

# Health pamphlets issued by Metropolitan Life and other insurance companies

Pam Coll 24



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2024

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## Table of Contents

Collection Overview .....	4
Requesting Instructions .....	4
Administrative Information .....	4
Immediate Source of Acquisition .....	4
Conditions Governing Access .....	5
Conditions Governing Use .....	5
Preferred Citation .....	5
Scope and Contents .....	5
Arrangement .....	5
Collection Contents .....	6
Series I: Series I. Metropolitan Life Insurance Company, 1898–1978 .....	6
Children's health .....	6
School Health Bureau .....	7
Citizenship .....	8
Dental care .....	8
Disease .....	8
Cancer .....	8
Diabetes .....	9
Goiter .....	9
Heart Disease and Blood Pressure .....	9
Rheumatic fever and rheumatism .....	9
Other .....	10
First aid .....	10
Health heroes .....	11
Health initiatives .....	12
Infant and childcare .....	13
Infectious disease .....	13
Diphtheria .....	13
Malaria .....	14
Pneumonia .....	14
Scarlet fever .....	14
Smallpox .....	15
Tuberculosis .....	15
Typhoid Fever .....	15
Other .....	15
Longevity .....	16
Nutrition .....	17
Public health statistics, surveys, reports .....	18
Cancer .....	18
American Medical Association .....	18
Other .....	18
Sanitation .....	19
Specific parts of the human body .....	19
Wellness .....	20
Miscellaneous .....	21
Series II: Series II. Other insurance companies, 1875–1936 .....	22
John Hancock Mutual Life Insurance Company .....	22
Mutual Life Insurance Company .....	22
New York Life Insurance Company .....	22
Prudential Insurance Company of America .....	23

Selected Search Terms ..... 24

## Collection Overview

**REPOSITORY:** Medical Historical Library, Cushing/Whitney Medical Library  
Yale University  
333 Cedar St.  
New Haven, CT 06520-8014  
203-737-1192  
203-785-5636  
historical.library@yale.edu  
<http://historical.medicine.yale.edu/>

**CALL NUMBER:** Pam Coll 24

**CREATOR:** John Hancock Mutual Life Insurance Company

**TITLE:** Health pamphlets issued by Metropolitan Life and other insurance companies

**DATES:** 1875–1978

**PHYSICAL DESCRIPTION:** 6 linear feet (6 boxes + 3 oversize folders)

**LANGUAGE:** English

**SUMMARY:** The collection includes pamphlets issued by the Metropolitan Life Insurance Company and other American insurance companies on topics related to health and wellness, published between 1875-1976. Topics include children's health, citizenship, dental care, disease, first aid, infectious disease, longevity, nutrition, public health, sanitation, and "health heroes". The bulk of the collection was issued by the Metropolitan Life Insurance Company, contents also include pamphlets issued by the John Hancock Mutual Life Insurance Company, Mutual Life Insurance Company, New York Life Insurance Company, and Prudential Life Insurance Company of America.

**ONLINE FINDING AID:** To cite or bookmark this finding aid, please use the following link: <https://hdl.handle.net/10079/fa/med.pam.0024>

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## Requesting Instructions

To request items from this collection for use on site, please use the request links in the HTML version of this finding aid, available at <https://hdl.handle.net/10079/fa/med.pam.0024>.

Key to the container abbreviations used in the PDF finding aid:

b.      box  
f.      folder

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## Administrative Information

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### Immediate Source of Acquisition

The collection was created by Medical Historical Library staff from items gifted by Bert Hansen, 2019, gifted by Naomi Rogers, 2023, and items of unknown provenance.

## Conditions Governing Access

The collection is open for research.

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## Conditions Governing Use

Copyright status for collection materials is unknown. Transmission or reproduction of materials protected by U.S. Copyright Law (Title 17, U.S.C.) beyond that allowed by fair use requires the written permission of the copyright owners. Works not in the public domain cannot be commercially exploited without permission of the copyright owners. Responsibility for any use rests exclusively with the user.

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## Preferred Citation

Health pamphlets issued by Metropolitan Life and other insurance companies. Historical Library, Harvey Cushing / John Hay Whitney Medical Library, Yale University.

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## Scope and Contents

The collection includes pamphlets issued by the Metropolitan Life Insurance Company and other American insurance companies on topics related to health and wellness, published between 1875-1976. Topics include children's health, citizenship, dental care, disease, first aid, infectious disease, longevity, nutrition, public health, sanitation, and "health heroes". The bulk of the collection was issued by the Metropolitan Life Insurance Company, contents also include pamphlets issued by John Hancock Mutual Life Insurance Company, Mutual Life Insurance Company, New York Life Insurance Company, and Prudential Life Insurance Company of America.

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## Arrangement

The collection is arranged in two series: Series I. Metropolitan Life Insurance Company, 1898-1978. and Series II. Other insurance companies, 1875-1936.

Series I. Metropolitan Life Insurance Company, 1898-1970, is further arranged in subseries by topic. Subseries are arranged by publication date, then alphabetically by title.

Series II. Other insurance companies, 1875-1936, is further arranged in subseries by company. Subseries are arranged alphabetically by publication title.

