cross Hospital, Hamamatsu. (term 1 year)

4. Passed the licence examination of midwife, Shizuoka pref.

5. Finished the short course training of Public Health nurse. (term 10days)

6. Passed the licence examination of Public Health nurse. Shizuoka Pref.

7. Served Army Hospital and National Hospital as a nurse and the chief of nurse for 10 years.

8. Served Red Cross Hospital as a nurse and the chief of nurse for 4 years.

Name : Nagakura Nobuko

Education : 1. Graduated Tokuhitsu private girls' school Shizuoka city, Shizuoka prefecture. (term 3 years)

2. Graduated Shizuoka Public Health nurse training school. Shizuoka prefecture. (term 1 year)

3. Finished the short course for public health nurse for model health center at public health board. (term 10 days)

Occupation : Is serving as a public health nurse in Shimizu public health center Shizuoka prefecture.
(term Since May 31st 1946
To Sept 24th 1948)

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Name : Suzuki Kazue

Education : 1. Enered into Shizuoka Public Girl's High School.

2. Graduated Shizuoka Public Gril's High School (term 5 years)

3. Entered into Tokyo Girl's welfare college.

4. Graduated the main course of Tokyo girl's welfare college (term 4 years)

5. Was given licence for public health nurse with out examination. Licence No. 126 Shinjyuku -ku, Tokyo-to.

6. Was given licence for Sanitary administrator without examination.

7. Expected to be given licence for teacher of child care and health in domestic economy course in girls' high school.

Name : Ogawa Fusako

Education : 1. Graduated Higher course, Higher primary school, Shizuoka city.

2. Graduated Shizuoka nurse's school.

3. Served Shima Surgical Hospital in Shizuoka City for 5 years.

4. Finished the short course training for Public Health nurse at Shizuoka City.

5. Passed the licence examination of Public Health nurse.

Occupation : Is serving at Shimizu Health Center as a Public Health Nurse.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Name : Sano Chizuko

Education : 1. Graduated the higher course of primary school.

2. Entered nurse training institution belonging to "Tenryuso" national tuberculosis sanatorium.

3. Graduated above mentioned institution.

4. Served at Shimizu Health Center.

5. Finished the short course for Public Health nurse promoted by prefectual agriculture association. (term 20 days)

6. Passed the examination for Public Health nurse given by Shizuoka prefecture.

7. Is serving at Shimizu Health Center.

Name : Hosaka Yasuko

Education : 1. Graduated higher course of Chuai primary school.

2. Graduated nurse's school in Shizuoka City. (term 1 year)

3. Served in Shiba Surgery Hospital in Shizuoka city during six years.

4. Finished the short course for school health nurse (term 3 months)

5. Passed the examination fot school health nurse .

6. Passed the examination for teacher of domestic work course.

7. Finished the training course for midwifes (term 1 year)

8. Passed the examination for midwifes.

9. Served as a school health nurse and teacher of domestic work course at Fujimi primary school, Shimizu City (term 1 year)

10. Finished the short course of Shizuoka city for public health nurse (term 15 days)

11. Passed the examination for public health nurse given by Shizuoka prefecture. and served at Shimizu health center at once.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Name : Terao Fukiko

Education : 1. Graduated Seiryo girls' High School (term 5 years)

2. Entered Shizuoka Public training institution for public health nurse.

3. Graduated above mentioned institution.

4. Was given licence for public health nurse.

5. Is serving at Shimizu health center.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Let's improve nutrition by all means.
Shimizu health center. Shizuoka prafecture.

Let's improve nutrition by all means.
because of yourself.
because of your family.
because of your descendants.
to be able to work always cheerfully.
to be able to keep your life richly.
to be able to keep many upstanding nation.

If we do not improve bit by bit, we can't improve perfectly.

- It is very important to include suitablly Vitamin, Protein, Carbon-hydrate, Fat.

- There are nothing which has all necessary ingredient suitablly in one food stuff*. But also there are nothing which has one ingredient genuinely.

Let's make every meals perfectly.
Good nutritous meal is the meal which was mixed suitably below 5 ingredient.

A. Wedge of nutrition.
a. Vitamin, ... We need vitamin without distinction of age and sex.
1. Vagetable
spinage A.C.G.
Carrot. A.B.C.
Cavage. A.B.C.
Onion. C.
poteto. B.C.
green Onion. C.
2. Grains
soy-bean B.
leaf of radish A.
tomato. A.B.C.
radish. C.
sweet-poteto. A.C.
cucumber. C.
green pea. A.B.C.
bean malt. B.C.E.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

70% hulled rice. B.E.G.

3. Fish which has much oil and others.
herring A.D. eel A.D.
sardine. A.D. yolk of an egg. A.B.D.E.
tunny. A.D. cod-fish. A.D.
Cow's milk A.D. butter, A.E.

4. Seaweeds,
laver B.

5. Fruit,
strow-berry. C. tangerine C.
apple. A. pear, C.
Banana. A.C.E. others fruit.

6. Dried stuff which was dried by sunshine.
cortinellus-shitake. D. dried fish. D.
dried cuttle-fish. D. dried vegetable D.

B. Ingredient which make blood and flesh.
b. Protein ..... Aged person need ~~need~~ a little. But school childlen need much. Generally it is too easy to short of protein. all kind of

1. Bean and products of all kind of bean.
soy-bean. mottled kindney-bean.
bean-flour, bean-curd, bean-mash
fried bean-curd. fried bean-curd). ganmódoki (something like

2. All kind of milk
Cow's milk. goat's milk. powder milk.
condensed milk.

3. All kind of fish. (include dried stuff and can-stuff)
macheral. salmon, sardine, tunny,
bonito, herry. cuttle-fish, dried cuttle-fish.
loach. eel, halibut. cod-fish, sea-bream,
shrimp. other fish.

4. Shall-fish.
Clam, corbicula-atrata. oyster,

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

5, Bird,
Chicken, little birds, pheasant,
6, Animal meat.
Pork, beef
7. all kind of egg.
hen's egg. herring-roe, cod-fish-roe
C. Calcium, ... Ingredient which ~~is~~ make tooth and bone. Schoolchildren and expectant mother need much. But aged person does not need much, a little. But aged person are able to have much
1. Little fish and dried fish (by sunshine)
dried sardine, dried cuttle-fish, shrimp.
D. Shall-fish
corbicula, pullet, pond-snail.
3. Intestiens.
4. Seaweeds
laminaria undaria pinnatifida
green laver, others.
5, Vegetable and other's
leaf of radish, green pea, root of lily,
cortinellus Shitake, other's.
6, Grain and products of grain
soy-bean, rice-bran, bean flower
bean-mash, white sesame, other's.
D. Ingerdient which clean inside of body.
d, The part which does not digested good,
1. Fruit.
banana, pear.
2, Seaweeds
laminaria, undaria pinnatifida, others.
3 Mashroom
cortinellus shitake, mashroom.
4 Vegetable
radish, burdock, bombu-shoot
coltsfoot, hydrosme-riviieri, others.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

E. Ingredient which make power and temperature

a. Fat and carbon-hydrate.

Labourer need much especially.

1. Oil and fat.

sesame-oil. soy-bean oil. salad-oil. butter. lard. head.

2. The foodstuff which has fat or oil.

eel. meat. soy-bean. pea-nut. sesame. walnut. fried bean-curd. surdine. mayonaise.

3. all kind of bean.

soy-bean. bean flower. corn. other.

4. Vagetable and other.

poteto. taro. sweet poteto. yam. pumpkin. other.

5. Vermicallies.

macaroni. vermicalli. bread. other.

6. Rice and weat.

rice cake. dumpling. other.

7. Mast of cake and sugger.

rice cracker. weat-gluten. cake.

Don't use fish and meat only when you cook. You'd better use fish and meat with vegetable and sea-weeds.

Be suare, you'd better use a little of animalitif stuff with vegetal stuff when you cook with vegetal stuff

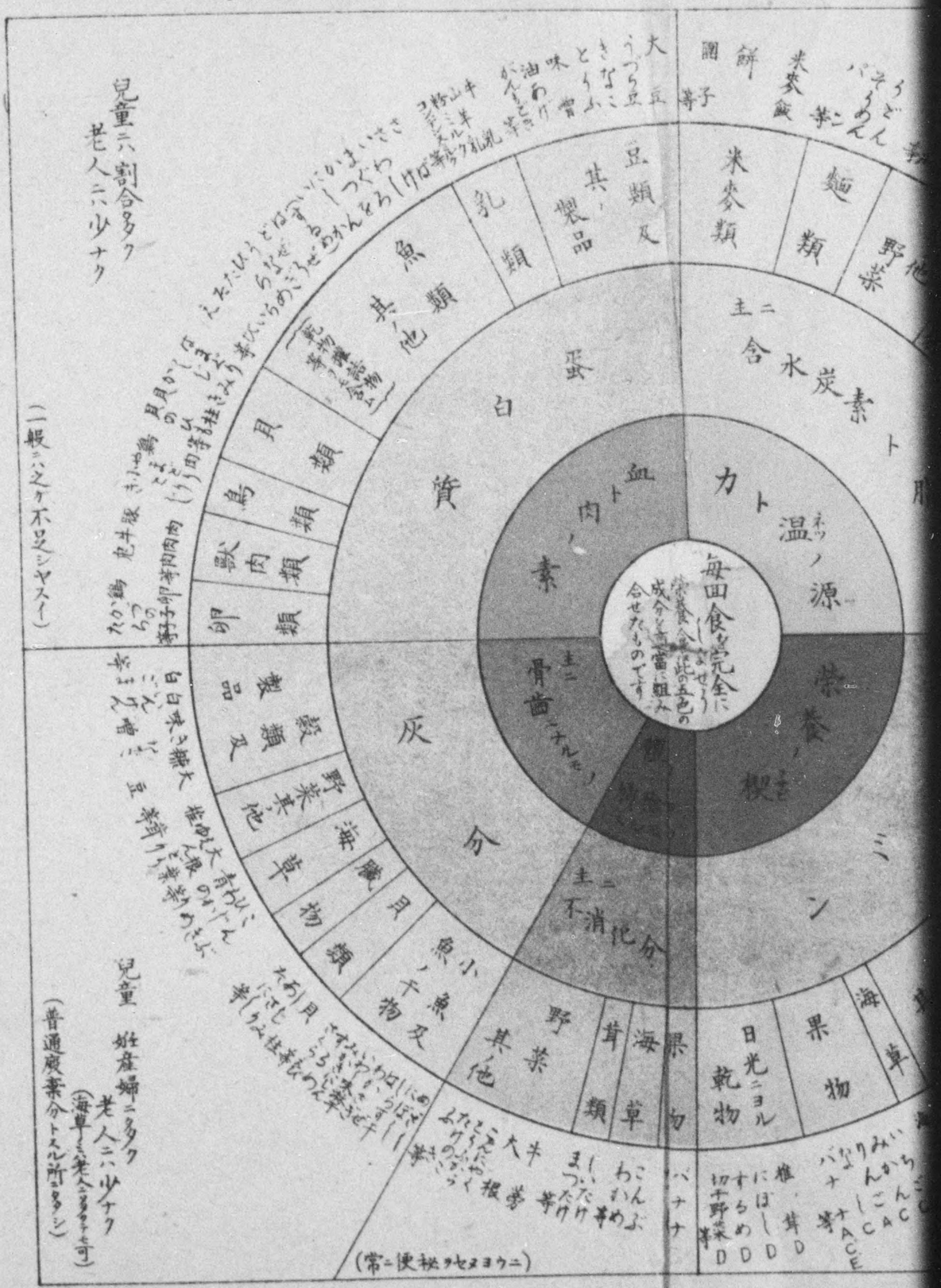
You pin this list up on the wall in ~~the~~ your kitchen, and you might utilize good.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

ニメタルケ働ニカ朗モツ
ニメタルスニカタニツ活生
ニメタルスク多ツ民國キヨリヨ

善改を養榮ひぜ

うせまし



肉・魚ヲ用ヒルトキハ必ズ野菜・海草等ヲ一緒ニ用ヒタイ
植物性食品デ献立スルトキハ必ズ少量ニテモ動物性食品ヲ併用シタイ
(煮干粉削節等ヲ用ヒル如ク)

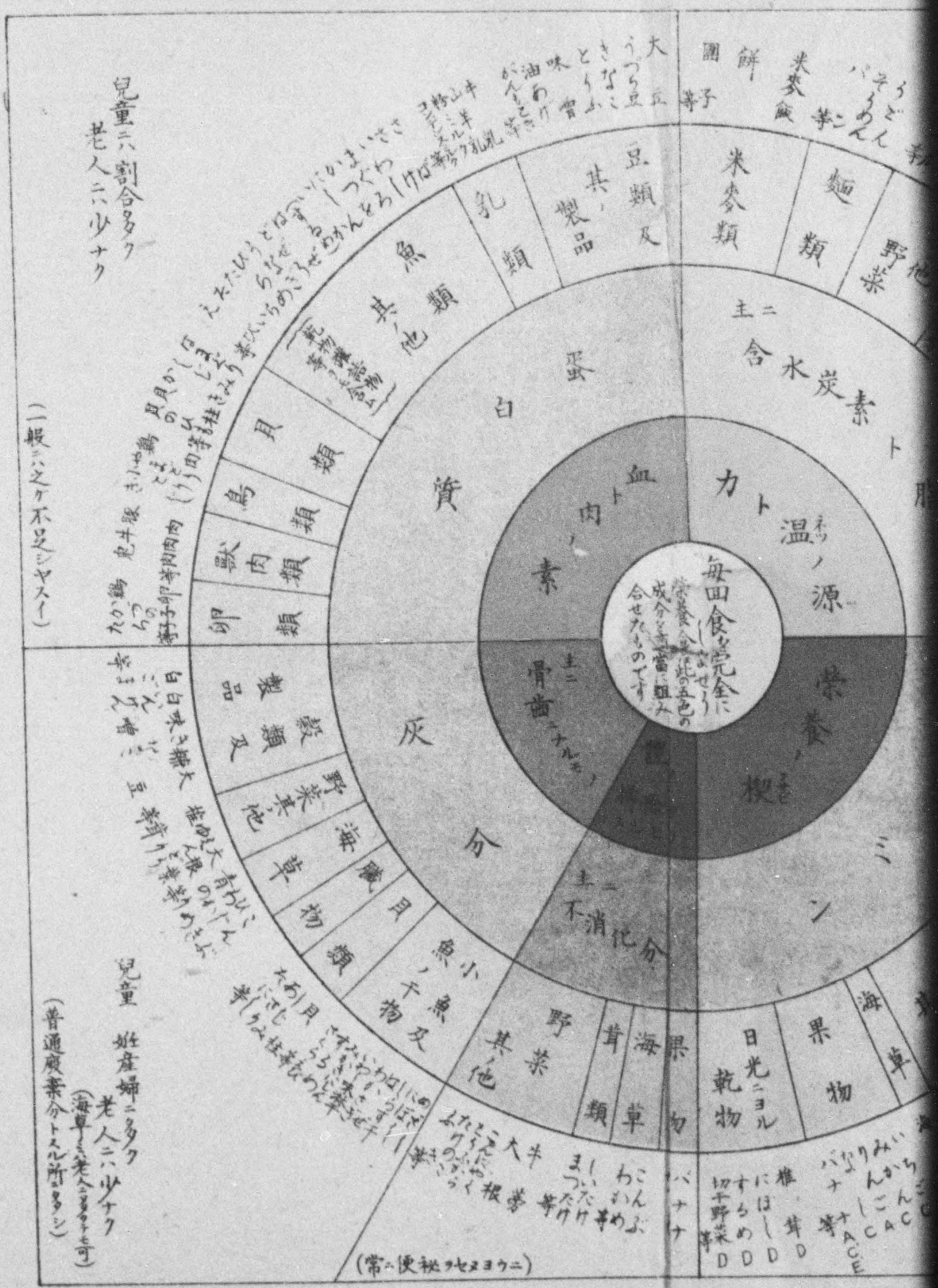
——台所ニ貼ツテ御利用下サイ——
(禁無斷複製轉載)

