Keys to Good Health

Basic Health and Hygiene Lessons

Community Health Program
Boeng Tum Pun, Mean Chey District
Maryknoll
April, 1999
This is the English translation of Keys to Good Health, which was produced in Khmer in October 1998. The Khmer version includes a variety of visual aids that can be used to create activities, story cards, puzzles and other learning tools. The Appendix of that book also contains a description of some of the activities we have used in our programs as well as references to material available from other organizations. The Khmer version is available through Medicare and Maryknoll.

Our Community Health Team in Boeng Tum Pun, Phnom Penh, gathered the material in this book over the past three years for use in both primary school-based and village-based health education programs. Each topic includes a summary of essential information, which can be used as the basis for a lesson plan. They are not lesson plans as such but the basic information which teachers can use to develop lessons suitable to their situations. The English translation contains all the facts found in the Khmer version but you will notice that it is not a line by line translation. Some additional information has been included in the English version, this is enclosed in [ ]’s.

All of the material in this book will be familiar to those involved in health education in Cambodia, as we have drawn on the work done by so many other groups working in this field. We are particularly grateful to Enfante du Cambodge who publishes the Child - to - Child series of health books. Their model of health education and materials has been most helpful. We have also used material and ideas from World Relief, CHED, Helen Keller, World Education, ADRA, UNICEF and the Ministry of Education Youth and Sports' Department of School Hygiene. Publications we have found most helpful are: Where There is No Doctor, Women's Health Outreach Training Program, Cambodian Health Committee's pamphlet on TB, as well as various posters and pamphlets available through the Ministry of Health, Ministry of Rural Development and WHO. Our apologies to anyone who recognizes their work where we have not mentioned. It is our hope that this book will enable you to help insure a healthy future for Cambodia's most valuable resource - her children.

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PERSONAL HYGIENE
[Lesson 1- Khmer Text Page 4]

Purpose of the Lesson: To help understand the importance of personal hygiene.

More than half of the diseases and deaths of young children are caused by germs spread through the mouth, hands, and food. The following can help prevent these diseases:

• washing your hands, with soap if possible, after using the toilet and before handling or eating food;
• using a toilet (if there is no toilet, dig a hole and cover waste);
• keeping finger and toe nails cut short and clean beneath your nails;
• washing hair with soap when taking your daily bath;
• brushing teeth regularly;
• washing clothes when they are dirty and hanging in the sun to dry thoroughly;
• drinking clean, safe water;
• boiling water when the water source is not safe;
• washing meat and vegetables before cooking;
• eating well-cooked food immediately after the food is cooked;
• avoiding food that has been kept after cooking and that may have spoiled;
• covering food and storing food safely;
• disposing of garbage and other waste properly by burying or burning so as not to attract flies and other insects.
Purpose of Lesson: To increase understanding of the cause, treatment, and prevention of head lice.

Cause: Lice are tiny insects that thrive in hair that is not clean. Lice, like mosquitoes and bedbugs, live on human blood. Female lice can produce up to 10 eggs each day. If these eggs are not removed they will hatch making the condition worse.

Treatment: It is not enough to simply remove the lice from the hair. Female lice have left eggs that will hatch in eight days. To get rid of lice both the lice and eggs must be removed. Soaps, specially designed for head lice, are very effective in killing all the lice and their eggs. After washing with this soap comb your hair with a fine toothed comb to remove both the lice and their eggs. Continue to keep hair clean and combed well. Lice jump quickly from one head to another so if one person in the family has lice more than likely other family members also have lice. This means that all family members (adults and children) should use the special soap at the same time. Combs, hair brushes, sleeping mats, pillows, etc. must be washed and put in the sun to dry to kill both the lice and the eggs.

Prevention: The best way to prevent head lice is to keep the house very clean and to regularly wash your hair with soap.

Page 10 Common varieties of lice.

<table>
<thead>
<tr>
<th>Common Head Lice</th>
<th>Skin Lice</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Infects Humans)</td>
<td>(Infects Humans)</td>
</tr>
<tr>
<td>Dog Ticks</td>
<td>Bed Bugs</td>
</tr>
<tr>
<td></td>
<td>(Infects Humans)</td>
</tr>
<tr>
<td></td>
<td>Rat Fleas</td>
</tr>
</tbody>
</table>
Purpose of the Lesson: To teach the importance of protecting our teeth and gums and to teach proper oral hygiene.