## Collection Contents

### Series I: Series I. Metropolitan Life Insurance Company, 1898–1978

#### Children's health

b. 1, f. 1	Metropolitan Life Insurance Company, <i>ABC</i> . New York City, New York.	1925
b. 1, f. 1	Metropolitan Life Insurance Company, <i>ABC</i> . New York City, New York. Copies from 2 later printings of previous listing, same content with different cover.	undated
b. 1, f. 2	Metropolitan Life Insurance Company, <i>Common childhood diseases</i> . New York City, New York, 1947.	1947
b. 1, f. 2	Metropolitan Life Insurance Company, <i>Common childhood diseases</i> . New York City, New York, 1954.	1954
b. 1, f. 3	Metropolitan Life Insurance Company, <i>Good habits for children</i> . New York City, New York. 3 copies	undated
b. 1, f. 4	Metropolitan Life Insurance Company, <i>Is your child safe today?</i> New York City, New York.	undated
b. 1, f. 5	Lucas, Dr. William P., <i>Out of babyhood into childhood</i> . New York City, New York: Metropolitan Life Insurance Company Press. 2 copies	undated
b. 1, f. 6	Metropolitan Life Insurance Company, <i>Postcards</i> , New York City, New York. 2 postcards	undated
b. 1, f. 7	Metropolitan Life Insurance Company, <i>So is the tree inclined: helpful suggestions for building your little child's mental health</i> . New York City, New York, 1926.	1926
b. 1, f. 8	Metropolitan Life Insurance Company, <i>The child</i> . New York City, New York, 1912.	1912
b. 1, f. 8	Wile, Dr. Ira S., <i>The child</i> . New York City, New York: Metropolitan Life Insurance Company Press. Contains a portion of the 1912 pamphlet in smaller format.	1924
b. 1, f. 8	Metropolitan Life Insurance Company, <i>The child</i> . New York City, New York. Same cover and title, but different contents from other 2 editions.	undated
b. 1, f. 9	Metropolitan Life Insurance Company, <i>The custodian and the school child</i> . New York City, New York. 2 copies	undated
b. 1, f. 10	Winslow, C.E.A., Metropolitan Life Insurance Company, <i>The janitor and the school child: ventilation and health</i> . New York City, New York.	undated
b. 1, f. 11	Metropolitan Life Insurance Company, <i>The junior safety volunteer</i> . New York City, New York.	undated

## Children's health (continued)

b. 1, f. 12	Metropolitan Life Insurance Company, <i>The magic health book</i> . New York City, New York, 1920. Includes clear red "wonder glass" viewer that reveals hidden images.	1920
b. 1, f. 13	Metropolitan Life Insurance Company, <i>The merry metros mother metropolitan's health children in cute comedies reel</i> , New York City, New York.	undated
b. 1, f. 14	Watson, Elizabeth C., Metropolitan Life Insurance Company, <i>The metropolitan mother goose</i> . New York City, New York.	undated
b. 1, f. 15	Metropolitan Life Insurance Company, <i>What teachers see</i> . New York City, New York, 1954.	1954
b. 1, f. 16	Metropolitan Life Insurance Company, <i>Your friend the doctor</i> . New York City, New York.	undated

## School Health Bureau

b. 1, f. 17	Kelley, D. J., Knowlton, E. F., Metropolitan Life Insurance Company, Welfare Division, School Health Bureau, Monograph No.1, <i>A practible school health program</i> , New York City, New York, 1934. 2 copies	1934
b. 1, f. 18	Metropolitan Life Insurance Company, Welfare Division, School Health Bureau, Monograph No. 2, <i>Diphtheria immunizations in schools: suggestions for a workable program</i> . New York City, New York.	undated
b. 1, f. 19	Metropolitan Life Insurance Company, Welfare Division School Health Monograph No. 3, <i>Hand-washing facilities in schools: a report of a survey of the facilities found in 404 schools located in 22 states and the dominion of Canada</i> , New York City, New York, circa 1928.	circa 1928
b. 1, f. 20	Metropolitan Life Insurance Company, Welfare Division, School Health Monograph No. 4. <i>The teacher's health: what some communities are doing to conserve it</i> . New York City, New York.	undated
b. 1, f. 21	Metropolitan Life Insurance Company, Welfare Division, School Health Bureau Monograph No. 5. <i>A school health study of Newton, Massachusetts</i> . New York City, New York, circa 1927.	circa 1927
b. 1, f. 22	Turner, C.E., Lytle, E.L., School Health Monograph No. 7 Metropolitan Life Insurance Company, <i>The nature of bacteria: a description of units of work</i> . New York City, New York, 1932.	1932
b. 1, f. 23	Black, George H., Bragg, Mabel C., Brister, J.W., Ryan, W. Carson, Withers, John W. Metropolitan Life Insurance Company, Welfare Division, School Health Monograph No. 8. <i>Health programs in professional schools for teachers</i> . New York City, New York.	undated
b. 1, f. 24	Spencer, M.E., Dowell, A.S., Metropolitan Life Insurance Company, Welfare Division, School Health Bureau, Monograph No. 9, <i>Health education in the state normal school at Towson, Maryland</i> , New York City, New York.	undated
b. 1, f. 25	Metropolitan Life Insurance Company, Health and Welfare Division, <i>The school health program</i> . School Health Monograph No. 12. New York City, New York.	undated

Citizenship

b. 1, f. 26	Metropolitan Life Insurance Company, <i>Are you a true American?</i> New York City, New York. 2 copies	circa 1922
b. 1, f. 27	Metropolitan Life Insurance Company, <i>Every resident a citizen: why not?</i> New York City, New York.	1925
b. 1, f. 28	Kley, Michael, <i>How to take out your first papers.</i> New York City, New York: Metropolitan Life Insurance Company Press, 1921.	circa 1921
b. 1, f. 29	Kley, Michael. <i>How to take out your second or citizen papers.</i> New York City, New York: Metropolitan Life Insurance Company Press.	undated

Dental care

b. 1, f. 30	Hyatt, Thaddeus P., <i>Care of the teeth: A peep into the future.</i> New York City, New York: Metropolitan Life Insurance Company Press, 1920. Copies from 3 printings of same pamphlet.	1920
b. 1, f. 31	Metropolitan Life Insurance Company, Health and Safety Education Division, <i>Dental care: questions and answers.</i> New York City, New York, 1978.	1978
b. 1, f. 32	Metropolitan Life Insurance Company, <i>For good teeth.</i> New York City, New York, 1951.	1951
b. 1, f. 33	Metropolitan Life Insurance Company, <i>Good teeth.</i> New York City, New York. 2 copies	undated
b. 1, f. 34	Metropolitan Life Insurance Company, <i>Good teeth at all ages.</i> New York City, New York. 2 copies	undated
b. 1, f. 35	Metropolitan Life Insurance Company, <i>Good teeth: how to get them and how to keep them.</i> New York City, New York.	undated
b. 1, f. 36	Metropolitan Life Insurance Company, <i>Teeth: for good teeth.</i> New York City, New York, 1955.	1955
b. 1, f. 37	Goler, George, W. Metropolitan Life Insurance Company, <i>Teeth-tonsils and adenoids.</i> New York City, New York.	undated