清水保健所

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

ニメタルケ働ニカ朝モツ
ニメタルスニカタニツ活生
ニメタルスク多ツ民國キヨリヨ

栄養を改善しませう



兒童ニハ割合多ク
老人ニハ少ナク

(一般ニハ之ヲ不足シヤスイ)

兒童 姙産婦ニ多ク
老人ニハ少ナク
(海草ニハ老人ニ多クテモ可)
(普通廢棄分トスル所ニ多シ)

(常ニ便秘ヲセヌヨウニ)

肉・魚ヲ用ヒルトキハ必ズ野菜・海草等ヲ一緒ニ用ヒタイ
植物性食品デ献立スルトキハ必ズ少量ニテモ動物性食品ヲ併用シタイ
(煮干粉削節等ヲ用ヒル如ク)

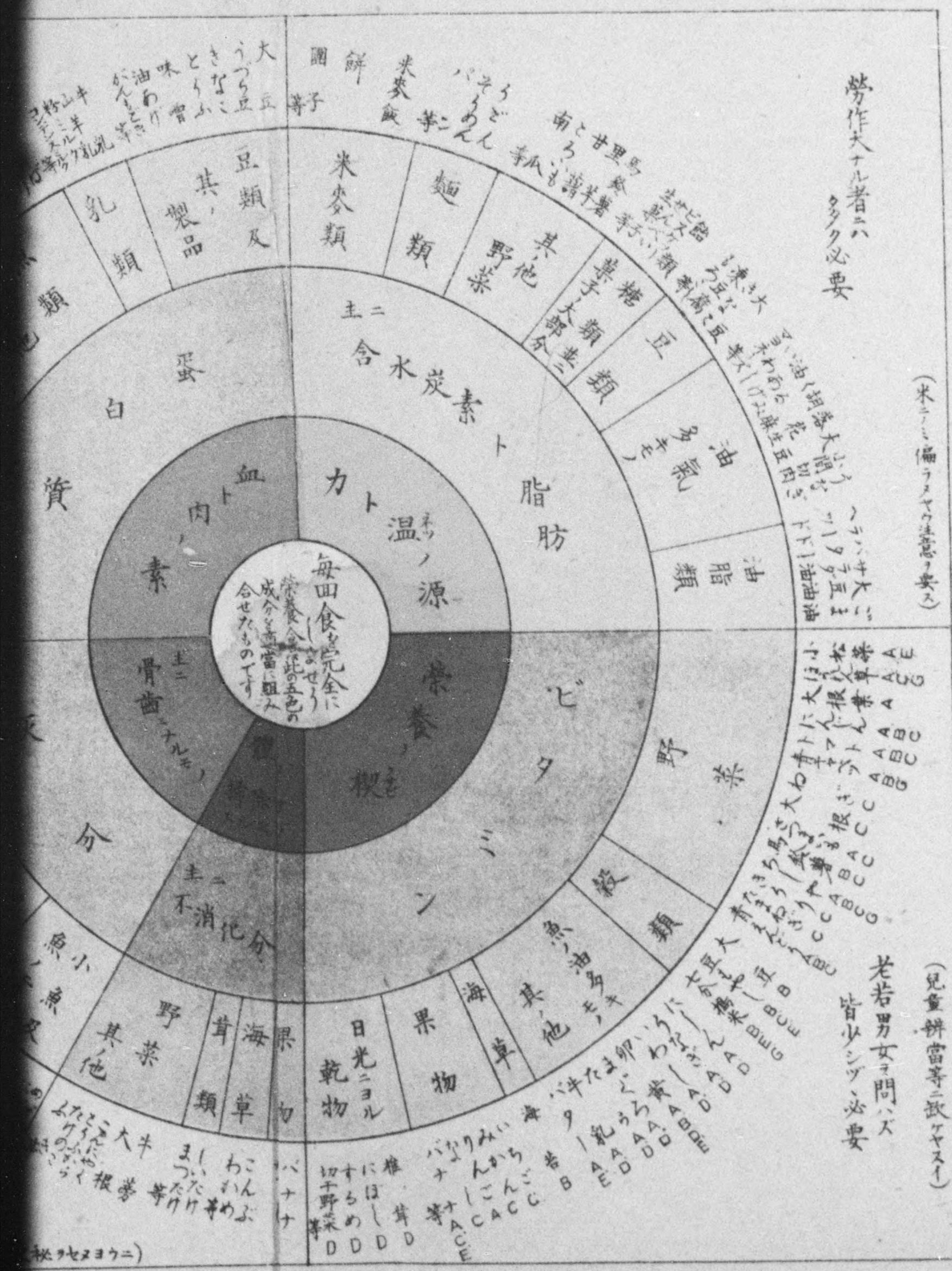
——台所ニ貼ツテ御利用下サイ——
(禁無斷複製轉載)

清水保健所

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

うせまし善改を養榮ひぜ

ニメクノ身自ノンサナミ
ニメタノ族家ノンサナミ
ニメタノ孫子ノンサナミ

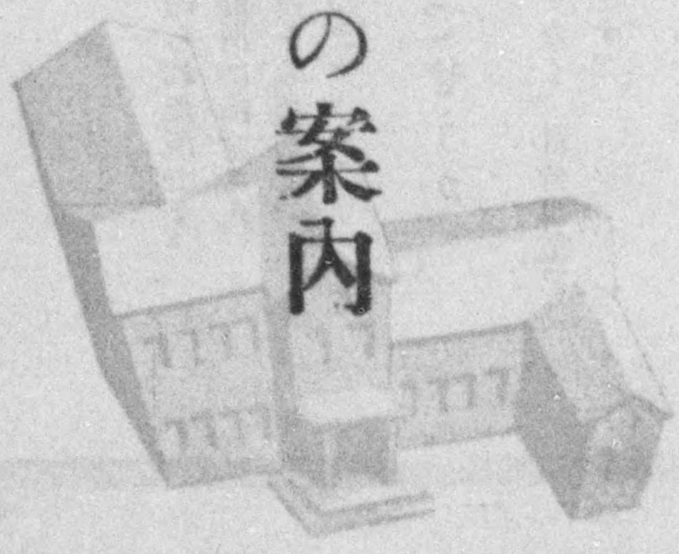

勢作大ナル者ニハ
タクク必要
(米ニノミ偏ラメヤク注意ノ要ス)
(兒童併當等ニ飲ケヤスイ)
老若男女ヲ問ハズ
皆少シヅヽ必要
五大栄養素
蛋白質
含水炭素
脂肪
カルシウム
燐
鉄
ビタミン
A
B
C
D
E
主ニ骨歯ニナルモノ
主ニ血トナルモノ
主ニ肉ノ素
主ニ不消化分
主ニ熱ノ源
カ
ト
ヲ
毎回食ヲ完全ニ(シヤセウ)
栄養ノ目的ヲ成ス
此ノ五色ノ食品ヲ適當ニ組合セタモノデス
穀類
豆類
油脂類
野菜
果物
海草
魚肉其他
日光ニヨル乾物
小魚
野菜其ノ他
海草類
果物
米麦類
麺類
其他野菜
菓子類
豆類及其ノ製品
乳類
魚肉類
米麦飯
餅
團子等
そうめん
パン
うどん
蕎麦
甘藷
馬鈴薯
南瓜
里芋
大豆
うづら豆
きなこ
とうふ
味噌
油あげ
がんもどき
牛乳
バター
チーズ
ココア
ミルクココア
キャラメル
ビスケット
ドーナツ
ケーキ
ジャム
ハム
ソーセージ
ベーコン
カステラ

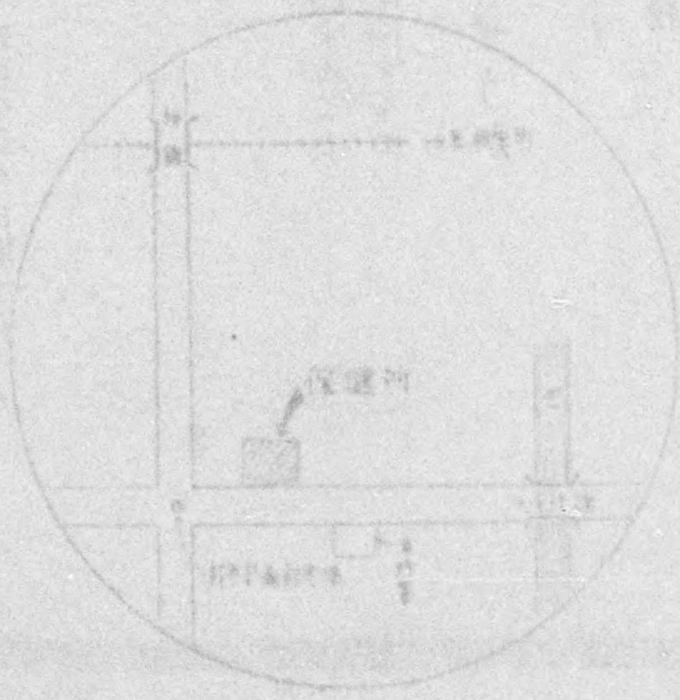
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

皆さんの体を
皆さんが自覚するための
明日の健康を護るための
明るい生活を築くための

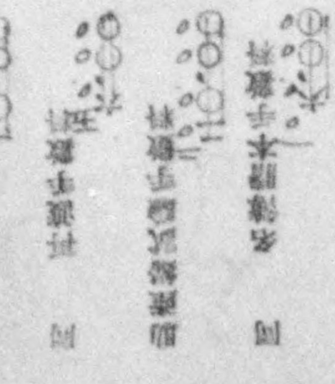
皆さんの保健所

靜岡縣清水保健所の案内





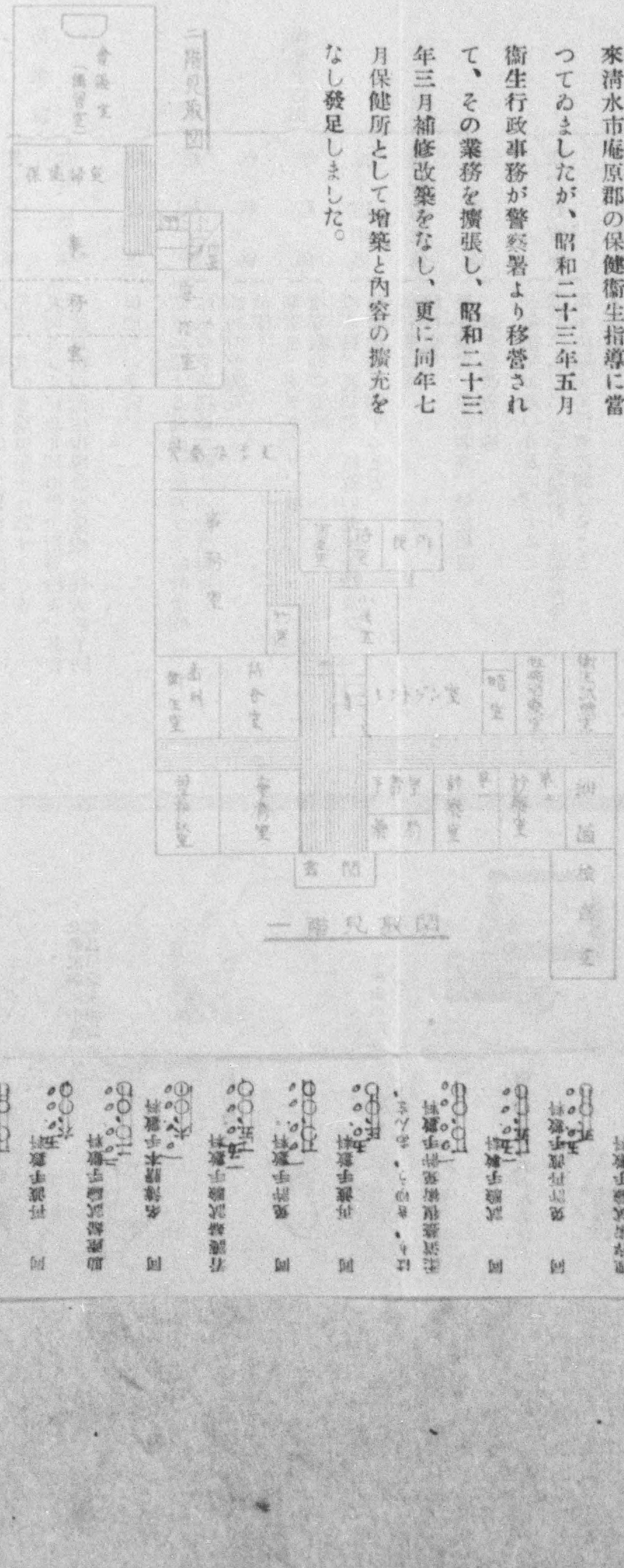
清水市上清水
電話清水199



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

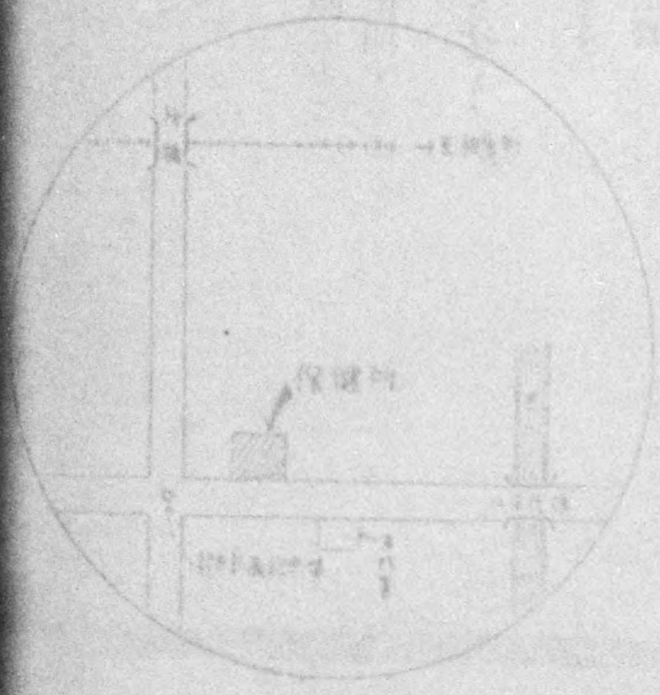
清水保健所は

靜岡縣に於ける最初の保健所として昭和十三年十月二十八日開所し、爾來清水市庵原郡の保健衞生指導に當つてゐましたが、昭和二十三年五月衞生行政事務が警察署より移營されて、その業務を擴張し、昭和二十三年三月補修改築をなし、更に同年七月保健所として增築と內容の擴充をなし發足しました。