Our teeth are our friends for life. Healthy teeth are important not only for eating and enjoying food but also for speaking well. Also, unhealthy teeth are not very, attractive! The best ways to protect our teeth are:

- to avoid eating sweets between meals
- to brush our teeth well at least once a day (carelessly brushing our teeth many times a day is not as good as brushing them well at least once a day)

Many foods build strong teeth. Oranges, tomatoes, ripe papayas, and other fruits containing Vitamin C and fish, chicken, eggs help keep both teeth and gums healthy.

Page 13 Caption: These foods cause tooth decay.

Page 14 Top Caption: These foods help maintain health teeth.
Bottom Caption: Healthy teeth help us have good health and keep our families happy.

Page 15 Top Left: Brush from the gums to the edge of the teeth. Brush well in the gaps between your teeth.
Bottom Left: Don't forget to brush the back outer surface of the back molars. Brush from the gums up to the edge of the teeth.
Center Bottom: Don't brush from side to side. Brushing this way does not clean well in between teeth.
Top Right: Brush all the surfaces of the teeth. Always brush from the gums to the edge of the teeth.

Bottom Right: Brush the surface of all the molars by brushing back and forth.

[Additional points: It is important to brush daily even if you do not have toothpaste. You can use a handkerchief or gauze wrapped around your finger if you do not have a toothbrush. Brushing is what is important.]
Purpose of Lesson: To teach about proper use -and care of latrines. Many diseases are caused by improperly treated human waste. Such waste attracts flies that carry the germs that cause disease. Uncovered waste can also be the breeding ground for worms. These worms can then be transmitted to humans who walk in through the waste matter.

Making a latrine

Keeping the latrine clean is important for your family's health. The latrine should be built at least 30 meters away from the house, well, stream or pond and animal pens. It should be below the well and dug at least 2 meters deep. Build a simple shelter around your latrine for privacy. The latrine must have a water jar or water reservoir in the latrine or just outside. You need the water to wash away the waste and then to wash your hands. Important points to remember about good latrine hygiene:

- keep the water jar or water reservoir in the latrine filled at all times. Keep the water jar covered.
- keep a small water bucket in the latrine to use to pour the water from the jar/reservoir down the toilet. Do not put your dirty hands in the jar/reservoir.
- pour water down the latrine before and after using. Be sure the feces are washed down the latrine.
- clean the latrine daily. Wash the plate area of the latrine very well after each use.
- always wash your hands, with soap if possible, after using the latrine.
REMEMBER ! !

NEVER drop pieces of wood, gravel, rocks or paper down the latrine drain.

NEVER leave feces on the plate area of the latrine. Wash all waste down the toilet.

IF you do not have a latrine, dig a hole and bury all waste.

Page 21  Top: Please help keep me clean
          Bottom: Pour water down to keep me clean
Page 22  STOP
          Did you remember to pour water down the latrine to keep it clean!
SOURCE OF CLEAN WATER
[Lesson 5 - Khmer Text Page 23]

Purpose of Lesson: To teach about safe sources of water. This lesson also teaches about the importance of clean water sources and how to keep them sanitary.

Water from wells that are properly dug and maintained, ponds that are properly fenced in, rainwater and purified water are sources of safe water.

How to build and maintain a safe well:

Wells should be dug at least 20 meters from the latrine, the garbage area and any animal enclosures. Wells should be at least 36 meters deep. The area around the well must be kept clear and clean. To avoid mud collecting around the well, it is a good idea to dig a drainage canal so spilled water runs away from the well. This drainage also prevents standing water which attracts mosquitoes. Keep the entire area around the well clean. Animals should be kept from walking near the well to protect the well from damage and to keep the area clean. Any fractures or breaks in the well should be repaired immediately since they can allow the water to be contaminated.

Water containers should be cleaned well before filling. If you have a pump, pump the water directly into the clean container. If you have a draw well, pour from the bucket directly into the clean containers. [Keep the draw well covered at all times. Do not let children throw dirt or garbage down the well.]

Water should be scooped from containers with a well-cleaned vessel. Hands, clothes, bottles, etc. should not be put into the water in the container. Containers should always be kept covered to prevent dust and other contaminants. Covered containers also stop mosquitoes from breeding in the water.
SOURCES OF UNCLEAN WATER

Purpose of Lesson: To explain the sources of unclean water and how unclean water causes disease.