Disease

Cancer

b. 2, f. 1	Metropolitan Life Insurance Company, <i>A message of hope about cancer: cancer can be cured in the early stages.</i> New York City, New York. 2 copies	undated
b. 2, f. 1	Metropolitan Life Insurance Company, <i>A message of hope about cancer: cancer can be cured in the early stages.</i> New York City, New York. Different edition from previous entry. Back of pamphlet says "approved by the American Society for the Control of Cancer."	undated



## Disease &gt; Cancer (continued)

b. 2, f. 1	Metropolitan Life Insurance Company, <i>A message of hope about cancer: cancer can be cured in the early stages.</i> New York City, New York.	undated
b. 2, f. 1	Metropolitan Life Insurance Company, <i>A message of hope about cancer.</i> New York City, New York.	undated
b. 2, f. 2	Dublin, Louis I., Metropolitan Life Insurance Company, <i>The chance of death from cancer.</i> New York City, New York, 1927.	1927
b. 2, f. 3	Dublin, Louis I., Metropolitan Life Insurance Company, <i>The interest of the community in cancer: read before the New York Academy of Medicine, in Association with the American Society for the Control of Cancer, May 18, 1916.</i> New York City, New York, circa 1916.	1916
f. XL 1	Metropolitan Life Insurance Company, <i>The most common form of cancer - and what you should know about it,</i> New York City, New York, 1940. Small poster	1940

## Diabetes

b. 2, f. 4	Metropolitan Life Insurance Company, <i>Diabetes.</i> New York City, New York.	undated
b. 2, f. 5	Metropolitan Life Insurance Company, <i>Diabetes: "When the human engine does not properly burn its fuel."</i> New York City, New York. 2 copies	undated

## Goiter

b. 2, f. 6	Metropolitan Life Insurance Company, <i>Goiter---the easiest disease to prevent.</i> New York City, New York. 2 copies	1924
b. 2, f. 7	Metropolitan Life Insurance Company, <i>Simple goiter.</i> New York City, New York.	undated

## Heart Disease and Blood Pressure

b. 2, f. 8	Metropolitan Life Insurance Company, <i>Blood pressure insurance experience and its implications.</i> New York City, New York, 1961.	1961
b. 2, f. 9	Dublin, Louis I., Armstrong, Donald B., Metropolitan Life Insurance Company, <i>Favorable aspects of heart disease with special reference to the health officer.</i> New York City, New York, 1933.	1933
b. 2, f. 10	Metropolitan Life Insurance Company, <i>Mortality from cardiovascular-renal disease.</i> New York City, New York, 1936.	1936
b. 2, f. 11	Metropolitan Life Insurance Company, <i>Telltale arteries: the story of blood pressure.</i> New York City, New York, 1927.	1927

## Rheumatic fever and rheumatism

b. 2, f. 12	Metropolitan Life Insurance Company, <i>Rheumatic fever in children: its recognition and management.</i> New York City, New York, 1942. 2 copies	circa 1942
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## Disease &gt; Rheumatic fever and rheumatism (continued)

b. 2, f. 13	Metropolitan Life Insurance Company, <i>Studies in rheumatic fever</i> . New York City, New York, 1944.	1944
b. 2, f. 14	Metropolitan Life Insurance Company, <i>What is rheumatism</i> . New York City, New York. 2 copies	undated
Other		
b. 2, f. 15	Metropolitan Life Insurance Company, <i>Appendicitis</i> . New York City, New York.	undated
b. 2, f. 16	Metropolitan Life Insurance Company, <i>Dyskinesia: the pet ailment of erring millions, what to do about it</i> . New York City, New York, 1926.	1926
b. 2, f. 17	Metropolitan Life Insurance Company, <i>Headaches</i> . New York City, New York.	undated
b. 2, f. 19	Metropolitan Life Insurance Company, <i>Pellagra: its cause---wrong feeding, its cure---right feeding</i> . New York City, New York. 2 copies	1925
b. 2, f. 20	Metropolitan Life Insurance Company, <i>Rickets and scurvy</i> . New York City, New York. 2 copies	undated
First aid		
b. 2, f. 21	Metropolitan Life Insurance Company, <i>A friend in need is a friend indeed: health hints for the home</i> . New York City, New York, 1898. "Hints upon hygiene and the management of infants with brief notes upon surgical and medical emergencies and a short account of the more common poisons and their antidotes"	1898
b. 2, f. 22	Metropolitan Life Insurance Company, <i>Accident prevention in the home</i> . New York City, New York. 3 copies	undated
b. 2, f. 23	Metropolitan Life Insurance Company, <i>Accidents in the home: and how to prevent them</i> . New York City, New York.	undated
b. 2, f. 24	Metropolitan Life Insurance Company, <i>Artificial respiration</i> . New York City, New York. 3 copies	undated
b. 2, f. 25	Metropolitan Life Insurance Company, <i>First aid</i> . New York City, New York. 3 different printings of same pamphlet.	undated
b. 2, f. 25	Metropolitan Life Insurance Company, <i>First aid</i> . New York City, New York. Updated content and different cover from previous entry.	undated
b. 2, f. 26	Metropolitan Life Insurance Company, <i>First aid in the home</i> . New York City, New York, 1914. 2 copies	circa 1914