皆さんの体を
皆さんが自覺するための
明日の健康を護るための
明るい生活を築くための

皆さんの保健所



清水市上清水
電話清水199

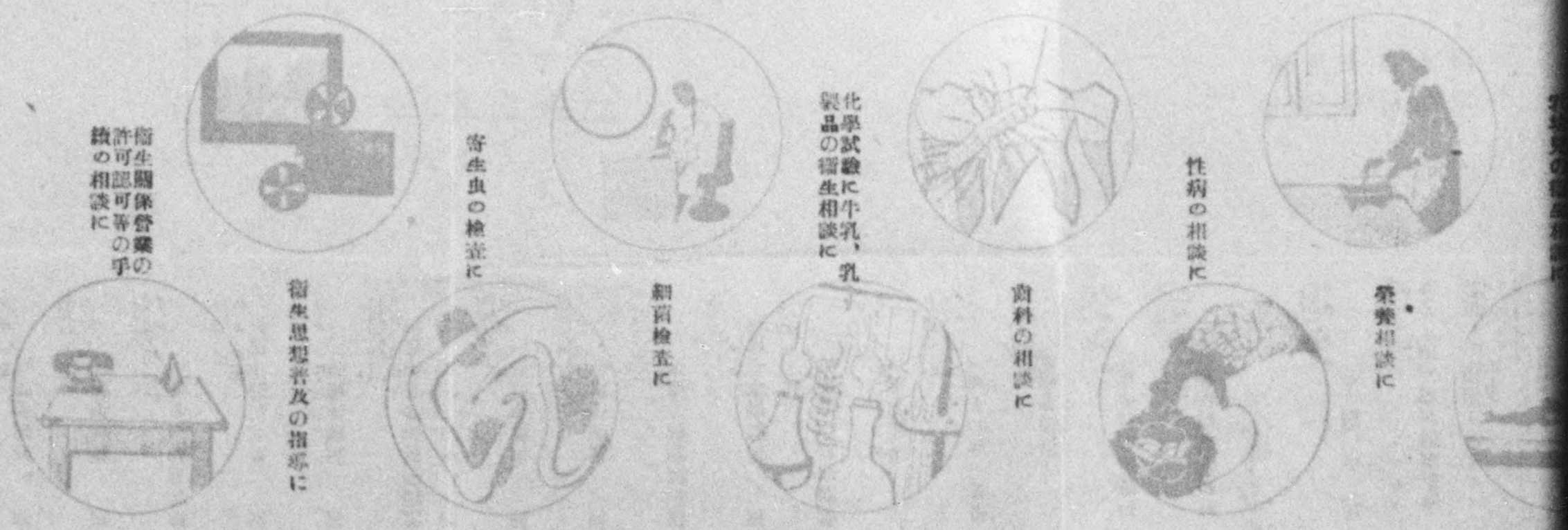
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

6、公共醫療事業の向上及增進に關すること
7、母性及び乳幼兒の衛生に關すること
8、齒科衛生に關すること
9、衛生上の試驗及び檢査に關すること
10、結核、性病、傳染病其の他の疾病予防に關すること
11、其の他、管內の公衆衛生の向上及び增進に關すること

保健所にはどんな係があるでせうか

清水保健所には所長の下に次の課及び係があります。

- 總務課
  - 庶務係 — 人事、會計、庶務 / 他課に屬しない許可、その他、雜件
  - 醫務係 — 病院、診療所、醫師、其の他 / 醫療機關との連絡
  - 藥務係 — 藥務關係事項及び資材補給
- 衛生課
  - 環境衛生係 — 上下水道汚物掃除、鼠族昆虫驅除 / 住宅、其の他環境衛生に關すること
  - 食品、獸疫係 — 乳肉及び水產魚介類の衛生指導檢査、其他の飲食物の衛生指導竝に監視、狂犬病予防
- 保健予防課
  - 防疫係 — 傳染病の予防
  - 結核係 — 結核に關する健康診斷及び予防的治療 / 結核の予防撲滅に關する企畫對策
  - 性病係 — 性病の予防及び治療
  - 予防係 — 寄生虫、トラコーマ、癩 / 地方病等の予防
  - 母子衛生係 — 姙產婦、乳幼兒、兒童の健康診斷及び健康增進に關すること
  - 齒科衛生係 — 齒科相談並 / 齒科衛生
  - 榮養係 — 榮養講習、榮養調査、榮養相談 / 一般榮養改善指導
- 普及課
  - 衛生教育係 — 公衆衛生知識の普及に關すること (映畫、幻燈、紙芝居講習、展覽會等) / 衛生に關する情報に關すること
  - 衛生統計係 — 人口動態統計 / 一般衛生統計
  - 保健婦係 — 保健婦業務の指導 / 管內保健婦との連絡
  - 醫療社會事業係 — 病氣に關連した社會的並經濟方面の問題の取扱ひ、即ち患者の醫療負担の輕減に關する措置、生活保護法、その他醫療社會事業との連絡
- 試驗檢査係 — 細菌檢査、寄生虫檢査、衛生上の試驗



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

保健所とはどんな所でせうか

保健所は地方に於ける公衆衛生の向上及び増進を圖る爲に造られた所です。清水保健所は清水市と庵原郡を担當して居り、今回標準保健所に指定されてその内容を擴充整備し衛生に關する一切の指導と行政事務を取扱つて、眞に皆さんの健康保持増進の中心機關となるように努めてゐます。

保健所ではどんな仕事を行つてゐるでせうか

健康で明るい生活が出來るやう、予防醫學的の指導ばかりでなく、社會事業を加へて、次の様な所内でする仕事と所外でする仕事があります。

1、衛生思想の普及向上に關すること
2、人口動態(出生、死亡、死産、婚姻、離婚)及び其の他の衛生統計に關する事
3、榮養改善及び飲食物の衛生に關すること
4、住宅、水道、下水道、汚物掃除、その他、環境の衛生に關すること
5、保健婦に關すること
6、公共醫療事業の向上及増進に關すること
7、母性及び乳幼兒の衛生に關すること
8、齒科衛生に關すること
9、衛生上の試驗及び檢査に關すること
10、結核、性病、傳染病其の他の疾病予防に關すること
11、其の他、管内の公衆衛生の向上及び増進に關すること

保健所にはどんな係があるでせうか

清水保健所には所長の下に次の課及び係があります。

- 庶務課
  - 庶務係 — 人事、會計、庶務 他課に屬しない許可、その他、雜件
  - 醫務係 — 病院、診療所、醫師、其の他醫療機關との連絡
  - 藥務係 — 藥務關係事項及び資材補給
- 衛生課
  - 環境衛生係 — 上下水道汚物掃除、鼠族昆虫驅除 住宅、其の他環境衛生に關すること
  - 食品、獸疫係 — 乳肉及び水産魚介類の衛生指導檢査、其他の飲食物の衛生指導竝に監視、狂犬病予防
  - 防疫係 — 傳染病の予防
  - 結核係 — 結核に關する健康診斷及び予防的治療 結核の予防撲滅に關する企畫對策
  - 性病係 — 性病の予防及び治療

健康に關する相談や指導に皆さんの保健所を御利用下さい

結核其の他一般の健康相談に

化學試驗に牛乳、乳製品の衛生相談に

細菌檢査に

齒科の相談に

性病の相談に

榮養相談に

母性衛生相談に

乳幼兒の衛生相談に

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Guidance of Shimizu Health Center

Shimizu Health Center, Shizuoka Pref.

What kind of a place is the Health Center?

Health Center was made to plan the development and the increase of public health in each district, Shimizu city and Ihara Gun are served by Shimizu Health Center, besides Shimizu Heal th Center was chosen as model Health Center, the equipment of Health Center is increased and perfcted. Shimizu Health Center is handling the guidance on sanitation and administrative business and Shimizu Health Center is making effort to be good organ on keeping good health for all people.

What kind of work is Shimizu Health Center handling?

Shimizu Health Center is handling to be able to have the good life about not only preventive and medical guidance but also social service as following each article.

1. About diffusion and development of sanitary idea.
2. About movement of population (Child-birth, death, still-birth, marriage and separation) and other sanitary statistics.
3. About improvement of nutrition and sanitation of drinking.
4. About the sanitation of environment of housing, water works, sewerage and others.
5. About public health nurses.
6. About development and increases of public medical service.
7. About sanitation of the mother, the child and infant.
8. About examination of sanitation.
9. About dental hygiene.
10. About prevention of V.D.T.B. and other in fectious diseases.
11. About development of public health in district served by Shimizu Health Center.

What division are there in Shimizu Health Center?

There are each section and each division as follows under the chief of health center in Shimizu Health Center.

I. Excutive Section.

a. Division of general affairs.
Private affairs, accounts, general affair and other affair that do not be-long to any other section.

b. Division of medical affairs.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Hospital doctor and the others,
To coordinate other medical institutions.

c. Division of pharmaceutical affairs.

The affiari that has relation with medicinal affairs and the supply of medicine.

II. Sanitation Section.

a. Division of sanitation of environment.

Cleaning of water work and swerage. rats and insects contaol, hausing and other affair that has relation with sanitation of encironment.

b. Division of foods and animal disease.

Guidance and examination of milk and meat, marine products and other foods and drinking, control of foods, prevention of rabies.

III. Prevention Section.

a. Division of prevention of epidemics.

Prevention of infectious disease.

b. Division of T.B.

Health consultation and preventive treatment on Tuberculosis
The plan on preventive extermination of Tuberculosis

c. Division of V.D.

Prevention and treatment of V.D.

d. Division of Prevention

Prevention of parasite trachoma leprary and other diseases.

e. Division of mother, child and in fants

Health consultation and affairs of health development of expectant mother, child, in-fant and school boys and girls.

f. Division of dental affairs.

Dental consultation
Dental hygiene.

g. Division of nutrition

Nutrition training, nutrition consultation and the guidance general nutritioal improvement.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

IIII. Social service section

a. Division of sanitation education

About social service of public sanitation Knowlage (Movies, magic lantern, Kami Shibai, training exhibition and so on.)
About information on sanitation

b. Division of health statistics.

Statistices on movement of population general sanitary statistices.

c. Division of public health nurses

Guidance of public health nurses affairs.
Connection with public health nurses in district.

d. Division of medical social service.

About handling of social and economic problems of disease
General affairs which have relation with medical social service. (Law on protection of life disposition on mitigation of medical responsibilities for the patient.

e. Division of chemical examination

Parasite examination. Bacterium examination, all examination on sanitation.

You might utilize Health Center for people about consultation on health as followings.

1. About general consultation on Tuberculosis and so on.
2. About mother's consultation.
3. About consultation on baby and child.
4. About consultation on nutrition.
5. About consultation on V.D.
6. About consultation of dental surgery
7. About consultation on chemical examination and sanitation of milk products
8. About becterial examination.
9. About examination on parasite.
10. About guidance on diffusion of sanitation idears
11. About consultation on permission and authorization of business work that has relation with sanitation.

General Health Consultation is free of charge

Examination and consultation that need the fee is as followings.(on july 1st 48') all kind of chemical examination.

1.	Urine examination	¥ 10.00
2.	Parasite examination	¥ 10.00
3.	Phlegm examination	¥ 10.00

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

4.	All kind of chemical examination that need examination by animals	¥ 200.00	
5.	Drinking water examination	¥ 30.00	--- 300.00
6.	Milk examination	¥ 60.00	
7.	X-ray examination	¥ 30.00	--- 300.00
8.	Syphilis examination (blood examination)	¥ 12.00	
9.	Gonococcus examination	¥ 10.00	

Fee for licence.

Fee for examination of public health nurse	¥ 200,00
Fee for licence of public health	¥ 100.00
Fee for reissue of licence	¥ 50.00
Fee for licence of nutritions by gienist	¥ 100.00
Fee for reissue of licence	¥ 50.00
Fee for examination of mid-wife	¥ 200.00
Fee for copy of list of names for mid-sife	¥ 100.00
Fee for examination of clinical nurses	¥ 150.00
Fee for licence of nurses	¥ 100.00
Fee for reissue of licence	¥ 50.00
Fee for licence of massage and others	¥ 100.00
Fee for examination of massage and others	¥ 150.00
Fee for reissne of licence	¥ 50.00
Fee for examination of beauty art	¥ 200.00
Fee for licence of beauty art	¥ 100.00
Fee for reissue of licence	¥ 50.00

Shimizu health center has been operating public health and sanitation guidance for both Shimizu City and Ihara Gun since it opened on October 28th, 1935 as first health center in Shizuoka Prefecture, but public Health administration moved from police station to health center on May 1948, and activities were increaed and improved. A new we have started after the building was enlarged, and the contents were increased and improved.

Your health center because of protection of tomorrow's health,
Your health center because of construction of bright life
Your health center because of wakening knowledge of your body.

