

## Posters on Public Health



Health is the mother of happiness.  
(Text below: For the nation, for the wife and children, health is the number one priority.)

1927  
23x32cm



Health is much more valuable than wealth/fortune. Industries rely on health for prosperity.  
(The weight on the left is "Wealth/Fortune," and on the right is "health.")

1928  
46x63cm



(Text on top) Refrain from insobriety  
(Text at bottom): Your work is plenty and serious.

1929  
48x64cm



Health is our capital. Efficiency derives from health. Train and work.

1929  
46x62cm



(Horizontal text on top): You're the pillar supporting this family  
(Vertical text): Don't get injured, don't get sick.

1930  
47x64cm



(Vertical text on right): Do exercise or play excessively.

(Top bubble on right): Disability  
(Lower bubble on right): Accident  
(Top bubble on left): Extreme exercise  
(Vertical text on left): Perform in moderation and protect your body.

1930  
47x64cm



Sunlight is the best arcanum

1930  
47x64cm



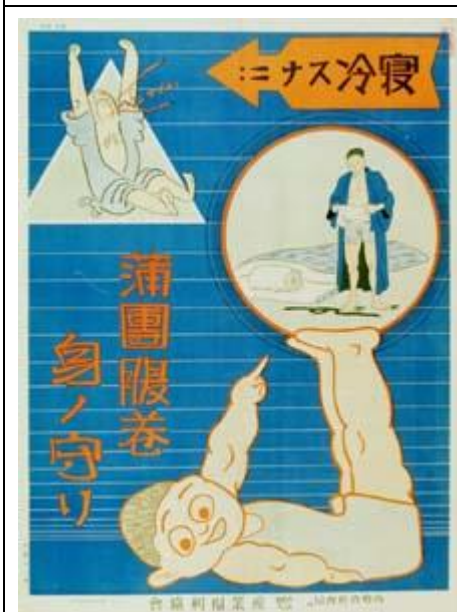
Our family's assets are in our health.

1931  
47x63cm



(Text on top): Wash your hands before meals.  
(Text in bubble): Let's eat with clean hands!

1931  
47x64cm



(Horizontal text): Don't catch a cold in your sleep by dressing too lightly.  
(Vertical text): Protect the body by using a stomach girdle.

1931  
47x64cm



(Text on top): The deity of colds, who takes advantage of unwariness.  
(Text in white): Prevention of Colds  
(Text in yellow, below): Wear a mask when going out. Don't forget to gargle. Don't take inadvertent naps. Don't be underdressed.

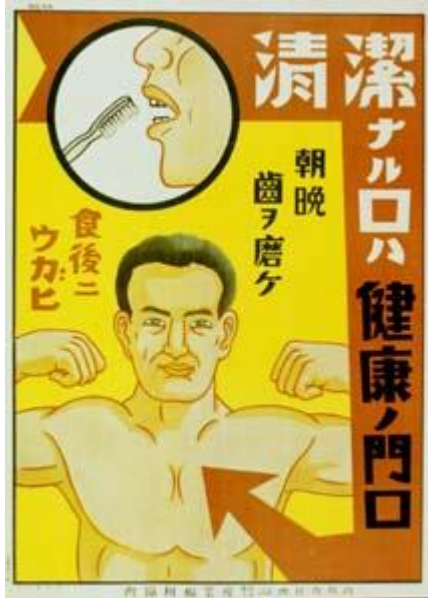
1931  
47x63cm





(Vertical text in red, on right): Masticate food well.  
 (Vertical text in blue, on right): Your stomach does not have teeth--so chew well.  
 (Characters in red, at bottom right): Longevity  
 (Vertical text in red, on left): Don't swallow whole--it will hurt your alimentary tract.

1932  
 46x63cm



(Vertical text in white): A hygienic mouth is the gateway to health.  
 (Vertical text in black): Brush your teeth morning and night  
 (Vertical text in red): Gargle after meals.

1932  
 46x63cm



If sunlight does not enter, the doctor surely will. Don't neglect to sunbathe.

1932  
 47x63cm



Too much alcohol will destroy your health. In moderation!

1932  
 47x63cm



Happy going to work, a cheerful family.

1932  
46x63cm



(Text in green): Vigilant exercise and calisthenics on a regular basis.  
(Vertical text in black): Health is for oneself as well as for the nation.

1932  
46x63cm



(Horizontal text): Gargling and wearing masks  
(Diagonal text, in red): Prevents catching colds!

1933  
46x62cm



(Horizontal text, in black): Superstitious remedies are ineffectual and detrimental.  
(Vertical text, in red): Trachoma

1933  
46x63cm





(Text, on top): A young maiden deflowered.  
 (Text, at bottom): Serious injuries and illnesses.

1933  
 46x63cm



(Text, on top): Cheerful face from morning, like the Ebisu deity.  
 (Text, at bottom corner): When work is fun, efficiency increases.

1933  
 45x62cm



(Horizontal text): Moderate exercise  
 (Vertical text): Moderate repose.

1933  
 46x63cm



(Horizontal text): A serene sunrise  
 (Vertical text): Take a deep breath

1933  
 46x62cm



(Horizontal text): The brushed white teeth  
 (Vertical text): Shines health.

1934  
 45x62cm



Gluttony will take your life.

1934  
 46x62cm



(Horizontal text, in black): Sun tanning is paradise, catching a cold while napping is hell.  
 (Circular text, in yellow): Beware of catching colds from napping. It is an illness which originates from incaution.

1934  
 46x63cm



Both iron and the human body will shine by annealing.

1934  
 46x63cm





The most important thing is getting peaceful sleep.

1934  
46x63cm



(Vertical text): Instead of blowing hot air and thumping one's chest,  
(Horizontal text): Breathe deeply, and walk tall.

1935  
47x63cm



Massaging with cold water will train the body.

1935  
46x63cm



(Horizontal text, in red, to vertical text in black): With the rising sun, exercise diligently.

1935  
46x62cm





(Horizontal text): Immoderate nutrition  
 (Vertical text): can also harm the body.  
 (On the balance, underneath the man are the characters for "unhealthy," and the opposite weight is "gluttony.")

1935  
 46x63cm



(Horizontal text in white, to vertical text in orange): Expose beddings to the sun frequently.

(Horizontal text, at bottom): It is good for hygiene, and also more comfortable for sleeping.

1936  
 45x62cm



Working with a smile, a robust body.

1936  
 46x62cm



Manage your mornings carefully, refresh and make cheerful your mood.

1936  
 45x61cm