## First aid (continued)

b. 2, f. 26	Metropolitan Life Insurance Company, <i>First aid in the home</i> . New York City, New York, 1919. Same title and author as previous entry, different content and different publication number.	1919
b. 2, f. 26	Metropolitan Life Insurance Company, <i>First aid in the home</i> . New York City, New York 3 different printings of previous entry, with different content from 1919 edition.	undated
b. 2, f. 27	Metropolitan Life Insurance Company, <i>The home that is safe</i> . New York City, New York	undated
Health heroes		
b. 2, f. 28	Hallock, Grace T., <i>Marie Curie</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press.	undated
b. 2, f. 28	Metropolitan Life Insurance Company, <i>Marie Curie and the story of radium</i> . Health Heroes. New York City, New York, 1960. 2 copies from different printings, includes a teacher's guide, different cover same content from earlier edition	1960-1970
b. 2, f. 29	Hallock, Grace T., C.E. Turner, <i>Edward Jenner</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1926. 3 different printings of same pamphlet, 2 different covers.	1926-1954
b. 2, f. 30	Hallock, Grace T., C.E. Turner, <i>Robert Koch</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1932. 2 different printings of same pamphlet.	1932
b. 2, f. 31	Hallock, Grace T., C.E. Turner, <i>Florence Nightingale</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1928. 4 copies from 3 different printings of same pamphlet.	circa 1928-1948
b. 2, f. 31	Metropolitan Life Insurance Company, <i>Florence Nightingale</i> Health Heroes. New York City, New York, 1959. 2 different printings of same pamphlet.	1959-1970
b. 3, f. 1	Hallock, Grace T., C.E. Turner, <i>Louis Pasteur</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1925. 3 copies from 2 different printings. Second printing has different cover.	circa 1925
b. 3, f. 1	Hallock, Grace T., C.E. Turner, <i>Louis Pasteur</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1948. January 1948 reprint of 1925 pamphlet.	1948
b. 3, f. 1	Metropolitan Life Insurance Company, <i>Louis Pasteur</i> Health Heroes. New York City, New York, 1963. Different cover and content from previous versions.	1970
b. 3, f. 2	Hallock, Grace T., C.E. Turner, <i>Walter Reed</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1926. 2 different printings of same pamphlet.	circa 1926

## Health heroes (continued)

b. 3, f. 2	Hallock, Grace T., C.E. Turner, Lentz, John J., <i>Walter Reed Health Heroes</i> . New York City, New York: Metropolitan Life Insurance Company Press, 1958. 2 different printings of previous pamphlets with different cover and content.	circa 1958-1969
b. 3, f. 3	Hallock, Grace T., C.E. Turner, <i>Edward Livingston Trudeau Health Heroes</i> . New York City, New York: Metropolitan Life Insurance Company Press, 1920.	1920
b. 3, f. 3	Hallock, Grace T., C.E. Turner, <i>Edward Livingston Trudeau Health Heroes</i> . New York City, New York: Metropolitan Life Insurance Company Press, 1926. 2 copies from later printing of same pamphlet with different covers	1926-1955
b. 3, f. 4	Metropolitan Life Insurance Company, <i>16 American health heroes</i> vol. 25 of the Health Bulletin for Teachers. New York City, New York.	circa 1955
b. 3, f. 5	Williams, Charlotte, Hazel A. Madison, <i>Heroes of health: thrilling tales of great benefactors</i> . New York City, New York: Metropolitan Life Insurance Company Press, 1938. 2 copies	1938
b. 3, f. 6	Lentz, John J., <i>The challenge of health research</i> Health Heroes. New York City, New York: Metropolitan Life Insurance Company Press, 1962. 2 copies	
Health initiatives		
b. 3, f. 7	Metropolitan Life Insurance Company, Welfare Department, <i>Adventuring for health: a series of expeditions on behalf of the Metropolitan Life Insurance Company's industrial policyholders</i> . New York City, New York. circa 1929. 2 copies	circa 1929
b. 3, f. 8	Metropolitan Life Insurance Company, <i>Calling all drivers: a guide to better motoring</i> . New York City, New York.	undated
b. 3, f. 9	Metropolitan Life Insurance Company, <i>Health campaign: for the protection of life and health</i> . New York City, New York.	undated
b. 3, f. 10	Metropolitan Life Insurance Company, <i>How to promote community safety</i> . New York City, New York.	undated
b. 3, f. 11	Metropolitan Life Insurance Company, <i>Investing in health</i> . New York City, New York. 2 copies	undated
b. 3, f. 12	Metropolitan Life Insurance Company, <i>Metropolitan life lines</i> . New York City, New York. 3 notecards	undated
b. 3, f. 13	Metropolitan Life Insurance Company, <i>Save lives on your streets</i> . New York City, New York	1925
b. 3, f. 14	Metropolitan Life Insurance Company, <i>The lady with the lamp</i> . New York City, New York. 2 copies	circa 1921
b. 3, f. 15	Metropolitan Life Insurance Company, <i>The metropolitan life nursing service: what it is who can have it</i> . New York City, New York.	undated

## Health initiatives (continued)

b. 3, f. 16	Metropolitan Life Insurance Company, <i>Twenty-four thousand men: what they did in a campaign for better health during 1927</i> . New York City, New York, 1927. 2 copies	1927
b. 3, f. 17	Metropolitan Life Insurance Company, <i>Your friend, the visiting nurse: how the visiting nurse of the metropolitan life insurance company serves you</i> . New York City, New York. 3 copies from 2 different printings.	1924, undated
b. 3, f. 18	Metropolitan Life Insurance Company, <i>Your rights and duties under the health laws of New York City</i> , New York City, New York.	undated
Infant and childcare		
b. 3, f. 19	Metropolitan Life Insurance Company, <i>Baby's book</i> . New York City, New York.	undated
b. 3, f. 20	Metropolitan Life Insurance Company, <i>Baby's first steps</i> , New York City, New York.	undated
b. 3, f. 21	Metropolitan Life Insurance Company, <i>Feeding your baby: diet for the child during the first six years</i> , New York City, New York. 2 copies	undated
b. 3, f. 22	Metropolitan Life Insurance Company, <i>Flies or babies which?</i> New York City, New York.	undated
b. 3, f. 23	Metropolitan Life Insurance Company, <i>I am counting on you ...</i> , New York City, New York.	undated
b. 3, f. 24	Metropolitan Life Insurance Company, <i>The baby</i> , New York City, New York. 3 copies from 2 printings of same pamphlet.	undated
b. 3, f. 25	Metropolitan Life Insurance Company, <i>The baby's first days</i> , New York City, New York.	undated
Infectious disease		
Diphtheria		
b. 3, f. 26	Metropolitan Life Insurance Company, <i>Diphtheria</i> . New York City, New York.	circa 1932
b. 3, f. 26	Metropolitan Life Insurance Company, <i>Diphtheria</i> . New York City, New York.	circa 1939
b. 3, f. 27	Metropolitan Life Insurance Company, <i>Diphtheria and your Child</i> . New York City, New York, circa 1935.	circa 1935
b. 3, f. 28	Metropolitan Life Insurance Company, <i>Diphtheria is preventable: protect your child now</i> . New York City, New York.	undated
b. 3, f. 29	Metropolitan Life Insurance Company, <i>No diphtheria in New York State in 1930: presented at the annual meeting of the State Committee on Public Health of the State Charities Aid Association May 5, 1925</i> . New York City, New York, circa 1925.	circa 1925