Kami Shimizu
Shimizu City
Tel: Shimizu 199

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

17 Aug 48

	8-12	1-3
Mon.	Adult exam. Dental	TB Dental
Tues.	OBSTETRICIAN Mother & child VD. Dental	VD Dental
Wed.	Adult exam. Dental	Nurse instruction. Chief nurse
Thurs.	General exam. Dental	Instruction of all personnel. Hutchin
Fri.	Adult exam. VD. Dental	VD. Dental
Sat.	General exam. Dental. Nutrition instruction	

Suggested branches: Kambara-cho.
Okitsu

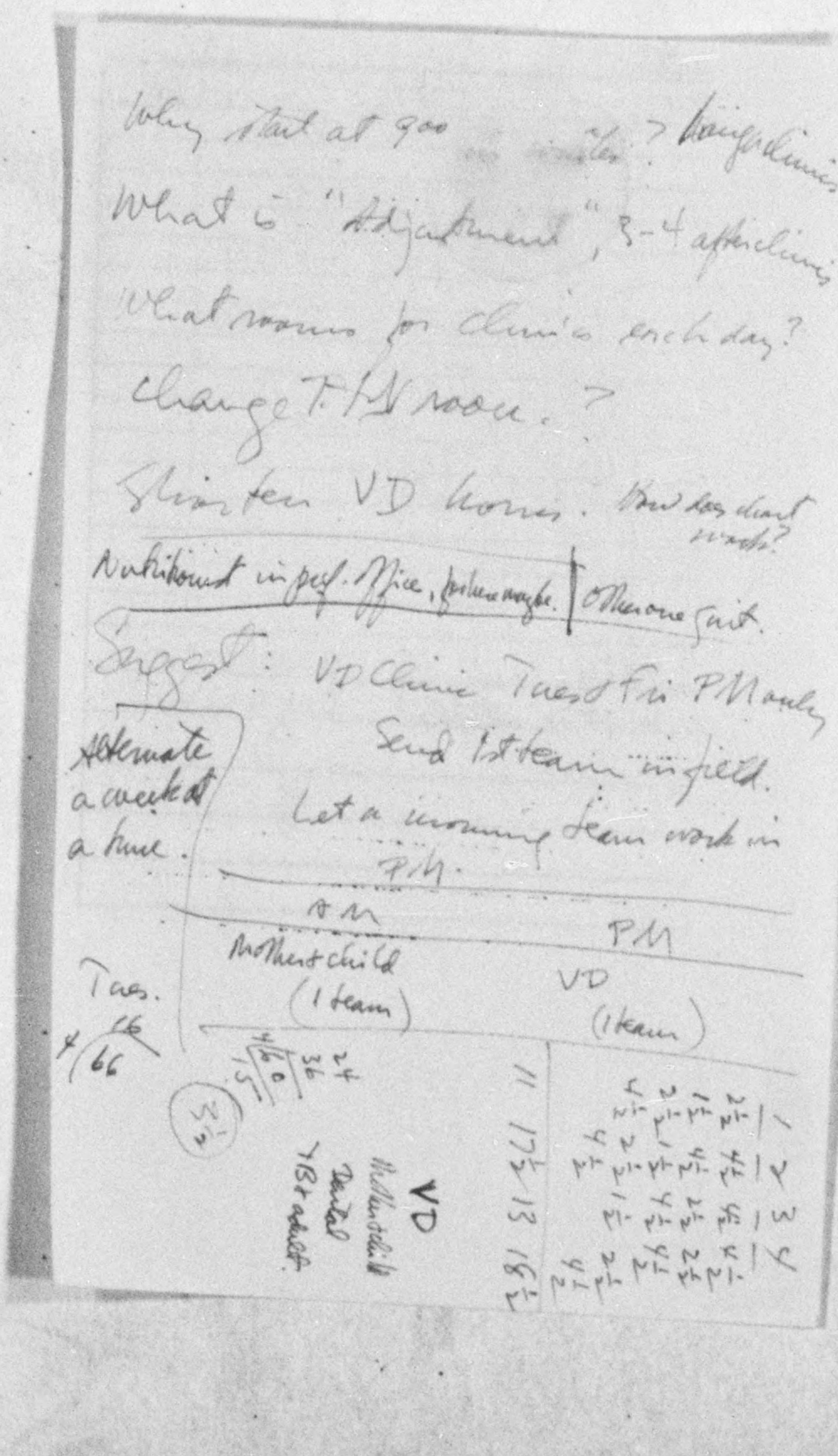
Tomoka Monday AM 0900

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 773 013

	Clinics		Home Visiting	
	AM	PM	AM	PM
Monday	Adult ①	VD ①	②	③ ④
Tuesday	Mothers Child ②	TB ②	①	③ ④
Wednesday	Adult ①	Nurses meeting 1-3	2-3-4	
Thursday	Mothers Child ②	Staff Meeting 1-3	1-3-4	
Friday	Adult ①	VD ①		2-3-4
Saturday	Mothers Child ② Nutrition		1-3-4	

Alternate weekly

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013



Schedule for public health nurses in clinic

From April 1st to ~~September 30th~~ October 31st .....8 a.m. to 4 p.m.
From ~~October~~ November 1st to March 31st .....9 a.m. to 4 p.m.

	8~~9~~ a.m. to ~~9~~.30 a.m.	~~9~~.30 a.m. to 12	1 p.m. to 3 p.m.	3 p.m. to 4 p.m.
Mon.	Receiving and Preparation for clinic	Adult clinic (Third team) Dental clinic	T.B. clinic (Third team)	Adjustment
Tues.	"	V.D clinic (First team) Expectant mother's clinic(Fourth team) Baby's and Infant's clinic(Second team) Dental clinic	V.D clinic (first team) Dental clinic	Adjustment
Wes.	"	Dental clinic Adult clinic (Third team)	Investgation meeting for public health nurses	Adjustment
Thu.	"	Expectant mother's clinic(Second team) Baby's and Infant's clinic(Fourth team) Dental clinic	Investgation meeting for managing for the staff	Adjustment
Fri.	"	Dental clinic V.D clinic (First team) Adult clinic (Third team)	V.D clinic (First team) Dental clinic	Adjustment
Sat.	"	9:30 - 11:00 Baby's and Infant's clinic (Fourth team) Expectant mother's (Second team) Dental clinic Practice of nutrition	11:00 - 12:00 Adjustment	~~Adjustment~~

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 773 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 743013

Schedule for Public Health nurses in visiting

	8½a.m. to8½.30 a.m.	8½.30 a.m. to 12	1 p.m. to 3 p.m.	3 p.m. to 4 p.m.
Mon.	Preparation for visiting	Fourth team Second team First team	Fourth team Second team First team	Record
Tues.	Preparation for visiting	Third team	Fourth team Third team Second team	Record
Wed.	Preparation for visiting	Fourth team Second team First team	Investigation meeting for public health nurses	Record
Thu.	Preparation for visiting	Third team First team	Investigation meeting of managing for the staff	Record
Fri.	Preparation for visiting	Fourth team Second team	Fourth team Second team	Record
Sat.	Preparation for visiting	9:30 - 11:00 Third team First team	11:00 - 17:00 Record	~~Record~~

Number of team	Name of Public Health nurse in the each member
First team	Nagakura. Kamita.
Second team	Tachikawa. Ogawa.
Third team	Terao. Hozaka
Fourth team	Sano. Suzuki

Note : Dental clinic is charged by dental ~~by~~ dienist, Each clinic is served charged by each team in turn.

Average number of patient in a week.

T. B.	V. D.	Expectant mother	Baby	Infant	Other case.
4	36	1	33	4	30

Average number that was visited by Public Health nurse in a week.

T.B.	V. D.	Expectant mother	Baby	Other case
18	2	2	18	5

We had many time to refuse the patient that has came to Health Center because we were so busy to be reconstructing Heal th Center, and also for appear of B.Encephalitis in August.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

ALLOTED DISTRICTS FOR EACH HEALTH NURSE

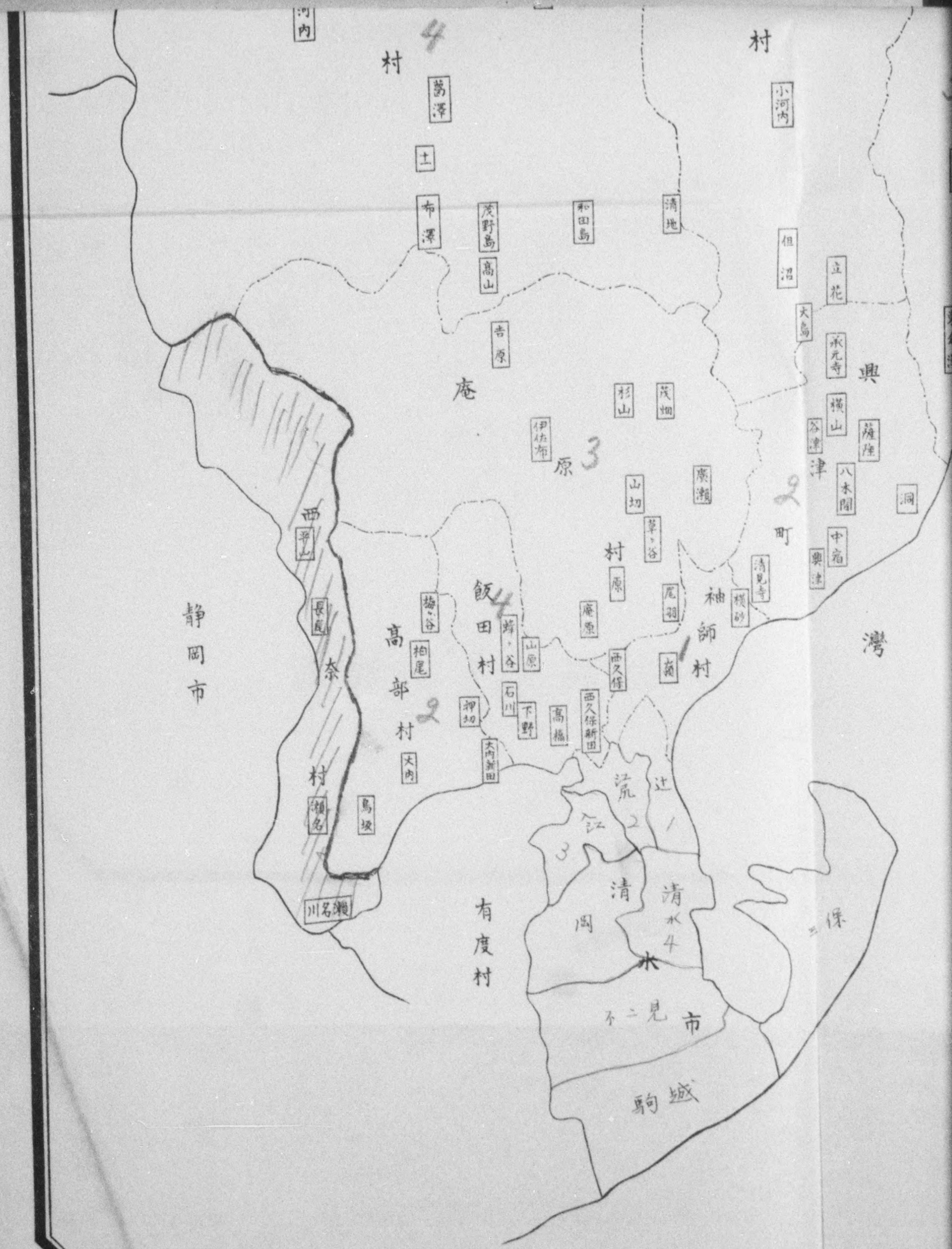
	Uchibusa - Mura Fujikawa - Mura Sodeshi - Mura	Kojima - Mura Takabe - Mura Okitsu - Mura	Matsuno - Mura Ibara - Mura Ui - Mura	Ryokochi - Mura Iida - Mura Kanbara - Mura
District	Tsuji	Ejiri	Irie	Shimizu
Population	6,825	9,067	9,063	10,496
No. of Family hold	1,834	2,177	1,833	2,180
Mean No. of persons for each family hold	4.16	3.13	4.94	4.81
Name of P.H. nurses.	Tachikawa Aiko Ogawa Fusako	Nagakura Nobuko Ueda Sumi	Sano Chizuko Suzuki Kazue	Terao Fukiko Hosaka Yasuko

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

清水保健所管内略圖

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

24. Sep 48.

guide for Business of Shimizu H. C.

time for medical treatment / day.	A. M. (since 8. o'clock to 12.)	P. M. (since 1. o'clock to 3.)
monday.	guide for health for adult. guide for dental sanitation.	guide for recuperation for tuberculosis × (includes medical treatment) dental sanitation. (")
Tuesday	guide for health for mother & baby. (build) " " ~~V. D.~~ prevention of V.D.× " " dental sanitation.	guide for ~~prolection~~ prevention of V. D. + (includes medical treatment) " " dental sanitation. (")
Wednesday	guide for health for adult. " " dental sanitation.	Investigating meeting. (public H. nurses)
Thursday.	guide for health for mother & baby. " " dental sanitation.	Investigating meeting (for all officials)
Fryday	guide for health for adult. " " prevention of V. D. + " " dental sanitation.	guide for prevention of V. D. + " " recuperation for tuberculosis. × " " dental sanitation.
saturday	guide for health for mother & baby. " " dental sanitation. guide & practice for nutrition.	

The following articles are carried out every day.

1. prevention of acute epidemics. 2. ~~visiting guide~~ preventive vaccination 3. medical examination for messed parts.
4. visitting guide. 5. sanitation for foodstuff. 6. medical treatment for social work.
7. environmental sanitation. 8. guide for nutrition.
9. examination and observation. (+).