Unclean water is found in ponds, rivers, streams etc. that have been contaminated by human or animal waster, chemicals, etc. The use of unclean water for cooking and drinking is the major cause of cholera, typhoid, hepatitis and diarrhea. Drinking well water or boiled water kept in clean covered jars helps prevent disease.

Page 28  Left: Don't use water from a pond that has been contaminated.
   Right: Water from a pump well is safe water.

Page 31  Left: A water jar with no cover has unclean water.
   Right: A water jar with a cover keeps the water clean.

Page 32  Left: Water in the pond that is not protected is not clean water.
   Do not bathe in these ponds.
   Left: Take a bath and wash your hair in clean water, use soap if possible,
FOOD HYGIENE
[Lesson 6 - Khmer Text Page 33]

Purpose of Lesson: To teach that improper handling of food is the cause of many diseases. To teach how to safely prepare and serve food.

Well-prepared foods play an essential role in building strong and healthy bodies. Poorly handled foods, however, become breeding grounds for germ-carrying insects that cause diseases that can make us very sick or even kill us. Some of these insects are too tiny to be seen with our eyes, but they are there. We can see other germ-carrying insects such as flies, fleas, lice, ticks and ants as well as worms.

How to Prepare Food Hygienically

- cook the food well, especially meat and fish; this kills any germs or worms;
- eat the food immediately after it is cooked; food left sitting out attracts insects and other animals;
- cover food before and after preparing it to keep flies and animals away;
- wash your hands, cutting board, spoons and knives, with soap if possible, before preparing food and before eating;
- as much as possible drink boiled water or the cleanest water available;
- wash dishes and pots and pans, with soap if possible, after using;
- never use the same dishes with someone who is sick (always wash them with soap before re-using).

All these actions should become part of our routine in handling food. Remember we can avoid the diseases caused by germs living in the air, water, soil, and food, by good food hygiene. Stay clean, Drink clean water, Handle food safely.
**FEVER**

[Lesson 7 - Khmer Text Page 41]

*Purpose of Lesson:* To teach some causes of fever, how to take a temperature, how to treat a fever, and when it is important to go for the doctor.

The major causes of fever are virus or bacteria. Excessive activity in the heat can also cause fever. If very young children have fever, over dressing them or wrapping them too tightly will make the fever worse.

To tell if someone has a fever and to know how high it is we need to take his or her temperature. Usually, the temperature of small children is taken rectally. Larger children and adults prefer using an oral thermometer. In either case, the thermometer is left in place for about three minutes. A normal temperature is 37 degrees. You can also place the thermometer under the armpit and hold it in place. If after 5 minutes the thermometer reads 37 degrees, leave in for an additional five minutes then read again. If you do not have a thermometer, place the back of your hand on your own forehead and the back of your other hand on the sick person's forehead or chest. You will be able to detect the difference from your own normal temperature to tell whether or not the patient has a temperature.

**Treatment:**

Loosen and/or remove clothing, place the person in a cool, shady place. Take a cloth, dip in cool not cold water) and wash the patient. Fan slowly to keep the person cool. Very small children can be immersed in cool water. Dry the patient but continue to wash with water and fan. Give fluids (water, coconut juice, rice porridge) but only a little at a time. [IMPORTANT: do not cool too quickly. A sudden drop temperature can be as dangerous as the fever.] If the fever does not go down after a few hours, give paracetamol and continue as above. If the temperature still does not go down or if at any time the patient becomes irrational or has fits or seizures, take to the hospital quickly, especially in the case of small children.

The pictures on pages 44 - 47 are from the Enfante du Cambodge book on Fever. The story, simply told, is about a lion who has a fever. His friends want to help him feel better. They know that they should cool him off with water and so collect their tears. They ask the birds to keep fanning the lion and to keep him cool with the water. Soon the fever goes down and the lion feels much better.
DIARRHEA
[Lesson 8 - Khmer Text Page 48]

Purpose of Lesson: To teach the common causes of diarrhea and how to treat it. To recognize serious cases of diarrhea so you know when to send the person to the hospital.