## Infectious disease &gt; Diphtheria (continued)

b. 3, f. 30	Metropolitan Life Insurance Company, <i>Protect your child from diphtheria</i> . New York City, New York. 2 copies from different printings, same content with slight variation in cover,	undated
b. 3, f. 30	Metropolitan Life Insurance Company, <i>Protect your child from diphtheria</i> . New York City, New York. Same title as previous entry with different cover and content.	circa 1925
b. 3, f. 30	Metropolitan Life Insurance Company, <i>Protect your child from diphtheria</i> . New York City, New York. Same cover as 1925 edition with different statistics	circa 1927
b. 3, f. 31	Metropolitan Life Insurance Company, <i>The prize winner</i> . New York City, 1924 New York.	
b. 3, f. 32	Metropolitan Life Insurance Company, <i>Who loved best?</i> . New York City, New York.	undated
b. 3, f. 33	Metropolitan Life Insurance Company, <i>Yesterday and today</i> . New York City, New York.	undated

## Malaria

b. 4, f. 1	Metropolitan Life Insurance Company, <i>Malaria: (ague, chills and fever)</i> . New York City, New York. 3 copies from 3 different printings of same pamphlet	undated
b. 4, f. 2	Metropolitan Life Insurance Company, <i>Malaria: its cause and how to prevent it</i> . New York City, New York. Copies from 2 different printings of same pamphlet.	1925, undated

## Pneumonia

b. 4, f. 3	Metropolitan Life Insurance Company, <i>Colds, influenza, pneumonia</i> . New York City, New York.	undated
b. 4, f. 3	Metropolitan Life Insurance Company, <i>Colds, influenza, pneumonia</i> . New York City, New York. Later printing of previous entry with more content	undated
b. 4, f. 4	Metropolitan Life Insurance Company, <i>Pneumonia is being conquered</i> . New York City, New York, 1948. Single sheet flier, printed on both sides.	1948
b. 4, f. 5	Metropolitan Life Insurance Company, <i>Prevention of pneumonia</i> . New York City, New York. 2 copies	undated

## Scarlet fever

b. 4, f. 6	Metropolitan Life Insurance Company, <i>Scarlet fever</i> . New York City, New York. 2 copies	undated
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## Infectious disease &gt; Scarlet fever (continued)

b. 4, f. 7	Metropolitan Life Insurance Company, <i>Scarlet fever and streptococcal sore throat</i> . New York City, New York, 1953.	1953
Smallpox		
b. 4, f. 8	Metropolitan Life Insurance Company, <i>Let vaccination keep smallpox out of your home</i> . New York City, New York, circa 1922.	circa 1922
b. 4, f. 9	Metropolitan Life Insurance Company, <i>Smallpox is still here</i> . New York City, New York.	circa 1940
b. 4, f. 10	Metropolitan Life Insurance Company, <i>Vaccination protects you against smallpox</i> . New York City, New York.	circa 1925
Tuberculosis		
b. 4, f. 11	Metropolitan Life Insurance Company, <i>A war on consumption</i> . New York City, New York, 1912.	1912
b. 4, f. 11	Metropolitan Life Insurance Company, <i>A war on consumption</i> . New York City, New York, 1921. 2 copies	1921
b. 4, f. 12	Metropolitan Life Insurance Company, <i>How to prevent, how to cure tuberculosis (consumption)</i> . New York City, New York. Copies from 2 printings of same pamphlet.	1924, undated
b. 4, f. 13	Metropolitan Life Insurance Company, <i>Tuberculosis</i> . New York City, New York. 2 copies	undated
b. 4, f. 13	Metropolitan Life Insurance Company, <i>Tuberculosis</i> . New York City, New York. Later printing of previous entry with different content.	undated
b. 4, f. 13	Metropolitan Life Insurance Company, <i>Tuberculosis</i> . New York City, New York. Later printing of previous two entries with different content.	undated
Typhoid Fever		
b. 4, f. 14	Metropolitan Life Insurance Company, <i>The conquest of typhoid fever</i> . New York City, New York, circa 1938.	undated
b. 4, f. 14	Metropolitan Life Insurance Company, <i>The conquest of typhoid fever</i> . New York City, New York, circa 1938. Later printing of previous entry, same cover, different contents.	undated
b. 4, f. 14	Metropolitan Life Insurance Company, <i>The conquest of typhoid fever</i> . New York City, New York. 2 later printings of previous entry with different cover, slightly different content, on blue paper.	circa 1938
b. 4, f. 15	Metropolitan Life Insurance Company, <i>Typhoid fever and how to prevent it</i> . New York City, New York, 1913.	1913