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

	Clinic		Home	
	AM	PM		
Tues.	Mother + Child ← 1st Team → ~~Malaria~~ TB		2nd, 3rd, 4th Teams.	
	AM	PM	AM	PM
Thurs.	Mother + Child. (2nd Team)	Staff meeting	1st, 3rd, 4th.	Staff meeting
	AM	PM		
Fri.	Adult ← 1st Team → V D		2nd, 3rd, 4th	
	AM		AM	
Sat.	Mother + Child (4th Team)		1st, 2nd, 3rd.	X
~~Wed~~ Thurs.	AM			
	Adult 3rd.		1-2-4.	X
~~Wed~~ Mon.	AM 1st 3rd Adult	PM ~~TB~~ 3rd VD	1-2-4	→

1 : 12
2 :

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

一 清水保健所業務案内

曜	診療時	午（午前八時より 〃 十二時まで）	前	午（午后一時より 〃 三時まで）	后
月		成人保健指導 歯科衛生指導		結核療養指導 歯科衛生 〃	（治療者）
火		母子保健指導 性病予防 〃 歯科衛生 〃		性病豫防指導 歯科衛生 〃	（〃）
水		成人保健指導 歯科衛生 〃		研究會	（保健婦）
木		母子保健指導 歯科衛生 〃		研究會	（職員全体）
金		成人保健指導 性病予防 〃 歯科衛生 〃		性防豫防指導 結核療養 〃 歯科衛生 〃	
土		母子保健指導 歯科衛生 〃 榮養指導 實習			

次の項目は毎日行ふ

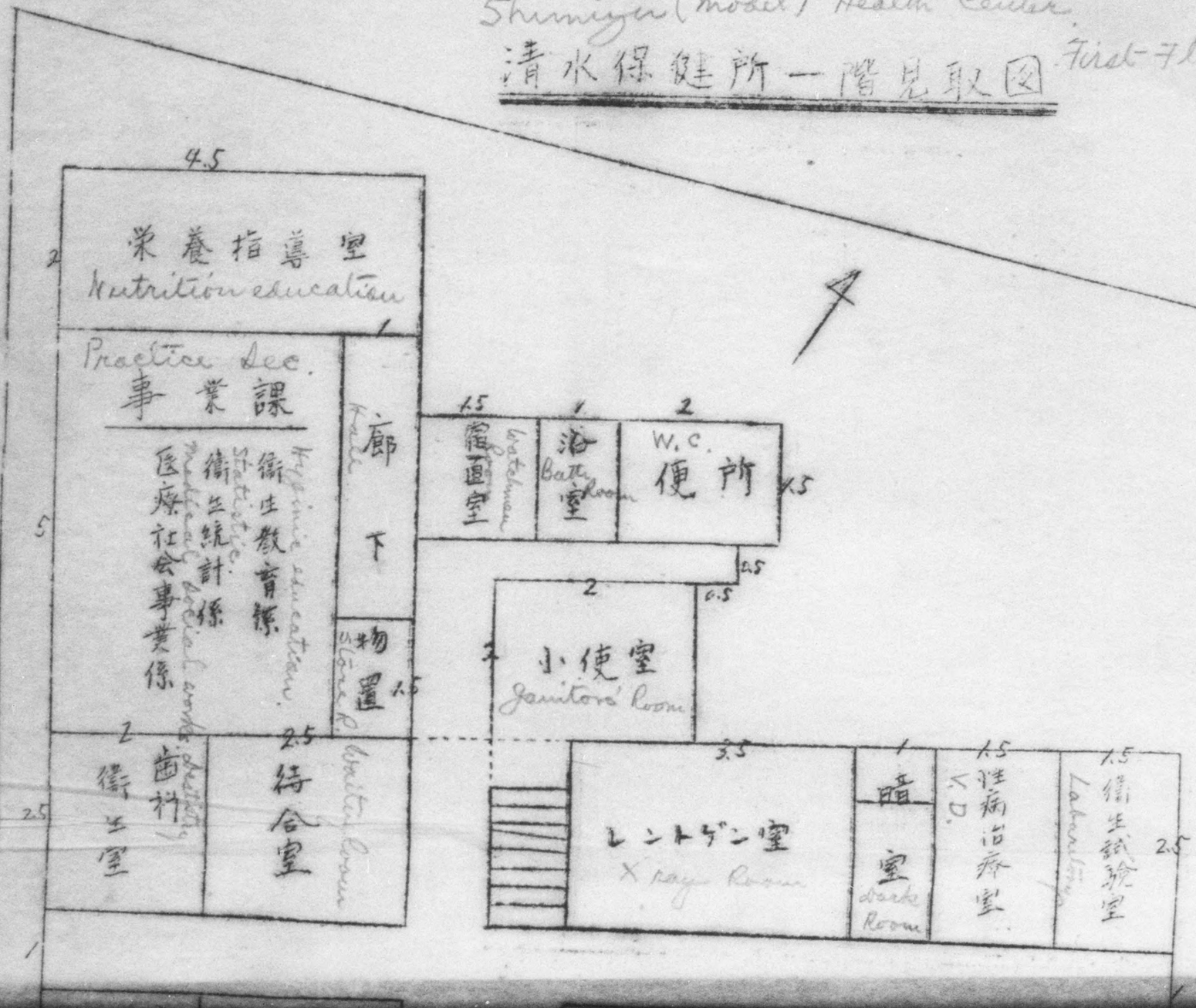
一、急性傳染病豫防法　四、訪問指導　七、環境衛生

二、予防接種　五、食品衛生　八、榮養指導

三、集團檢診　六、醫療社會事業　九、試驗及檢査

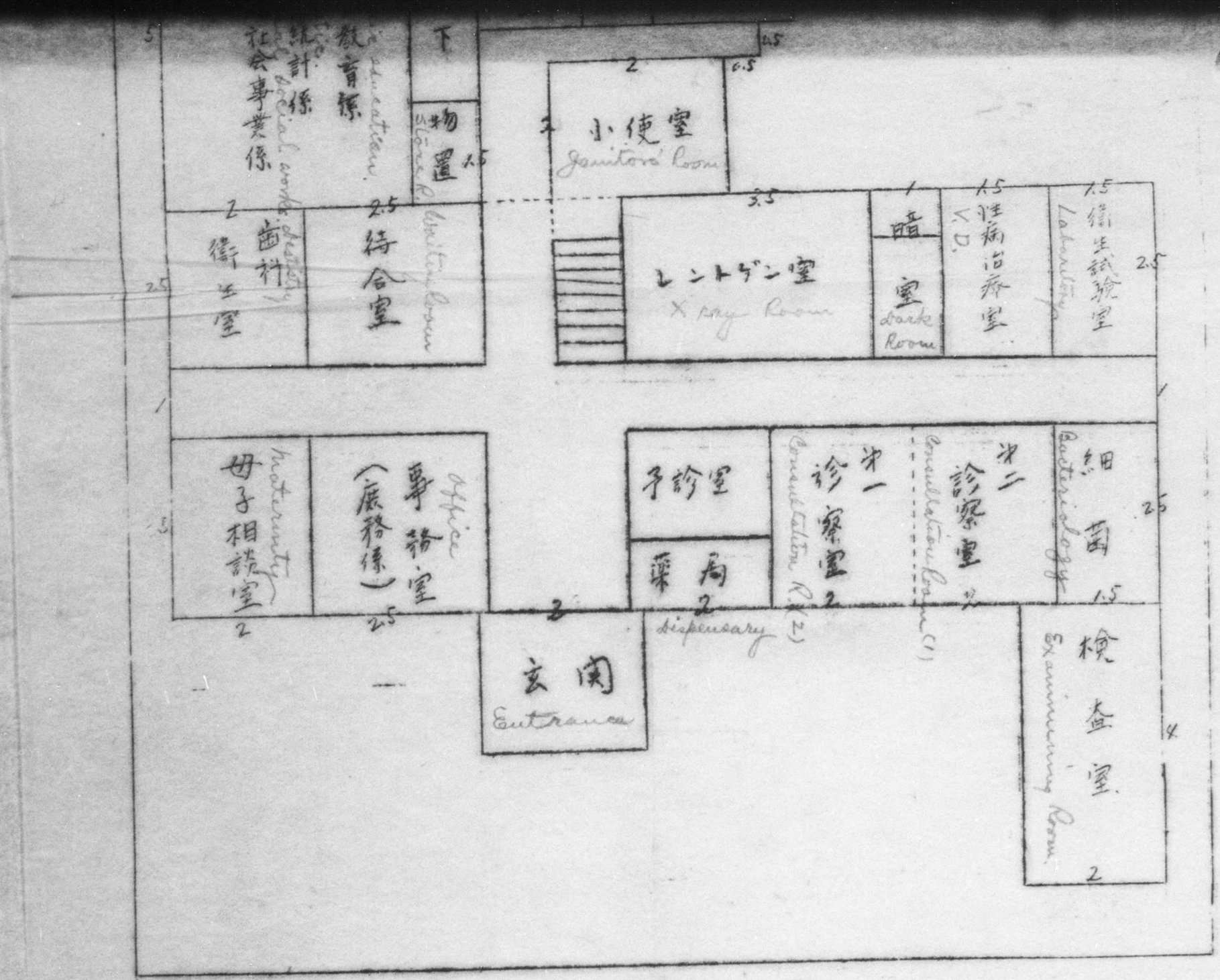
Shimizu (model) Health Center.

清水保健所一階見取図 First-floor.



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Shinagawa Model Health Center.
Budget

Amount ¥ 3,402,903.00

Item	Amt	Remarks
Salaries	¥ 929,903.-	43 additional staff (60 including present force)
Building-funds	995,000	81.7.5. Tsubo
Propaganda	100,000	
General expenditure	15,000	
Fixture & Equipment	1,204,000	
Wear + Tear exp.	159,000	
Total	3,402,903	

Shinagawa Health Center
Staff

Position	Present Force		Expected Addition	Total
		17 Aug		
Doctors	3	3	7	10
~~Veterinarians + Pharmacists~~	~~3~~	~~2~~	~~10~~	~~13~~ (4+3
Clerk	1	2	¥5	7
Nutrition expert	0	1	1	2
Dentists	0	0	2	2
P. H. Nurses	5	9 (4 improved training)	¥ 3	12
Utility man	~~¥4~~	7	~~8~~ 3	~~12~~ 10
Messengers	1	1	2 2	~~3~~ 3
Total	~~17~~	30	~~43~~ 27	~~60~~ (57)

Veterinarians	2	2	4
Pharmacists	2	1	3
X-ray technicians	1	0	1
Foodstuff inspectors	2	1	3

清水標準保健所予算額

総額　　3402,903.00

内訳

科目	金額	説明
人件費	929,903.00	43名増員(現在と含めて60名)
建物増改築費	995,000.00	81坪7合5勺
宣傳費	100,000.00	
経常費	15,000.00	
備品費	1204,000.00	
消耗品費	159,000.00	
計	3402,903.00	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

清水(模範)保健所人員表

職名 \ 区分	現在定員	增員	計	
医師	3	7	10	
獸医師 / 藥劑師	3	10	13	保健婦1. 藥劑師 獸医師 又孫.
事務	1	6	7	
榮養士	0	1	1	
歯科指導員	0	2	2	
保健婦	5	7	12	
雇	4	8	12	
小使	1	2	3	
計	17	43	60	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Budget estimated for the standard health center.

Total sum 4,594,055. yen

contents

4,026,650. yen for expences of health center.
567.405. for expences of prevention of epidemics.

classification	ammount of money yen	Explanation.
salary	1,026,995.00	increase 52 persons. establish 4 sections.
expansion of building	995,000.00	80 tsubo (eaqual to 2880 sq. feet.)
expence for propagation	141,100.00	postors, leaflets, advertizing in news paper.
expence for gleneral affairs	16.980.00	
equipment for bacteriological exam.	567.405.00	electric refrigerator etc.
trip expence	37.398.00	
utensils	1,547.547.00	

contents.

	yen	
furniture	323.500.	closet, and other 15 kinds.
instruments for business.	445.754.	a sun lamp and other 101. Kinds
fittings for nourishment	14.336.	cupboard etc.
sanitary education	582,350.	16.m.m. talkie machine etc
sanitary statistics	156.087.	calculating machine etc
expence for health nurse	28.520.	bicycle etc.

Cost of wear and tear 261.630.00

contents.

expence for general affairs	46.690.	
dental sanitation	23.652.	medicine for dentisty etc.
nourishment.	18.840.	references and guides for nourishmant.
sanitary education	100.492.	colours etc.
sanitary statistics	33.006.	paper etc.
expence for chemical exam.	39.080.	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

事業用器具	四五、七五四	〇〇	太陽燈外一〇一点
栄養関係	一四、三三六	〇〇	戸棚外一〇点
衛生教育	五六二、三五〇	〇〇	十六ミリ、トーキー映写機外二五点
衛生統計	一五六、〇八七	〇〇	計算器他二〇点
保健婦関係	二五、五二〇	〇〇	自轉車外三点

消耗品費 二六一、六三〇 〇〇

内訳

事務干係	四六、六六〇	〇〇	
歯科衛生関係	二三、五五二	〇〇	歯科用薬品類
栄養関係	一八、八四〇	〇〇	栄養指導及研究材料
衛生教育	一〇〇、四九二	〇〇	繪具其他
衛生統計	三三、〇〇六	〇〇	原紙外
化学試験用	三九、〇五〇	〇〇	

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

標準保健所予算要求額

總額 一金四、五九四、〇五五圓也

内訳 一金四〇二六、六五〇圓 保健所費
一金五六七、四〇五圓 傳染病予防費

科目	金額	説明
給料	一、〇二六、九九五円〇〇	五二名、増員、四課設置
建物増築	九九五、〇〇〇〇〇	八〇坪、
宣傳費	一四一、一〇〇〇〇	ポスター、案内、新聞廣告等
經常費	一六、九八〇〇〇	
細菌検査用器具	五六七、四〇五〇〇	電氣冷蔵庫外
旅費	三七、三九八〇〇	
備品費	一、五四七、五四七〇〇	内訳
		廳用器具 三二三、五〇〇円 〇〇 戸棚外一五点

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

PHYSICIANS
DENTISTS
VETERINARIANS STATISTICIANS.

PUBLIC HEALTH NURSES

PHARMACISTS
SANITARY ENGINEERS
~~X-RAY~~ RAY TECHNICIANS. LAB. TECHNICIANS.
SOCIAL SERVICE WORKERS

NUTRITIONISTS
CLERKS
~~JANITORS~~
SANITARY TEAMS.

1 Atami

~~2~~

17 Shimoda

8 Nishimia

19 Namazu

2 Fujinomiya

14 Yoshiwara

13 Shizuoka

10 Shimada

5 Kakegawa

6 Kawasaki

4 Kanaamatsu

3 Iwata

7 Nikkaki

~~11~~ 11 Shimizu

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

1

Shimizu Health Center Personnels

Positions	Names	Positions	Names
Director	Ifuku, K. (Dr.)	messenger	Fukumoto, U.
Med. Officer	Ezaki, Y. (Dr.)	Med. inspector	Sato, Y.
"	Mochizuki, J. (Veterinary surgeon)	"	Nakashima,
"	Takahashi, Z.	"	Kageyama, S. (Miss.)
"	Uyeda, R.	"	Inouye, R. (")
"	Uyeda, R.	Ass. Med. Inspector	Misawa, K.
Nurse	Nagakura, N. (Miss)	"	Tachikawa, A (Miss)
"	Terao, T. "	"	Takiguchi, K.
"	Kurehayashi, S.	Janitor	Kawasaki, T.
Medical Technician	Tsuchiya, K.	messenger	Sano, C.
"	Hirakawa, K.		
"	Shibuya, A.		

