
TAKE CARE OF YOUR HEALTH. You can't do your work if you are sick. The war is causing a shortage of doctors, nurses, and medicines, so by keeping well you help the nation get along in spite of the shortage. Widespread colds and influenza may seriously slow up defense work this winter. Help to prevent their spreading by avoiding colds yourself.

DON'T TELEPHONE UNNECESSARILY. Don't telephone unnecessarily if you live in a defense area. In such areas the telephone lines have more business today than they can conveniently handle, and it is important that wires be kept open for emergency calls. You can help a great deal by using the phone only when your call is a necessary one.

LEARN AIR-RAID RULES. About a third of our people live in areas where air-raid safety measures must be taken. Learn what you should do when the alarm sounds, and carry out every drill quietly and correctly.

DON'T SPREAD RUMORS. Remember that many unreliable reports come to us as news. Don't believe reports that are not confirmed either by our government or the British government. Passing unconfirmed reports about excites people needlessly.

KEEP UP THE SPIRITS OF THOSE AROUND YOU. The best way to do this is to be cheerful yourself, so make your sacrifices without grumbling. When you are not busy with your war activities work and play as if there were no such thing as war. Enjoy your games and sports in the old way, and have all the fun you can.

DEFEND AMERICANISM. This great country is made up of people of all races and almost all nationalities. In our army, our factories, and our schools, people whose fathers came from Germany, Italy, and Japan are working with other Americans for our United States. Do your best to see that no one is made unhappy because his parents came from a nation with which we are now at war. By doing so you will defend the spirit of liberty and democracy for which we are fighting.