Diarrhea is very dangerous for children because it results in dehydration and malnutrition that could lead to death. The key to curing diarrhea is the continuous replacement of lost fluids and nutrients. Rehydration fluids and rice porridge should be given regularly until the diarrhea stops: Diseases such as measles, malaria, and urinary and intestinal infections cause diarrhea. Spoiled food, poorly prepared food, drinking contaminated water and/or allergies to medicines, also may cause diarrhea. Another cause of diarrhea is eating too much unripe fruit. The symptoms of diarrhea are frequent watery bowel movements. Feces often have a foul smell.

Diarrhea can be prevented by:

- breast feeding babies as long as possible, at least until the ages of 4 to 6 months old
- food accompanying the breast milk should be ground up so the child can digest it easily
- prepare food with fresh, clean water. The water from the well should be boiled.
- make sure children's feces are put down the toilet or buried. The feces from children are more dangerous than adults'.
- wash hands before eating and after using the toilet
- keep food covered and eat it soon after it is cooked; keep water sources covered
- burn or bury garbage to prevent attracting flies and other insects and animals that spread germs
- don't give children medicines unless it is necessary
- vaccinate children against measles
- keep babies clean, especially wash them after they urinate and have bowel movements. Keep their hands very clean to prevent the spread of disease.
The dehydration caused by diarrhea can be treated with rehydration fluids. To make your own:

*Wash your hands*, the bowl and spoons you will be using to make the rehydration fluid. Then mix together:

- 1 liter of clean, boiled water
- 8 teaspoons of sugar
- 1 teaspoon of salt

Mix well and cool before feeding to the patient.

If you do not have the above ingredients or if there is no source of clean water, coconut juice can be used as a substitute.

The main thing is to replace fluids and nutrients, as they are lost. Give liquids and porridge after every bowel movement. Normally diarrhea is cured without any other treatment.

For a bad case of diarrhea or if the diarrhea does not go away or if there is evidence of bleeding, a doctor should be seen as soon as possible. No other medications other than the rehydration fluid should be taken unless prescribed by the doctor.
Caption in the box: To make rehydration fluid, first wash your hands, the bowl and spoons, then mix together well:

- 1 liter of clean boiled water
- 8 Teaspoons of sugar
- 1 Teaspoon of salt

You can also use coconut juice in place of this rehydration fluid.

When your child has diarrhea, after every bowel movement, give coconut juice or rehydration fluid (use a packet or make your own) or at least give plain water.

Also feed them the rice porridge and/or breast-feed.

Pictured here are ingredients that can be well cooked and mixed together with well boiled rice to make a nutritious porridge. The porridge should not be too thick, serve hot.

Steps to cure diarrhea
- from the bottom of the page - if your child has diarrhea, drink, eat, drink, eat until your child will get better

[A simple way to remember what to do for diarrhea and replacement therapy is to replace liquid or food according to the consistency of the stool, i.e.:

- when the stool is very watery, give liquids
- when the stool is soft, give the rice porridge or bobah
- when the stool begins to be more solid, give small amounts of solid foods.]
WORMS
[Lesson 9 - Khmer Text Page 57].

Purpose of Lesson: To teach the causes, symptoms, and ways of preventing worms.

Worms are caused by poor hygiene including:
- not using a toilet
- drinking unclean water
- walking barefoot in areas where others have left feces unburied
- eating uncooked vegetables or fruits that have not been well washed
- handling food without washing your hands
- eating under-cooked fish or meat

Symptoms of worms include stomach cramps, diarrhea, and vomiting. The child may eat a lot and have a bloated stomach but still be skinny. He or she usually feels tired all the time and is restless during the night. Itching is another sign of worms. Sometimes the face appears to have light spots.

Good hygiene is the best prevention against worms. Wash hands before preparing food, before eating and after using the toilet. Keep fingernails and toenails short and clean. Drink the cleanest water available, boiling water if possible. Wear shoes. Cook fish and meat well. Wash vegetables and fruits.

If you or a friend has any of these symptoms please tell your parents so they can bring you to see a doctor for treatment.
DENGUE FEVER  
[Lesson 10 - Khmer Text Page 67]

Purpose of Lesson: To teach how the Tiger mosquito spreads Dengue, how to prevent the disease, and how to destroy the breeding places of the Tiger mosquito.

Dengue Fever is a dangerous and painful disease caused by a virus spread by the Tiger mosquito. There is no medicine to cure it but there are simple and easy ways to prevent it.