Other

## Infectious disease &gt; Other (continued)

b. 4, f. 16	Metropolitan Life Insurance Company, <i>Helpful suggestions about infantile paralysis</i> . New York City, New York. polio	1924
b. 4, f. 16	Metropolitan Life Insurance Company, <i>Helpful suggestions about infantile paralysis</i> . New York City, New York. Different cover and content from previous listing. Polio	undated
b. 4, f. 17	Metropolitan Life Insurance Company, <i>Hookworm disease and how to prevent it</i> . New York City, New York. 3 copies, 2 are reprints of 1924 edition, 1 has the same content as 1924, the other has slightly different content	1924
b. 4, f. 18	Metropolitan Life Insurance Company, <i>Influenza</i> . New York City, New York Single sheet flier, 3 copies.	1924
b. 4, f. 19	Metropolitan Life Insurance Company, <i>"Just a cold?" or-</i> . New York City, New York.	undated
b. 4, f. 20	Metropolitan Life Insurance Company, <i>Measles: protect your children</i> . New York City, New York. Copies from 2 printings of same pamphlet with slightly different format.	1924, undated
b. 4, f. 21	Metropolitan Life Insurance Company, <i>The great imitator</i> . New York City, New York. syphilis	undated
b. 4, f. 22	Metropolitan Life Insurance Company, <i>Whooping cough</i> . New York City, New York. Copies from 2 different printings of same pamphlet.	undated
Longevity		
b. 4, f. 23	Metropolitan Life Insurance Company, <i>Educating for a longer life</i> . New York City, New York, 1927.	1927
b. 4, f. 23	Metropolitan Life Insurance Company, <i>Educating for a longer life</i> . New York City, New York, circa 1928. 2 copies	circa 1928
b. 4, f. 24	Metropolitan Life Insurance Company, <i>Health, happiness, and long life</i> , New York City, New York, 1929. 4 copies, 2 different printings.	1929
b. 4, f. 25	Metropolitan Life Insurance Company, <i>How to live long</i> . New York City, New York, 1924. 2 copies	1924
b. 4, f. 26	Metropolitan Life Insurance Company, <i>Lengthening life through insurance health work</i> . New York City, New York, 1924. 2 copies	1924



## Longevity (continued)

b. 4, f. 27	Metropolitan life Insurance Company, Welfare Division, <i>Seeing is believing: a campaign to lengthen life told in pictures</i> , New York City, New York, 1931. 2 copies	1931
b. 4, f. 28	Dublin, L.I., Metropolitan Life Insurance Company, <i>The possibility of extending human life: an address delivered before the Harvey Society of New York, at the New York Academy of Medicine, December 16, 1922</i> , New York City, 1922.	1922
Nutrition		
b. 4, f. 29	Metropolitan Life Insurance Company, <i>All about milk</i> , New York City, New York, 1922.	1922
b. 4, f. 29	Rosenau, Milton J., <i>All about milk</i> . New York City, New York: Metropolitan Life Insurance Company Press, 1923. Same cover and content as 1922 edition.	1923
b. 4, f. 29	Metropolitan Life Insurance Company, <i>All about milk</i> , New York City, New York, 1922, 1929. Different cover and content from previous versions.	circa 1929
b. 4, f. 30	Metropolitan Life Insurance Company, <i>Milk: an all-around food</i> , New York City, New York. 2 copies	undated
b. 4, f. 31	Howk, Horace J., Haynes H. Fellows, <i>Overweight: its cause and treatment</i> . New York City, New York: Metropolitan Life Insurance Company Press. Copies from 2 different printings of same pamphlet.	1924, undated
b. 4, f. 32	Metropolitan Life Insurance Company, <i>Overweight and underweight: how to treat them</i> . New York City, New York. 2 copies	undated
b. 4, f. 33	Metropolitan Life Insurance Company, <i>Overweight and underweight</i> . New York City, New York. Later printing of previous entry with different cover and content.	undated
b. 4, f. 33	Fellows, Haynes H., <i>Overweight and underweight</i> . New York City, New York: Metropolitan Life Insurance Company Press. Later printing of previous entries with different cover and content.	circa 1950
b. 4, f. 34	Metropolitan Life Insurance Company, <i>The family food supply</i> . New York City, New York, 1928.	1928
b. 4, f. 34	Metropolitan Life Insurance Company, <i>The family food supply</i> , New York City, New York, 1934. 2 copies	1934
b. 4, f. 35	Metropolitan Life Insurance Company, <i>The metropolitan cook book</i> . New York City, New York, 1925.	1925
b. 4, f. 35	Metropolitan Life Insurance Company, <i>The metropolitan cook book</i> . New York City, New York. 3 copies	undated

## Nutrition (continued)

b. 5, f. 1	Metropolitan Life Insurance Company, <i>Three meals a day: suggestions for good food at low cost.</i> New York City, New York.	undated
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## Public health statistics, surveys, reports

## Cancer

b. 5, f. 2	Metropolitan Life Insurance Company, <i>Cancer mortality among insured wage earners and their families: the experience of the Metropolitan Life Insurance Company Industrial Department 1911 to 1922.</i> New York City, New York, 1925.	1925
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b. 5, f. 3	Metropolitan Life Insurance Company, <i>The mortality from cancer: a study of the experience among the industrial policyholders of the metropolitan life insurance company 1911 to 1930.</i> New York City, New York, 1935.	1935
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b. 5, f. 4	Knight, Augustus S., Dublin, Louis I., Metropolitan Life Insurance Company, <i>The relation of cancer to economic condition: the incidence of cancer in the ordinary, intermediate and industrial departments of the Metropolitan Life Insurance Company, Compared.</i> New York City, New York, 1917.	1917
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## American Medical Association

b. 5, f. 5	Dublin, L.I., Metropolitan Life Insurance Company, <i>Health problems: reproductions of the charts exhibited at the Annual Meeting of the American Medical Association Minneapolis, 1928.</i> New York City, New York, 1928.	1928
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b. 5, f. 6	Metropolitan Life Insurance Company, <i>Medical impairments and mortality: statistical charts displayed in the scientific exhibit of the American Medical Association Milwaukee, Wisconsin June 12 to 16 1933.</i> New York City, New York, circa 1933	circa 1933
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b. 5, f. 7	Metropolitan Life Insurance Company, <i>New data on public health problems.</i> New York City, New York, circa 1930.	circa 1930
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b. 5, f. 8	Metropolitan Life Insurance Company, <i>Progress in public health since 1900: charts shown at the scientific exhibit of the American Medical Association, Cleveland Ohio, June 11 to 15, 1934.</i> New York City, New York.	circa 1934
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## Other

