

*Board of Health  
Manchester, New Hampshire  
Ten Commandments*

1922



1. Thou shalt have no unvaccinated persons in thy family.
2. Thou shalt not make unto thee any hot biscuit nor any mince pie nor any likeness thereto, for thy stomach is a jealous stomach, visiting pain and discomfort upon them that abuset it.
3. Thou shalt not take any patent or advertised medicine for thy ills, for thy stomach will not hold him guiltless that taketh unknown mixtures.
4. Remember that Sabbath Day to take a great bath. Six days shall though wash and keep thyself clean, but on the seventh day though shall take a great bath, though and thy manservant, and thy maidservant, and the stranger that is within thy gates, for in six days man sweats and collects bacteria enough for disease, wherefore the Lord hath blessed the bathtub and hallowed it.
5. Honor thy health that thy days may be long and happy upon the land which hast been given thee.
6. Thou shalt kill the fly and mosquito.
7. Thou shalt not commit or harbor a nuisance.
8. Thou shalt steal away on a vacation annually.
9. Thou shalt not bear communicable disease to thy neighbor.
10. Thou shalt not keep late hours with thy neighbor's wife; thou shalt not keep late hours with thy neighbor's daughter, nor with his manservant, not with his maidservant, nor with anything that is thy neighbors.

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2019

1. Thou shalt show concern to one's neighbors and be invested in the well-being of one's community. The health of one's community impacts one's personal health.
2. Thou shalt partner with your healthcare provider to get regular check-ups, annual screenings, and immunizations.
3. Thou shalt seek to increase one's knowledge by fostering learning throughout your lifetime.
4. Thou shalt learn stress management skills and vacation annually to maintain good mental health.
5. Thou shalt practice proper sleep hygiene.
6. Thou shalt be tobacco free, reduce alcohol use, and avoid drug use .
7. Thou shalt protect thyself from injury and illness by using proper protective equipment and following safety guidelines.
8. Thou shalt maintain healthy teeth and gums by daily flossing and brushing in addition to having regular dental exams.
9. Thou shalt commit to regular exercise and partake of a properly proportioned nutritious diet.
10. Thou shalt practice proper hand hygiene to decrease the spread of disease.