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

妊婦産婦の衛生

靜岡縣清水保健所

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

「生めよ、殖えよ、地に滿ちよ」とはバイブルの言葉ではありますが、此の事は日本の女性にも適應せる事柄なのです。

女性が妊婦となり、産婦となる事は、實に女としての重要な事です。

其處で、妊婦産婦の攝生は、是非とも知つて居り實行せねばならぬ女の道です。

それに關して、不審の點は、産婆なり、醫師なり又清水保健所にも御尋ね下さい。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

「生めよ、殖えよ、地に滿ちよ」とはバイブルの言葉ではありますが、此の事は日本の女性にも適應せる事柄なのです。

女性が姙婦となり、産婦となる事は、實に女としての重要な事です。

其處で、姙婦産婦の攝生は、是非とも知つて居り實行せねばならぬ女の道です。

それに關して、不審の點は、産婆なり、醫師なり又清水保健所にも御尋ね下さい。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

妊婦産婦の衛生

妊婦の衛生

妊娠は病氣でない事は勿論でありますが、自分の身體と云ふ立場だけでなく、生れるべき子供と云ふ點から、充分大事を採る可き義務がありますから、注意が肝要であります。

(一) 妊娠中守る可きこと (一)餘り過激な仕事はよくありません。(二)下腹に力を入れてする仕事はよくありません。重い物をさげたり、揚げたりする事はよくありません。(三)下腹、腰、脚を冷

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

やす事は愼まねばなりません。(四)高い所へ手を伸ばすやうな仕事もよくありません。(五)感情を高ぶらせるやうな事もよくありません。精神狀態は常に靜穩でなければよくありません。其爲には姙婦に對して慰安を心掛けて欲いものです。

(二) 飲食物 姙娠中は胃腸の病に罹り易いですから、消化の悪いものや食べ慣れないもの又は芥子、山葵、酒類など刺戟の強いものはとらぬ様に心懸け度いものです。

(三) 衣服 着物はゆつたりと着、帶は幅の狹い輕いものを用ゐ、腹や胸を締め付けてはよくありません。

腹帶(いはた帶)は昔のやうに狹い布で強く締むるのは悪いですから、姙娠五ケ月頃から夏は晒木綿を木綿幅の儘、冬は同じ位の幅のフランネル等で下腹を二巻か二巻半位巻き、其の端を安全針で二ケ所程留めて置けば良いのです。

(四) 便通 毎日一度か二日に一度は、必ず通じがある様にせねばなりません。便秘の癖があれば、毎朝一杯の冷水又は食鹽を少し水に加へたもの又は冷たい牛乳を飲み時を定めて一應便所に行く様に心懸けます。食後に果物を食べ、或は適度の運動を試みることもよろしいです。斯くしても猶便秘するならば、リスリン座藥を用ふるか、又は灌腸をする。通じ藥は成る可く飲まぬ方がよろしいです。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 773 013

(五) **尿** 顔や脚に「むくみ」が起り、又は眼がかすむやうな時は小便を醫師に檢査して貰つて下さい。

(六) **其他** 入浴は結構です。毎日でもよろしいです。睡眠は充分にして心と身體とを休めねばなりません。活動寫眞や、芝居などに行く事はよくありません。履物に氣をつけてころばぬやうに致さねばなりません。

妊娠中にお腹や腰が痛くなつたり又は張つたり或は出血したり又は水の様なものが降りたりする場合は流産の恐れがありますから必ず醫者又は産婆に診て貰はなければなりません。

自動車などの乘物はなる可く避けた方がよろしいです。

(七) 身體殊に外陰部は常にこれを清淨に保つべく、運動は新鮮なる空氣と適當氣溫の下に行ひ、決して過劇又は過度になつてはいけません。

(八) 乳房殊に乳嘴は授乳に便なるやう豫め注意し、若、皮膚が弱ければ豫め冷水又は「アルコホル」摩擦を以つて此れを強健ならしむるやうに致します。

産婦の衛生

(一) **お産の準備** 出産には前以つて産婆に相談して、お産の時に使ふ材料（綿、「ガーゼ」等は必ず消毒したものを使はねばならぬ。）や

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

其他に就て準備して置かねばなりません。

昔は「産ぼろ」といつて使ひ古した布片をとつておいて、お産の時使つたと云ひますが、之は危険ですから絶對に使つてはよくありません。

(二) 出産時 お産の始まるときは、出産豫定日が來てから一時間に二回又は三回と云ふ様に時を定めて下腹が張る様になり、それが濟めば腹が痛くなる。其れと同時に少し色のついた液が出る、又時によると此の方が先きに出ることもある、又時としては水の様な液も出る、何れにしても此のやうなことがあればお産が始まるしですから、お産の用意をし、産婆を迎へねばなりません。

産後の衛生

(一) 産褥(床上げまで) お産が濟んだ後は身體も安靜にすることが第一ですから、少くも一週間出來れば二週間は、床に就き切りにします。初めの二三日間は必ず仰向けに臥し、其の後は側臥になつてもよいが必ず左右交代に側臥になる様にします。猶少くとも一週間は食事、授乳又は通便の場合でも、決して床の上に起き上つてはなりません。一週間過ぎてからは産婆又は醫師の許を得て食事、授乳又は便通の時だけ、床の上に起き上つても差支へありません。十日から十四日目になれば醫師又は産婆の意見に從つて、

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

床を離れて便所等に行つてもよろしいです。然し尚ほ一週間は、床を敷いて置かねばならぬ、三週間の後には床上げをしても良ろしいです。

入浴は、三四週間經つた後にし、平素慣れて居る仕事を始めるのは、先づ產後六週間の後がよろしいです。

(二) 食事 初めの日は重湯、葛湯、薄い粥、牛乳、半熟卵等を食し、翌日からは粥、パン、魚肉、豆腐等を攝り、常に消化し易いものを撰び、二三週間で常食にかへる樣にします。乳の分泌や質を良くする爲めに味噌汁、牛乳等の飲み物や新鮮な野菜、果物などを與へる方がよろしいのです。

(三) 授乳 母乳は必ず飲ませるやうにします、然し、母親の病氣特に脚氣などはよくない事もありますから、さうした時は醫師に診察を受け、乳の檢査をして貰つて、過りのないやうに致しませう。

附 姙娠時期を知る法

此には種々の方法があります、即ち子宮の大さ乃至子宮底の高さによる法、胎兒の大さによる法等がありますが、普通一般の姙娠は次の計算法を心得て置かれると便利です。

一、 最終月經より計算する法

イ、 最終月經の第一日に七日を加へ其の月數より三ケ月を減ず。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013

ロ、最終月經の第一日に七日を加へ其月數に九ケ月を加ふ、最終月經の月數三より小なる時に都合がよい。

二、胎動を自覺せる初日より計算する法、

胎動自覺の日より大凡二十週即ち曆日の四ケ月と二十日の後を以て豫定日とす。

（注意）姙娠時月經と普通月經（最終月經）との區別。

姙娠初期の月經は一般に持續短く血液は水樣にして其色薄し。

非賣品

大正十五年七月二十日印刷
大正十五年七月二十五日發行
昭和十四年二月二十日印刷
昭和十四年二月二十五日二版
昭和十七年四月十七日印刷
昭和十七年四月二十日三版

靜岡縣清水市上清水
發行所 靜岡縣清水保健所
清水市島崎町九四
印刷所 神谷印刷所
電話一三四五番

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Health of the woman in pregnancy and the woman in childbirth.
Shimizu Health center. Shizuoka pref.

This is a Bible's word that be fruitful and multiply and replenish the earth. but this word is the matter ~~of fit~~ to fit to Japanese woman. The woman grow pregnancy women and the woman in childbirth. it is realy important matter. then. it is a duity of woman that have to know and execution the health of women in pregnancy and woman in childbirth without fail. you might to ask a midwife. doctor and Shimizu Health center doubtful point abeut it.

Pregnant, of couse, it is not disease, but, there is a duty to take a tmportant matter enough, therefore, you need the notice about it.

a). The matter to abseve during pregnant.

1. It is not good to take the violet worke.
2. It is not good worke to have power in the abdomen. that is matter to carry or to hold up heavything.
3. you should be careful that to keep cool your hips. abdomen. foot.
4. It is not good work that to get down several thing from high place.
5. It is not good that to have emotional action.

It must alwayes keep quite mental condition. you might to give consolation to the woman in pregnant for it.

B). Food and drink.

It is too easy to have disoder of digestion during pregnant, so. you might to keep in mind that do not take bad thing of diretion, unaccustomed foods to eat. stimulus like mustards, horse radish and wines.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

C). The clothing.
you might take on you dresses easily and use narrow and light sash. and also it is not good that to tighten (up) abdomen and breast. It is bad that to tighten up sash of narrow like it of formerdays. you wind your abdomen two or roll or two roll and half with bleached cotton as cotton wide in summer, and with flannel as cotton wide and others in winter from about fifth month of pregnancy, then, it is good idea to pin the end of it with safety pin

D.) The action of bowles.
You have to surely have the action of the bowels once in a day or once in two days, if you have the habit of constipation, keep in you mind that to drink one cup of cold water or one of cup of salt-water or one cup of cold milk on fixed time and go to toilet. it is good matter to eat some fluit after eating or to try some exercise. if you have still constipation you'd better use Glycerine or try to inject to the the bowels, you'd better have laxative, if possible.

E) urine

When you have swelling on you face or foot and also your eyes are blurred, you might to take the examine of urine of doctor.

F) The otherthings

1). It is good for body to take a bath every day. you have to take sleep enough and take rest hart and body, it is not good for body movies and drama, you have to take care foot geat and do not fail down. It is the dangerous case of miscarriage. if you feel painful and stiff abdomen, hips, and also you have haemorrhage and something like water. If possble, you'd better avoid public conveyance like motor-car and the others.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

2). Take exercise in fresh air and suitable temperature to keep always clearn your body, especially, you outside of private part and never take violence and excess.

3). Take care your breast, especially, your tip of breast to be convenient beforehand, if your skin is weak, you might to make strong your skin by Alcohal friction or cold water friction beforehand.

~~The prepare of~~

o Health of the women in childbirth

a). The prepare of childbirth.
you have to make fine materials after consulted with midwife beforehand (you have to use cotton, gauze and the others that be disinfected surely) and the others, in old time, people has kept cloth that become old and used it when they took childbirth, but it is danger to do this, so never do like this.

B) The time of childbirth.
When you begin to take childbirth, you will feel heveay in your abdomen 2 or 3 times in an houre in fixed time since you have expected time of childbirth. after finished this attack, you will begin to feel pain abdomen and you will have a little coloured liquid sometime, sometime you will have this liquid first, sometime you will have the liquid like water. in any case, these these attack are testimony which bigin to take childbirth, so you might to fix the prepare of childbirth and you have to welcome midwife. ~~midwife, you~~

The health ~~notice~~ of after childbirth.

a). Childbed (till to put away a bed)
At least, you have to still in bed for one week or two

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

weekes if you can because it is best way that to keep quiet you boa[illegible] after childbirth, you have to surely in bed on you back for two or three days. after that, you may lie on your flank, but be sure, you have to take care to lie on your flanks by ~~two~~ turns left and right. and at least, you never get up on you bed, even if it is eating time, ~~time that you take the action of the bowels~~ the time of action of the bowels. nurse time for a week. after a week, you may get up on you bed only eating time. nursetime and the time of action of the bowels after you had the pamit of doctor or midwife. If it will be ten or ~~fateen~~ fourteen days, you may leave your bed and go to toilet following the apinion of doctor or midwife. but you have to still make your bed for a week and you may put away the bed after three ~~stag~~ weekes. take a bath after three or four weekes. and begin to work usual job after six weekes.

B). meales,
you take soup of rice, ~~arrowroot. weak~~ arrowroot gruel, weak rice gruel, milk, ~~half~~ boil eggs and the others in first day. then, rice gruel. bread. fish and meat, bean-curd and others from next day. always prepare foods that to digestible easly and change staple diet after two or three weekes. you'd better give the woman in child birth the soup of bean paster. drinking like milk. fresh vegetable. fresh fluite and the others.

C). nursing

Be sure, you give the baby mother's milk. but it is no good for the baby if the mother has disease, especially. Beliber is bad disease for the baby, therefor you have the diagnostic of doctor and have

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

taste of ~~you~~ mother's milk, and you might take care to get no danger.

The way to know pregnancy time
(attachment)

There are several ways to know this, namely. it is way by ~~women's~~ womb's size or ~~the bottom of womb's~~ womb's the hight of bottom of womb, and it is the way by the size of fetus and the others, too.

There are next way to colculate usual general pregnancy time. this way is very convenient way.

1) The way to colculate from last mestruation

a). First day of the last mestruation add seven days and subtract 3 monthes from the number of months that you have last mestruation

b). First day of the last menstruation add seven days and the month that you have last menstruation add nine month, this is the conveniently way when your ~~month~~ that you have last menstruation less than three. number of month

c). The way to colculate from the first day to quicken

it is will be expected day after about twenty weekes. namely, 4 monthes and twenty days of a calender day from first day that you quickened.

(notice) ~~The menstruation during pregnant~~ The distinction of menstruation during pregnant and usual menstruation (last menstruation)

The menstruation of first time of pregnant generally short continulation and blood is like water and colour is light

(SHIRAI)

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

The first step of prevention of Tuberele.

Abut the ~~react~~ reaction of Tuberclin.

Shimizu Health center. Shizuoka prof.

1. The meaning of reaction of Tuberculin.

The reaction of Tuberculin is the way diagnosis exactly if peison does not infect Tubercle by the hypodermic of Tuberculin, but we can not make our mind to decide if we do not have the attake of Tubercle by only this injection, therefore, we need minute tast of Rontgen tast and the other's which decide if we do not have Tuberculous disease like the catarr of pox or Rleurisy now. There are two cases, one of these cases is ~~posuvity~~ positivity person that become red injected place after two days and other case is negative person that become not red.

2, The ~~posuvity~~ positivity person of reaction of Tuberculin (an infected person)

The positivity person is the person which become red injected place. These person did not know themself at all, but they has ever took Tuberculous basilli in body, so, the ~~posivib~~ positivity person is an infected person but all these person are never Tuberculosis patient and almost person are healthy person, in fact, if we tast the positivity person by the Rontgen tast and others if they do not has all the Tuberculosis patient, there are only two or three person in 100 person and 97 person or 98 person of rest are all the healthy person, namely, the person that do not have the Rentgen view infected Tuberculosis but they healed naturally without attack happily.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

you might rather set your mind. because you could have natural power of resistance for the Tuberculosis, these person are called the healthy person in an infected person. and also there are 2 or 3 person that as has attack. (namely. Tuberculosis patient) they are found so early time that did not know at all themself. therefore they are different with usual patient and can ~~feat~~ heal so early.

3. The negative person of reaction of Tuberculin (not an infected person)

The negative is the person which do not become red at all. They has never took Tuberculous bacilli in body, so they are called the negative of Tuberculin or not an infected person and they has no relation with the Tuberculosis at all now, and it is not exacty it where they infect or when they infect, therefore. they must to take care to get near of patient which have the Tuberculous bacilli after this, but the infected person can set mind because they already has the power of resistance. These negative of Tuberculin need the test of reaction of Tuberculin at least once or twice every years and when they has red at injected place at last. (Time to changed from the negative to the positivity) this is the proof in short since infected in the first time and it is apt so easy to have the attack for about one year and a half to chang of body like this. You might take care the notice of health that take rest yourself and do not take too much work and do not take cold and take nutrition enough.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

It is most important(notice)that has health examination sometime and to prevent attack in the bud. if you keep these notice. you will make up perfect power of resistance and have few attack of Tuberculosis.

The inoculation of Tuberculosis.
The B. C, G inoculation of Tuberculosis.