The signs and symptoms of Dengue are a sudden high fever, bad headache, abdominal cramps, nausea (and maybe vomiting), and a rash that begins on the arms and legs and then spreads to the torso. If it is a very serious case of Dengue there may be bruises or red rash on the skin, bleeding (nose, mouth, or gums), difficulty in breathing, and cold fingers and toes. In serious cases the patient may vomit blood. They will be restless and leave difficulty sleeping.

To Treat Dengue Fever:
- Do Not give aspirin. You can give paracetamol to reduce the fever. Also soak a cloth in cold water and put it on the child (See fever lesson). Fan the patient, use light clothing and covering.
- If there is no improvement or if the fever remains high after two days, take the sick person to the hospital
- Do not try to treat with traditional medicines. Delays in properly treating Dengue Fever can be fatal

To Prevent Dengue Fever:
- wash and cover water jars and change the water once a week. Any standing water (e.g., flower vases, fish tanks, the ant wells for food cabinets, etc.) should be changed once a week.
- if available put Abate in the water jars or tank reservoirs to kill the Tiger mosquito larvae.
- put a teaspoon of salt in the ant wells under food cabinets and sideboards
- old tires (bicycle, motorbike, or car) should be kept inside or buried so they do not collect water
- dig canals to drain standing water or fill in potholes
- use a mosquito net when sleeping both during the day and at night
In every way possible eliminate standing water, rubbish and waste where mosquitoes can breed from around the house.

Page 70 To eliminate Dengue Fever, remove all waste from around the hose. Keep the area under and around the house clean.

Page 71 Clean the water jar with a brush every two days. This will help safeguard your family against Dengue Fever.

Page 72 Top: Please help keep me clean  
Bottom: Keep me covered too.

Page 73 Top Left: Tiger mosquitoes lay their eggs in standing water, they then batch into larvae and then fully developed Tiger mosquitoes. 
Top right: A water jar with a tight cover prevents the Tiger mosquito from laying their eggs. 
Middle Left: The Tiger mosquito likes to lay their eggs in water jars without covers. 
Middle Middle: You must cover the water jars tightly. The Tiger mosquito is very clever and will enter the water jars though any small spaces or cracks in the cover. 

Page 74 Please always cover the water jar tightly and protect your family from Dengue Fever.

Page 75 Children should sleep under a mosquito net both during the day and at night to safeguard them against Dengue Fever.

Page 76 Don't wait to take your child to the hospital if they have the signs and symptoms of Dengue Fever.

Page 77 Inside Circle: Take these precautions if you want to protect your children from Dengue Fever. 
Clockwise from Top: 
- kill mosquitoes and keep them away from your family 
- eliminate all the places that mosquitoes can breed 
- keep your child from being bitten by mosquitoes

16
TUBERCULOSIS (TB)

Purpose of Lesson: To teach about the causes, treatment, and prevention of TB

TB is caused by a germ. People with strong immune systems are not as likely to get TB as are people whose immunity has been weakened by malnutrition or other diseases. Coughing, spitting, sneezing and using the same dishes, etc spreads TB. Symptoms include chronic coughing, persistent sweating at night, weight loss, and regular nightly fever. If you think you know someone who has TB, you should bring or convince him or her to go to the doctor. The sooner the person starts treatments the less likely it will be that other people in the family or area will catch TB.

You can prevent TB by:
- vaccinating infants [BCG]
- helping TB patients practice good hygiene
- practicing good hygiene yourself
- eating nutritious food and being strong and healthy

TB is 100% curable if diagnosed and treated on time. It is important to complete the medical treatment, which is usually 6 -12 months.

Page 80
Left: Tuberculosis
Bottom Middle: Don't cough on others.
Right Middle: When a person with TB coughs or sneezes they should cover their mouth to avoid spreading the TB germs.

Page 81
Top: Children should receive all vaccinations before they are one year old. [BCG to protect against TB should be given as soon after birth as possible.]

Left (under picture): If you have a persistent cough, [or other signs/symptoms of TB] over three weeks, please go to the TB hospital in your district or province immediately.

Right (above picture): To cure TB the patient must follow all the instructions from the doctor exactly.
- take the medicine prescribed every day
- take the medicine at the same time every day
THE THREE GROUPS OF FOOD
[Lesson 12 - Khmer Text Page 82]

Purpose of the Lesson: To teach how to build and maintain strong, energetic bodies through good nutrition.