b. 5, f. 9	Metropolitan Life Insurance Company, <i>1957 annual report to policyholders.</i> New York City, New York, 1957.	1957
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b. 5, f. 10	Carl Carmer, <i>A tower of strength.</i> New York City, New York. Includes a notecard from MetLife Health and Welfare division.	undated
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b. 5, f. 11	Metropolitan Life Insurance Company, <i>Fifty metropolitan years in public health - 1909-1959.</i> New York City, New York, 1959.	1959
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b. 5, f. 12	Winslow, C. E. A, Grace T. Hallock, <i>Health through the ages.</i> New York City, New York: Metropolitan Life Insurance Company Press, 1933. 3 copies	1933
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## Public health statistics, surveys, reports &gt; Other (continued)

b. 5, f. 12	Winslow, C. E. A, Grace T. Hallock, <i>Health through the ages</i> . New York City, New York: Metropolitan Life Insurance Company Press, 1949. 2 copies	1949
b. 5, f. 13	Metropolitan Life Insurance Company, <i>Hospital and surgical care of retired persons</i> . New York City, New York, 1963.	1963
b. 5, f. 14	Metropolitan Life Insurance Company, <i>Lighting the way to health</i> . New York City, New York, 1939. 2 copies	1939
b. 5, f. 15	Metropolitan Life Insurance Company, <i>Man's fight against disease</i> . New York City, New York.	undated
b. 5, f. 16	Metropolitan Life Insurance Company, <i>Report of the medical rest rooms: at the home office of the Metropolitan Life Insurance Company</i> . New York City, New York, 1939.	1939
f. XL 2	Metropolitan Life Insurance Company, <i>The Day's work: annual report of the welfare division</i> . New York City, New York. Pamphlet unfolds to show progressively larger prints. Content includes stories from the day's work of the welfare division and large poster on the reverse side titled "The Service Bureaus of the Welfare Division."	1926
b. 5, f. 17	Metropolitan Life Insurance Company, <i>Twenty-five years of life conservation</i> . New York City, New York, circa 1934.	circa 1934
Sanitation		
b. 5, f. 18	Metropolitan Life Insurance Company, <i>Clean up and clear up</i> . New York City, New York. 2 copies	1925
b. 5, f. 19	Metropolitan Life Insurance Company, <i>Get rid of rats</i> . New York City, New York. 2 copies	undated
b. 5, f. 20	Metropolitan Life Insurance Company, <i>Hygienic drinking cup</i> . New York City, New York.	undated
Specific parts of the human body		
b. 5, f. 21	Metropolitan Life Insurance Company, <i>Care of the eyes</i> . New York City, New York. 3 copies	undated
b. 5, f. 22	Metropolitan Life Insurance Company, <i>Eyesight and health</i> . New York City, New York, 1921.	circa 1921
b. 5, f. 22	Metropolitan Life Insurance Company, <i>Eyesight and health</i> . New York City, New York. 2 later printings of previous listing, same cover and content.	1924, undated
b. 5, f. 23	Metropolitan Life Insurance Company, <i>Foot health</i> . New York City, New York.	undated

## Specific parts of the human body (continued)

b. 5, f. 24	Metropolitan Life Insurance Company, <i>Give your heart a chance</i> . New York City, New York. 2 copies	undated
b. 5, f. 25	Metropolitan Life Insurance Company, <i>Hearing</i> . New York City, New York.	undated
b. 5, f. 26	Metropolitan Life Insurance Company, <i>Protecting your heart</i> . New York City, New York. 2 copies	undated
b. 5, f. 27	Metropolitan Life Insurance Company, <i>Standing up to life: good posture and foot health</i> . New York City, New York.	undated
b. 5, f. 28	Metropolitan Life Insurance Company, <i>Strong hearts</i> . New York City, New York.	undated
b. 5, f. 29	Metropolitan Life Insurance Company, <i>Tonsils &amp; adenoids: be fair to your child</i> . New York City, New York. 3 copies from 2 printings of same pamphlet.	undated
b. 5, f. 30	Metropolitan Life Insurance Company, <i>Tonsils and adenoids: is your child handicapped?</i> New York City, New York.	undated
b. 5, f. 31	Metropolitan Life Insurance Company, <i>Your heart</i> . New York City, New York, 1952.	1952
Wellness		
b. 5, f. 32	Metropolitan Life Insurance Company, <i>An ounce of prevention</i> . New York City, New York. 2 copies	undated
b. 6, f. 1	Carrington, Thomas Spees, Metropolitan Life Insurance Company, <i>Directions for living and sleeping in the open air: the light that never fails</i> . New York City, New York. 2 copies	undated
b. 6, f. 2	Metropolitan Life Insurance Company, <i>Dishwashing How I Save Work in the Home: The Story of an American Mother</i> . New York City, New York. 2 copies	1925
b. 6, f. 3	Metropolitan Life Insurance Company, <i>Helpful suggestions for the care of the sick</i> , Home Nursing Series no. 2. New York City, New York.	undated
b. 6, f. 4	Metropolitan Life Insurance Company, <i>Keeping fit through exercise</i> . New York City, New York.	undated
f. XL 3	Metropolitan Life Insurance Company, <i>Metropolitan life health exercises</i> . New York City, New York. Small poster with illustrations of physical exercises to be performed while listening to daily radio broadcasts.	undated
b. 6, f. 5	Metropolitan Life Insurance Company, <i>Posture from the ground up</i> . New York City, New York, 1939. 2 copies of different printings of the same pamphlet	circa 1939