The negative of Tuberculin can prevented Tuberculosis by the injection of B. C. G.
All people of till about 30 years old ~~book~~ in the country that is living the patient of Tuberculosis like Japan ~~has~~ infect the Tuberculosis, namely, there comes early time to have attack in some time after surely infect at one time. therefore, you'd better have the injection of B. C, G. this injection is for prevention as if you took vaccination for the prevention of small pox. Present time, the time of baby has this injection and be preventing the tuberculosis in French, and this inoculation does not has reaction that has fever and fel pain at injected place like the inoculation of typhoid, sometime, there is only about one person in 200 person who has clear scar like case that injected place that has clear scar at the vaccinated place after one month. it is the proof of peison like this who rather has the power of

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

resistance enough and you do not any worry about hurt because the hurt will be healed naturally.

(SHIRAZ)

◆結核豫防の第一歩

ツベルクリン反應に就て

一、ツベルクリン反應の意義

ツベルクリン反應とは、人間の皮膚にツベルクリンと云ふ藥を極く僅か皮膚に注射して、結核に感染してゐるかどうかを正確に診斷する方法であります。しかしこの注射だけで結核發病の有る無しを決定する事は出來ません。從つて肺尖カタルとか、肋膜炎等の結核性の病氣に現在かかつてゐるかを診斷するには、更に進んでレントゲン檢査等の精密檢査が必要であります。

この注射をすると二日目に注射した所が赤くなる人（陽性者）と、赤くならぬ人（陰性者）とに區別する事が出來ます。

一、ツベルクリン反應陽性者（既感染者）

これは注射した所が赤くなつた人のことです。此の人達は自分は全く知らなかつたが、結核菌が體の中に這入つた事のある人で、ツベルクリン陽性者は既感染者と云ひます。しかしこれ等の人々は皆結核患者かと申しますと決してさうではないのであつて、大部分の者は健康者であります。實際陽性者をレントゲン其の他の檢査で結核發病の有無を檢べて見ても、百人中二三人の者が發病してゐるのみで、殘りの九十七八人は全く健康であります。卽ちこのレントゲン所見のない人々は結核感染を受けたが、幸ひにも發病せずに自然に治癒した人で、反つて自然の抵抗力がついたわけで安心してよいのであります。この人達を既感染健康者と申します。又二・三發病してゐる者（結核患者）も自分には何等氣の付かぬ時代に早く發見されたのであるから、普通の患者と異り極めて早く全治するものであります。

一、ツベルクリン反應陰性者（未感染者）

注射した所が赤くも何んともならぬ人であります。この人達は未だ結核菌が體の中に這入つた事のない人であり、ツベルクリン反應陰性者或は未感染者と申します。そして現在の所結核とは何等の關係はありませんが、何時何處で感染するかわかりませんから、今後この人達は結核菌の出る樣な患者に近付かぬ樣に注意する事が大切であります。この點既感染健康者は、抵抗力がついてゐるからまづ安心であります。この陰性者（未感染者）は、每年少くとも一、二回ツベルクリン反應檢査を受ける事が大切であります。そして遂に赤くなつた時（陰性から陽性に變化した時）は初めて感染を受けてから間もない證據でありまして、兎角この體の變り目の一ケ年半位が一番發病し易いものでありますから、無理をせぬ樣體を餘り使ひ過ぎない樣、風を引かぬ樣、榮養を充分とる等の健康上の注意をして、時々健康診斷を受けて發病を未然に防ぐ事が一番大切であります。以上の注意をすれば一ケ年半位過ぎると、すつかり抵抗力が出來上り結核發病をする事が少いものであります。

◉結核の豫防注射

B.C.G（ビー・シー・ヂー）結核豫防注射

ツベルクリン反應陰性者はビ・シ・ヂー注射によつて結核を豫防する事が出來ます。日本の樣な結核患者の多數居る所では、三十歲位迄には皆の者が感染を受けるものです。卽ち一度は感染を受け、しかも發病し易い時が何時かは來るのでありますから、豫防の爲にビ・シ・ヂー注射を受けるとよいのです。この注射は丁度天然痘にかゝらぬ爲に種痘（ワクチン）を受ける樣に豫防の意味で行ふ注射であります。現在フランスでは赤ちやんの時代にこの注射を行つて結核豫防をしてゐます。そしてこの注射はチブスの豫防注射の樣に熱が出たり、注射した所が痛んだりする樣な副作用はありません。たゞ時には二百人に一人位一ケ月後になつて注射した所が、『ぼうそう』のよくついた時の樣になる人がありますが、こう云ふ人は反つて抵抗力が充分ついた證據であり創口も自然に治癒するものですから心配はいりません。

清水保健所

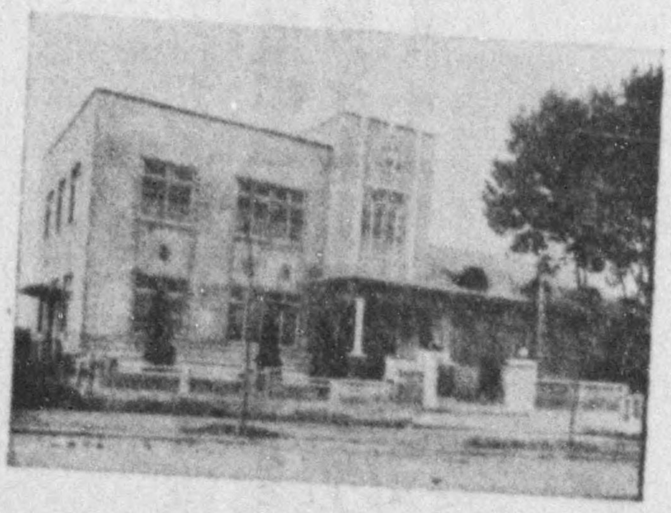
中部衛生

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

保健所の使命と其事業

靜岡縣清水保健所



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

保健所とは何か

保健所とは昭和十二年四月發布された法律第四十二號保健所法に依り全國各府縣一ケ所づゝ新設されることになり、本縣も愈々清水市に開設された、保健所の事業は保健所法第二條に明らかな樣に國民の體位を向上させるため、管轄地域内の保健上必要な指導を爲す所で、地域内の土地、空氣、水、建物、組織的團體及住民の衣食住衞生萬般の保健衞生指導の中心となる所であります。

保健所の事業

一、保健所にはどんな設備があるか

保健所には一般健康診斷及相談室、母性、小兒の健康診斷及相談室があり、レントゲンの、設備があり、榮養講習室、講堂があり、理化學的、細菌學的檢査室がある。

きたそこには所長である醫師と今一人の醫師とが居り、尙藥劑師と衞生指導員と云ふ衞生方面の指導や世話をする人と保健婦と云ふ産婆と看護婦が居る。

二、保健所の仕事

保健所の仕事はこれを二つに分けることが出來る。

一つは所内ですることであり、今一つは所外ですることである。

一、所内でする仕事

所内でする仕事は先づ健康診斷及相談であつて、之には二種類ある、一つは一般の健康相談で、誰でも無料で丁寧に診察をして病氣のある人はどうすればその病が治せるか、病院に行かなければならないか、自宅で治療するのにはどうすればよいか、などを教へて貰へる、又自分では病氣になつて居ないと思ふ人でも健康診斷を受けることもできる、然し治療はしない。

今一つの健康相談は妊産婦と乳幼兒の健康相談に應ずることである、丈夫な子供を得る爲めには妊娠時代から診て貰つて胎兒の發育程度や養生の仕方を教へて貰ふ必要がある。また生れたばかりの乳兒は少くとも毎月一回はこの保健所に來て順調に發育して居るかどうかを診て貰つて、乳の飲ませ方や色々な食物の作り方食べさせ方などを習ふとよい。

其他保健所では細菌檢査室、理化學檢査室があつて無料で血液、排泄物等の檢査をする、またニツクス線設備があつて相談や診察を受けに來た人に必要に應じて使用し又開業醫も之を利用が出來る。

保健所には講堂の設備があつて地域内市町村の人々や寄年團婦人會員等に、講習會、講演會、活動寫眞映畫會を催し、又役場吏員、衞生組合役員等衞生の仕事に携つてゐる者に對して協議會、座談會などを開いて夫々一般保健衞生の指導をする。

其の外榮養講習室があつて專門の榮養技術員が榮養食の調理方法に就て實地に指導をする。

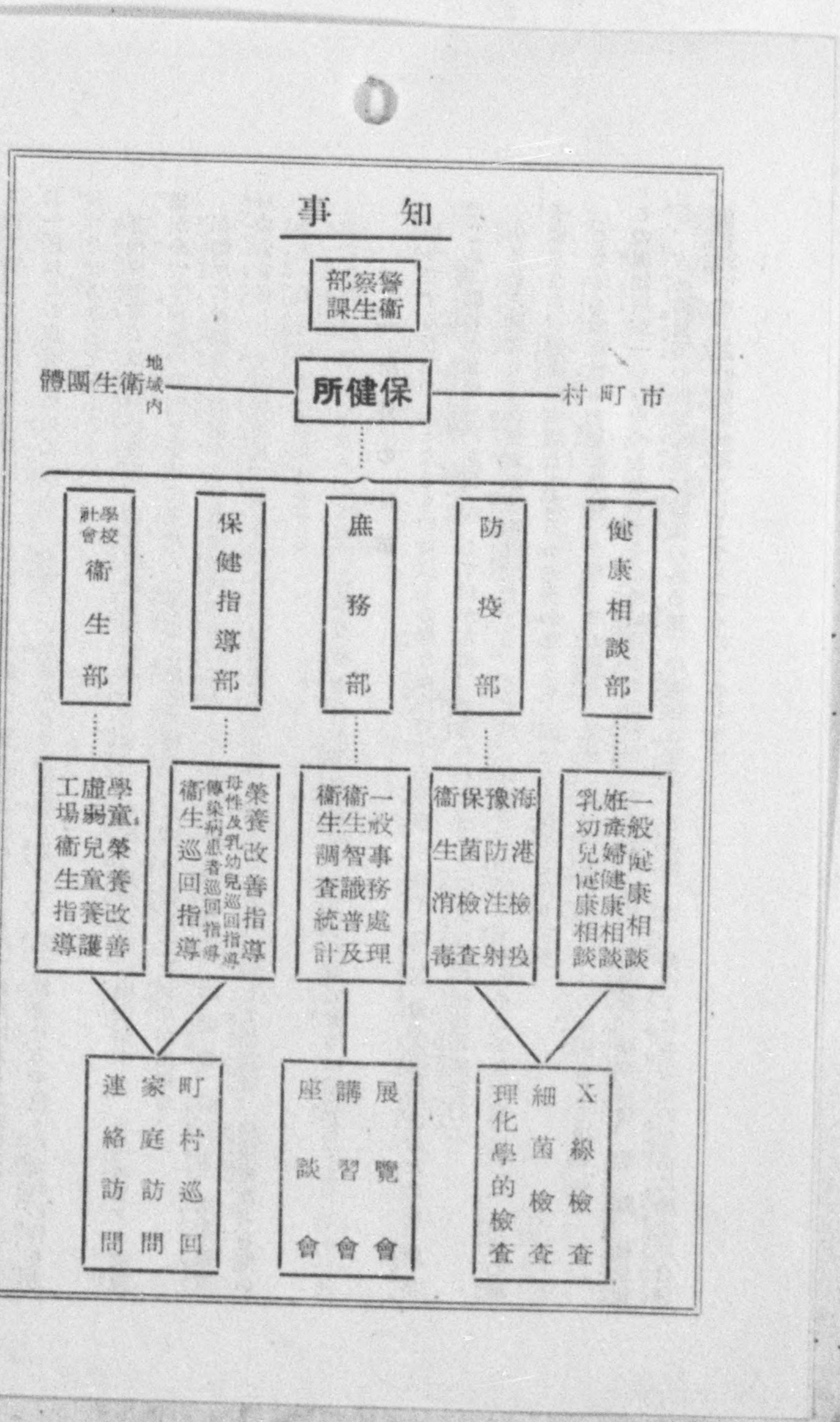
二、所外の仕事

所外でする仕事の主となるものは以上の樣な所内でする健康相談や、講習會や榮養指導のために、所長はじめ、職員が其地域内を出張して村から村、部落から部落へと順次巡回指導相談を行ふ。

尙これと關聯して保健婦が家庭訪問をする、これは、保健所に相談に來た人や必要な家庭に就て、其後の樣子はどうか、健康に生活してゐるかどうかなどを、聞いたり指導したりする。

こう云ふ樣な仕事を更に學校、工場、等の職員、生徒、從業者に就て一つの團體として指導しこの保健所が一つの中心となつてその地域内の町村役場、警察署、學校、器師會、藥劑師會、病院、衞生組合、方面委員等の保健事業に關係のある總ての團體と完全なる連絡、協調の下に各方面の生活に衞生的合理化を行つて、眞の健康地域としようとずるのであります。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013



DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

The mission and work of Health center.

Shimizu Health center, Shizuoka pref.

What is Health center?

Health center has been found one place each prefecture in Japan on the law of health center. Article 42 in law that are provided on April, 1937. Shizuoka prefecture has been found at Shimizu city. Health center is the place to ~~co~~operate necessary guidance for health in charge for the improvement of ~~pe~~ the people's physique as Article 2, the law of health center is shown clear and is center of health and sanitry guidance of all line about land, air, water, the buildings, the systematic association and inhabitants in charge.

The work of health center

1. What kind of equipment are there in the health center?

There are usual ~~Health~~ Health examination and Information-room, ~~the~~ Information room for woman and children, Rentgen equipment, Nutrition training room and Assembly-hall, physical and ~~medical~~ chemical examination room, Bacteriolougical examination room in the Health center, and there are a doctor who is the chief of Health center

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

and one more doctor, also. and there are pharmacist and person to care and guide health and the others who are called guid, midwife and nurse who are called public health nurse.

2. The work of Health center.

There are two work in Health center, one of them is for inside of Health center, the other one is for outside of Health center.

a: The work of inside.

First, the work of insid are Health examination and consultation. there are two kind in consultation. one of them is usual health consultation and we can take examination politely every body without money and we can have ~~teach~~ lesson "How to treat disease, ~~and have~~ have to go hospital and how to treat in home,, if you have some disease. even if the person who ~~not~~ does not know if ~~he~~ he does not have disease can have medical examination, but there does not give treatment.

~~The health consultation of other wo~~

The other work of health consultation is the health consultation of infants, woman in pregnant and woman in childbirth. you have to take examination during pregnancy to have strong child, and you need ~~lesson~~ lesson of growth standerd of fetus and how to take care health and also you'd better come ~~to~~ to health center to take health examination in every month if the baby is not growing well, and learn how to give milk. ~~How~~ how to make several foods, how to give eating these foods

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Bacteriological
and there are ~~Bactorial~~ examination room and Phsical and chemical examination room in Health center. and you can take blood examination ~~&~~ and excretion without money at there. and there are Rentgen equipment and ~~can~~ use for the patient who come to healtho center to take treatment and examination. and the medical practitioner can use this equipment also. Health center has the equipment of assembly hall and sometime there has the paity of training party. speach party. moveis party and the others for the peaple of city. town and village in charge. yung men association and women association. and also there has the party of conference and symposium for the official of city hall and the officer of sanitry association that take the work of sanitry. and guide about usual health. there are nutrition training room except these equipment and the specialist guide about how to cook for nutrition foods.

b. The work of outside.