Body-Building is necessary for the growth of muscle and brain tissue, and other parts of the body. These foods, such as meat; fish, eggs, nuts, milk,

Energy-Giving Food is as important to the body as firewood to the fire.
When you are working or thinking hard you need more of this food to give you strength and energy. Foods in this group include oil and fat, milk, corn, potatoes, pumpkins, wheat products, rice, ripe banana, arum, ripe coconut, etc.

Foods that protect our body from diseases: Foods in this group include dark green and yellow-green leafy vegetables. Other vegetables in this group are tomatoes, carrots, pumpkins, and sweet potatoes. Some of the fruit in this group are mango, papaya, oranges, and pineapples. These foods contain vitamins that increase the red blood cells that make teeth, bones, and eyes healthy. Eating these foods protects our body from diseases.

Pictures on the following pages give examples of foods from each group.

Page 83    Body Building Foods:
Top: L - R: Fish, Eggs, Chicken
Bottom: L - R: Peanuts, Soybeans

Page 84    Energy:
Top: L - R: Corn, Tiger-paw Potatoes, Sweet Potatoes Rice
Bottom: L - R: Yams, Vegetable Oil, Pain Sugar

Page 85    Food that Protect the Body from Disease:
Top: L - R: All dark leafy vegetables, Pineapple, Chinese Cabbage
Bottom: L - R: Tomato, Orange, Papaya, Banana
Purpose of the Lesson: To teach how to avoid accidents in and around the house.

Many accidents can be avoided if parents and older brothers and sisters make the home a safe place for children. Some common accidents that can occur in the home are electrical shocks; burns from cooking fires and candles, drinking poisons, cut with knives, wire nails, broken glass, eating or drinking medicines. Accidents outside the house are falling from trees, traffic accidents, drowning, poisonous snakes and insect bites, injury from slingshots, breathing pesticides etc.

Accidents can be avoided by obeying the following rules:

- don't leave young children unattended teach children not to play with or near fire
- don't play with knives or other things that can cut you
- don't let children play unattended near ponds, lakes or rivers
- don't play in the public roads or let small children cross the street alone
- clean brush and tall grasses away from around the house
- keep the area around the house cleared of rubbish and garbage to avoid attracting rodents and insects
- keep all poisons and medicines out of the reach of children
Purpose of Lesson: To give information about the diseases caused by smoking so you choose life not cigarettes.

Research shows that if you live with a smoker or if your friends smoke you are more likely to become a smoker. Even if you don't smoke yourself you may get smoker's diseases by breathing in "second-hand smoke."

Smoking causes many diseases:
- heart disease
- asthma
- cancer and other diseases of the lungs
- bronchitis and cancer of the mouth, and tongue
- cancer of the larynx
- cancer of the stomach, liver, and bladder
- stroke
- blocked arteries

Once you are hooked on cigarettes, which cause these diseases, it is very difficult to quit.

Nicotine is the addictive substance in cigarettes. You could be caught for life if you are not careful.
Above the Picture:

It is important to know and understand the dangers of smoking. If you Say No to smoking you can help prevent these diseases and stay healthy.

Below the picture:

Smoking is dangerous to your health

Being around someone who smokes is also a danger to your health. When someone blows smoke near you it causes you to have a scratchy, itchy throat, stinging and itching in your nose and tearing in your eyes. Breathing the smoke can also cause you to have the same diseases as the smoker.

Page 99

Cigarette smoke exposes you to chemicals similar to those found in:

Insecticide
Tar
Battery acids
Kerosene
Exhaust fumes from motor vehicles
Ant poisons
Termite poisons
Industrial cleaners
Diseases caused by smoking - these diseases can kill you

Top: Left - Right: Bronchitis and other diseases of the lungs
    Heart Disease
    Cancer of the mouth and tongue

Middle: Left - Right: Cancer of the larynx
    Cancer of the stomach
    Cancer of the kidney and bladder

Bottom: Left  Strokes
    Right  Constriction of the arteries

Caption at the bottom:

These pictures are just some examples of diseases caused by smoking.

Page 101

Sign Post - You could be trapped for life.

Page 102

Top: Just Say No to Smoking and protect your health for life.

Bottom: No one can force you to smoke if you don't want to!