Wellness (continued)

b. 6, f. 6	Metropolitan Life Insurance Company, <i>Sleep</i> . New York City, New York. 2 copies	undated
b. 6, f. 7	Metropolitan Life Insurance Company, <i>Sunlight: the health giver</i> . New York City, New York. 3 copies	undated
b. 6, f. 8	Metropolitan Life Insurance Company, <i>Swimming and life saving</i> . New York City, New York.	undated
b. 6, f. 9	Metropolitan Life Insurance Company, <i>Taking your bearings</i> . New York City, New York. 4 copies from 2 printings of same pamphlet.	undated
b. 6, f. 10	Winslow, C. E. A., <i>The health of the worker</i> . New York City, New York: Metropolitan Life Insurance Company Press. 2 printings of same pamphlet.	1924
b. 6, f. 11	Metropolitan Life Insurance Company, <i>Your future and you</i> . New York City, New York, 1954.	1954
Miscellaneous		
b. 6, f. 12	Metropolitan Life Insurance Company, <i>Little Books to Help You Keep Well</i> . New York City, New York.	undated
b. 6, f. 13	Metropolitan Life Insurance Company, <i>Welfare Publications</i> . New York City, New York.	undated
b. 6, f. 14	<i>Health Library of the Metropolitan Life Insurance Company</i> cover Cover used to hold multiple Metropolitan Life health pamphlets together in one volume.	undated

**Series II: Series II. Other insurance companies, 1875–1936**

## John Hancock Mutual Life Insurance Company

b. 6, f. 15	John Hancock Mutual Life Insurance Company, <i>Home care of communicable diseases</i> . Boston, Massachusetts, 1936.	1936
b. 6, f. 16	John Hancock Mutual Life Insurance Company, <i>It's only measles</i> . Boston, Massachusetts.	undated
b. 6, f. 17	John Hancock Mutual Life Insurance Company, <i>Preventing diphtheria</i> . Boston, Massachusetts, 1927.	1927
b. 6, f. 18	John Hancock Mutual Life Insurance Company, <i>Preventing pneumonia</i> . Boston, Massachusetts.	undated
b. 6, f. 19	John Hancock Mutual Life Insurance Company, <i>Scarlet fever</i> . Boston, Massachusetts.	undated
b. 6, f. 20	John Hancock Mutual Life Insurance Company, <i>"That mean cold"</i> . Boston, Massachusetts.	undated
b. 6, f. 21	John Hancock Mutual Life Insurance Company, <i>The healthy school child</i> . Boston, Massachusetts, 1923.	1923
b. 6, f. 22	John Hancock Mutual Life Insurance Company, <i>Whooping cough</i> . Boston, Massachusetts.	undated
b. 6, f. 23	John Hancock Mutual Life Insurance Company, <i>Your heart</i> . Boston, Massachusetts.	undated

## Mutual Life Insurance Company

b. 6, f. 24	Taylor, John M., <i>The Corporate Responsibilities of the Medical Examiner in Life Insurance</i> , Hartford, Connecticut, Connecticut Mutual Life Insurance Company	1908
b. 6, f. 25	Mutual Life Insurance Company of New York, <i>Plain Directions of Accidents, Emergencies, and Poisons</i> . New York City, New York, 1875.	1875
b. 6, f. 26	Massachusetts Mutual Life Insurance Company, <i>Part II Preliminary Instructions to Medical Examiners</i> , Springfield, Massachusetts	undated

## New York Life Insurance Company

b. 6, f. 27	New York Life Insurance Company, <i>Cancer control</i> , NYLIC Medical Notes No. 6. New York City, New York, 1930.  Includes pamphlet published by the New York City Cancer Committee and the American Society for the Control of Cancer which lists hospitals that provide cancer care in New York City.	1930
b. 6, f. 28	New York Life Insurance Company, <i>Common colds and diseases of the respiratory tract: prevention and control</i> , NYLIC Medical Notes No. 1. New York City, New York, 1934.	1934
b. 6, f. 29	New York Life Insurance Company, <i>Diseases of the heart and blood vessels: their prevention and control</i> , NYLIC Medical Notes No. 7. New York City, New York, 1930.	1930

## New York Life Insurance Company (continued)

b. 6, f. 30	New York Life Insurance Company, <i>Glycosuria and diabetes</i> , NYLIC Medical Notes No. 5. New York City, New York, 1934.	1934
b. 6, f. 31	New York Life Insurance Company, <i>Health conservation in middle age</i> , NYLIC Medical Notes No. 9. New York City, New York, 1931.	1931
b. 6, f. 32	New York Life Insurance Company, <i>High blood pressure</i> , NYLIC Medical Notes No. 2. New York City, New York, 1933.	1933
b. 6, f. 33	New York Life Insurance Company, <i>Indigestion and constipation</i> , NYLIC Medical Notes No. 4. New York City, New York, 1930.	1930
b. 6, f. 34	New York Life Insurance Company, <i>Kidney trouble: care and prevention</i> , NYLIC Medical Notes No. 3. New York City, New York, 1931.	1931
b. 6, f. 35	New York Life Insurance Company, <i>Overweight: with some remarks on underweight and loss of weight</i> , NYLIC Medical Notes No. 8. New York City, New York, 1930.	1930
b. 6, f. 36	New York Life Insurance Company, <i>Vacations and common sense</i> , NYLIC Medical Notes No. 12. New York City, New York.	undated
b. 6, f. 37	New York Life Insurance Company, <i>Wives and mothers: guardians of the family health.</i> , Medical Notes No. 11. New York City, New York, 1930.	1930
b. 6, f. 38	New York Life Insurance Company, <i>Youth: the decisive age</i> , NYLIC Medical Notes No. 10. New York City, New York, 1933.	1933

## Prudential Insurance Company of America

b. 6, f. 39	Prudential Insurance Company of America, <i>The common diseases of children</i> . Newark, New Jersey.	undated
b. 6, f. 40	Prudential Insurance Company of America, <i>A cup of poison</i> . Newark, New Jersey.	undated

## **Selected Search Terms**

The following terms have been used to index the description of this collection in the Library's online catalog. They are grouped by name of person or organization, by subject or location, and by occupation and listed alphabetically therein.

### **Subjects**

Child care  
Communicable diseases  
Diseases  
Health insurance  
Hygiene  
Medicine, Preventive  
Nutrition  
Public health  
Self-care, Health  
Teeth -- Care and hygiene

### **Contributors**

John Hancock Mutual Life Insurance Company  
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