The work of outside is the work that the chief and the official walk around in charge to guide and consulte from village to village and public health nurse visit each home to relate with this work also: this work of public health nurse guide and consulte about the necessary home and the peaple that come to Health center for the consultation about how about after that and about leving well or not. The work like this guide the school, the official of foctory and the others. the pupile and the woker.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

The Health center is center of charge, and has perfectly connect with all party to relate with the work of health of the official of sanitry association, the town, village office in charge, police station, the school, the medical association, the pharmacist association, the hospital, the official of sanitry association and the others, and operate sanitry rationalization of life of each line and it is the work ~~to be~~ that let realy health district make up.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

- City Town Village
  - Health consultation department
    - ① Usual health consultation
    - ② Health consultation of women in pregnacy and childbirth
    - ③ Health consultation of the baby and child.
  - The prevention of epidemics department
    - ① Quarantine
    - ② Preventive injection
    - ③ Taste for bacilli-carrier.
    - ④ Sanitry disinfection
  - General affairs department
    - ① Disposition of ~~use~~ usual business
    - ② Spread of sanitry ~~know~~ ledge
    - ③ Statistics of ~~sanitry~~ sanitry ~~inguiry~~ inguiry
  - Health guidance department
    - ① improvement and guidance of nutrition
    - ② guidance of mother and baby by trip
    - ③ guidance of patient by trip
    - ④ ~~Guidance of~~ sanitry guidance by trip.
  - School and Society Sanitry department
    - ① improvment of nutrition for school children.
    - ② Sanitry guidance of factory.
    - ③ Protection of weak schoolchildren.
- Police station Health section
- Health Center
- Sanitry association in charge
- governor

- ① Rentgen examination
- ② bacteriological examination
- ③ ~~Phy~~ Physical and Chemical examination.

- ① Exhibition
- ② Training
- ③ Symposium

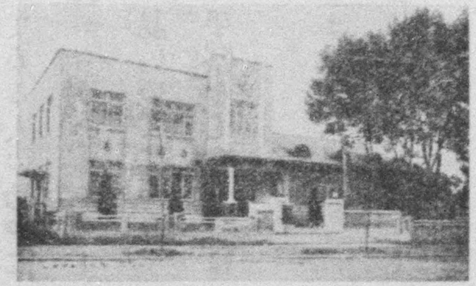
- ① Trip of town and village.
- ② Visit home.
- ③ comect visit.

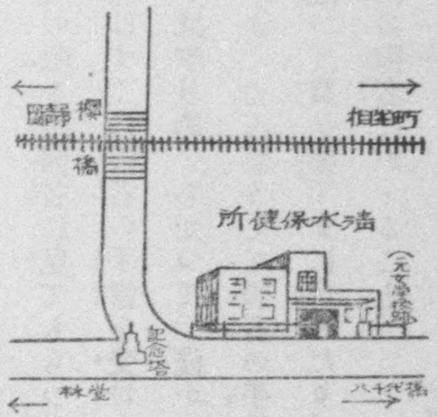
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

二

トラホームの豫防

静岡縣清水保健所





トラホームの豫防

トラホームは傳染する病氣です。トラホームにかゝつてゐる人のめやにが手指、手拭などについて、他の人の眼に入り、それからうつるのです結膜炎などにか、つてゐる人は、トラホームにかゝり易いのですから、お互に眼の病氣にか、つたら、たとへ輕くとも、早く手當をしなくてはなりません。

トラホームにか、らぬ注意としては、次のことを守りませう。

一、いつも顔や手指や身體を清潔にし、爪を短く切つておき、決してきたない手拭などで眼をこすらぬこと。

一、手拭やハンカチを清潔にして、決して貸借せぬこと。

一、トラホーム患者の使ふ洗面器を別にすること。止むを得ず同じ洗面器や手拭を使ふ時には、充分熱湯で洗ふか、煮てから使ふこと。或は、クレゾール石鹸水のやうなもので消毒してから使ひます。

一、人の集る場所の手水鉢　柄杓、便所の手拭等は最も不潔で傳染のなかだちとなるものですから、なるべくさはらぬ様にすること。

一、家の中で誰か一人でもトラホームにか、つた者があつたら、念の爲め、家族全體の人の眼を眼醫者に見てもらつて、トラホームの有無をしらべ、患者はすぐに醫者の手當を受けること。

一、トラホームは普通のはやりめとちがつて、僅かの日數では治りにくいものですから、よくしんぼうして醫者の手當を受けること。つまらぬ話などに迷つて買ひ藥でまに合せたり、しろうと療治などしないで必ず專門の醫者にかゝること。

一、朝夕、水道の水で眼を洗ふことはトラホーム豫防にも、又治療にも、大へんよいことですから實行すること。

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

Prevention of Trachoma

Shimizu Health center, Shizuoka Pref.

Trachoma is ~~not~~ contagious. This is the couse that person gum who have Trachoma stick to fingers and toweles and into other person's eye. The person who have Conjunctivitis and others are easy to get trachoma. If you got any eye's disease, even if it is slight, you have to treat early.

1) Always keep your finger and body Clean and cut your nail short and never use unclean towel to wipe your eyes.

2) The towel and handker-chief keep clean and never lend and borrow from anyone.

3) keep a wash-basin to use Trachoma's patient by themself. when you are compelled to use same wash-basin and towel. use after wash with hat water and boil upgood. on some occasion, you use it after to disinfected with somthing like cresol liquid.

4) The basins, dippers, toweles of bathroom and others of the place that to meet many people are very dirty, they are couse of infection, so, don't as touch as possible them.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

5). If anyone in your house took Trachoma, see doctor all your family to make sure and patient might to treat of doctor right now.

6). Trachoma is difference usual fashion eye's disease, it is too difficult to cure in a few days, so, take treatment of doctor patiently, you lose you way for trifling things and get patent medicine and don't treat yourself, be sure, take treatment of specialist doctor.

7). It's a very good to prevent and treat, morning and evening, washing your eyes with water of water main, so, you might to do it every time.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

measles.

Shimizu / Health center.
Shizuoka pref.

measles is a counning cantagious
of infant from one year to five years ages.
It is infant under 5 years of age to 90 percent
of the dead to have measles, therefore. you need
notice. First. symptom of measles does not take
attack for two or three days. it has a sneeze, a
caugh and watery discharge from nose like a cold
and also eyes changes red colour, has gum,
to shed tears and feel so dazzling, if you find
symptom like this, you have to do that to keep
patient way from other children, because this
time is too easy to have measles. next, the fever
goes down at one time and goes up again, some
time with this symptom, youll find prominent
attack on the skin and measles will be well
for five or six days. This is the understanding
when you have measles, first, you follow doctor's
notice and let them go bed quietly and all foods
is one that easy to digest. that is to do soup or
rice guel by age and room is warm and keep
off to sodry of air and note to ventilation, it is
not good for patient that room quete close and
charcoal-fire make hotly, even if it is winter,
and also, you might be carefull that to get strong
light directly in patient eyes. In Health-Center,
They will call on your family that has measles

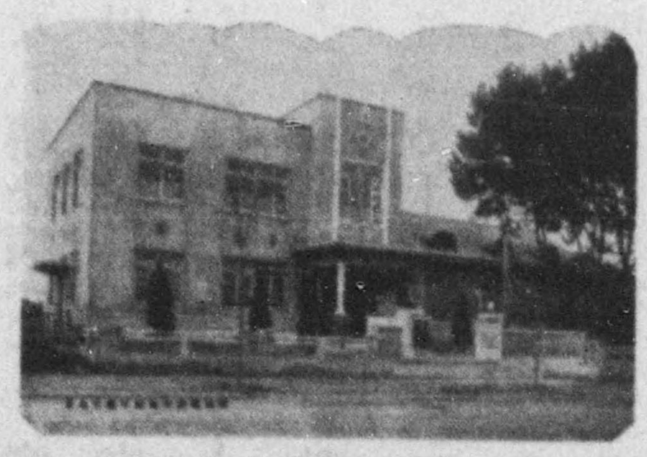
DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

and give your family several notices. if you have suspected case of measles or there come out patient of measles in your neighbourhood, you might to tell Health-Center right now.

Shinai

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

カシハ



所健保水清縣岡靜

麻疹は五歳までの幼兒にとつて油斷の出來ない傳染病です。麻疹にかゝつて死亡するもの、九割までが五歳以下の子供です。麻疹の後には種々の餘病を起し易いものですから、注意が肝要です。

麻疹の症狀は、初め三、四日の間は發疹せず「かぜ」のやうに熱が出て「せき」や「くさみ」をし、鼻汁を出し、又目が赤くなつて目やにや涙を出し、まぶしがつたりいたします。この時期が一番うつり易いときですから、このやうな症狀のあつた時は、他の子供達を病人に近づけないやうにしなければなりません。次に一時や、下つた熱が又高くなり、それと共に皮膚に著明な發疹が現はれます。そして普通五、六日で治癒に向ひます。

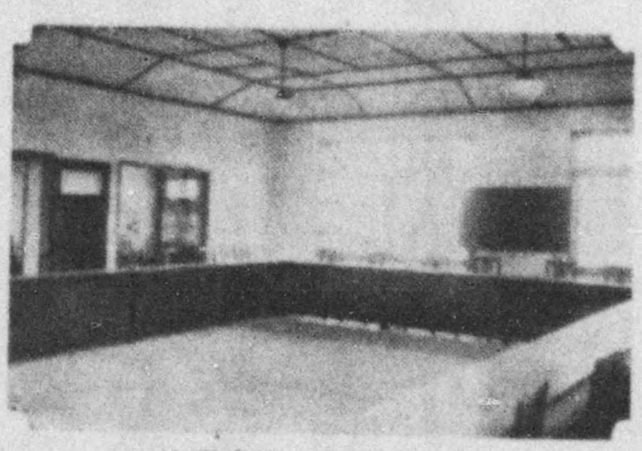
麻疹にかゝつた時の心得としては、先づ醫師の指示に從ひ、靜にねかし、食べるものはこなれ易いもの、即ち年齢に應じて流動食又は粥食とし、病室は暖くし空氣の乾きすぎることを防ぐと共に換氣に注意し、冬でも部屋を閉めきつて炭火をかん〳〵おこしてをくやうなことはよくありません。又病人の目をいためないため、強い光がぢかにあたらないやうに氣をつけて下さい。

保健所では主治醫と連絡をとり、麻疹の出た御家庭をお訪ねしていろ〳〵御注意申しあげることになつて居ります。麻疹の疑があつたり、御近所に麻疹の病人が出ましたら、直ちに保健所に御知らせ下さい。

靜岡縣清水保健所

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013



清水保健所二階會議室

☆江尻印刷所納☆

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

About the round worm.
Shimizu health Center. Shizuoka pref.

Round worm is one of the parasite like the earth-worm which our Japanese, especially children, has most, What kind of symptom appear if we have the round worm? Usually we have stomach-ache as you know well, But as other symptom we have ringing-stomach, unreasonable discharge, itching feeling at the anus region, vomit, decrease of appetite, bad smell in mouth, head-ache and spasm, And sometime round worm will be cause of paralysis, epilepsy, auditory nerve and optic nerve, And we feel itch in nostrils, have anemia and become thin. If the round worm get necessary organ in the body, it will be cause of congestive jaundice, abscess of the liver, Cholelithiasis, suffocation, abscess of the lung, gangrene of the lung and so on, If the round worm get in lacrimal duct and in ternal anditory, they will get hall on the tympanum, Also round worm will be cause of perforation of the intestine and peritonitis, Therefore we have to take care so much
Round worm disease is caused by eating foods which has eggs of round worm, Also it is caused by the vagetable which was cultivated by dutty water and fresh night-soil
Santonin is best for round worm as medicine but it is a powerful medicine,

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

therefore you have to use according to indication of doctor, But usually Makusnine and #Kaijinsow (one of seaweeds) is better than other medicine.

(The end).

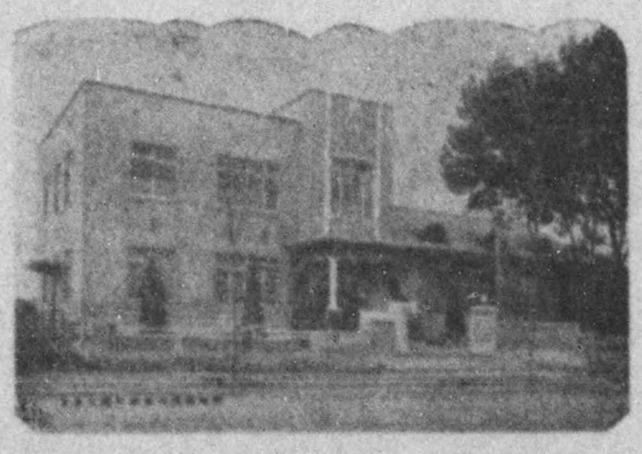
Explanation of attached picture.

Above picture.
egg of round-worm
(Magnified picture.)

Below picture.
Round-worm (male).

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

蚓蟲の話



靜岡縣清水保健所

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775 013

蛔蟲の話

蛔蟲は吾々日本人特に小兒には最も多く觀らるゝ寄生蟲の一つで、蚯蚓によく似た蟲です。

蛔蟲がゐると、どんな症狀が起りますか。最もよく皆さんが知つて御出の事は腹痛のある事です。其他腹鳴、便通不整、虹門部に於ける瘙痒感覺、食氣缺亡、惡心、嘔吐、不快なる口臭、眩暈、頭痛、痙攣、瞳孔散大を起し、時に痲痺、舞踏病、癲癇、聽神經、視神經の障碍の原因となる事もあります。

又、鼻腔內に瘙痒を訴へたり、貧血したり、痩せたりします。又、蛔蟲か身體內の他の必要な器管の中に入りますと、鬱血性黃疸や、肝臟膿瘍、膽右症、窒息、肺膿瘍、肺壞疽を喚地する事もあり、鼻腔涙、鼻管、內耳に侵入して皺膜を穿通する事あり。

又、腸穿孔を來して、腹膜炎を來す事もありますから、注意せねばなりません。

蛔蟲症は、蛔蟲卵の混つてゐるものを飲食する時に起ります即ち、不潔な水、蛔蟲卵のある腐敗せざる糞便を以て、栽培した野菜等から主に感染します。

療法「サントニン」が最も好果がありますが、劇藥ですから、醫師にかゝつて驅除してもらはなければなりません。其他、一般に、海人草や「マクニン」等も用ゐられます