



WHAT  
EVERY  
SAILOR  
SHOULD  
KNOW

### FOREWORD

*This booklet has been prepared by Surgeon Lieut. A. G. MacKinnon, assisted by Surgeon Lieut. J. T. McCormack, at H.M.C.S. York, Toronto, and is intended to act as a guide through dangerous waters. If you are ever worried about any personal problem such as discussed in the following pages, your Medical Officer is always willing to see you and help you.*

*Keep this pamphlet with you for reference.*

*Good luck and Clear Sailing.*

You men enlisting in the Navy now are joining a Service that is the tops. The part that the Royal Canadian Navy has played in this war is a credit to Canada. We want you to learn now to take pride in your Navy; to be proud of its traditions, its accomplishments, its uniform. We don't want anything to slow up your progress, either now during your days of training, or later when you get to sea; because, although you may feel a small and insignificant part of this Navy, you're a very important man. Several things might slow up your progress: accidents, misconduct, injury or illness. None of us can avoid the odd accident: they just "happen". But if we watch our health by living properly we can prevent a good proportion of common sicknesses. There is one illness that can be avoided entirely. This illness is **Venereal disease**. Venereal disease includes gonorrhoea ("a dose of clap") and syphilis ("syph" or "pox"). When we say that gonorrhoea and syphilis are venereal diseases we simply mean that you get them through sex contact.

"Join the Navy and see the world". Yes, you'll see all sorts of places and countries when you serve with the Navy. You'll see many things that seem strange and foreign to you. You will be eager to explore some of the low-down joints in some of the big sea-ports and get a few thrills that aren't to be had in your home town. If you knew a little more about them perhaps you

wouldn't be so eager. So that you won't have to learn everything the hard way, this little booklet will tell you what the real score is.

When you put into port after a long time at sea, or when you're bored, or when you feel lonely, or fed up, or "brownd off"—that's when you're tempted to visit a brothel ("whore-house" or "hook-shop"). Some painted female will try to pick you up on the streets, or will make eyes at you in a dance hall or beer parlour, and try to get you to go back to her room. That's the time to tell her when she can go to. There are even some men (they are called "pimps") who act as her promoters. They will try to persuade you to go up and see her. Don't be a sucker. Don't forget he's working on a commission. It's awfully easy to say "yes" when you've had a couple of drinks, so watch your step very closely when you've been drinking. When people are drunk they are not particular about the girls they pick up, or about what they do after they pick them up. When people are drunk they do not take proper care of themselves and are often relieved of their money as well as their self-respect. Therefore we cannot too strongly emphasize that women and liquor, like oil and water, do not mix. If you've had a few drinks, take a wide detour around any women you meet. Don't forget that these females don't love you, not one little bit. But they do love your money. All these prosti-

tutes and loose women have syphilis or gonorrhoea or both. If you have contact with them, you'll get these diseases.

Some girls carry certificates stating that they are "clean," and free from disease. Those certificates aren't worth a damn. They can be bought a dime a dozen. Never believe any "sporting gal" or pick-up when she says she's clean. You can bet your boots she isn't. If she didn't say she was clean she'd never make any money. Just because she doesn't ask for any money, don't imagine she's clean. It may be just her war effort.

**What is Syphilis?** Syphilis is a very catching disease, caused by a germ. When a woman gives it to a man, he gets a sore on the side of his penis. She may also give him a sore on his lip if he kisses her. This sore that occurs in syphilis is called a "chancre", (pronounced "shanker"). A person catches syphilis by getting some of these syphilis germs into his or her body. The most common way is through sex relations with a person who has the disease. But it is also sometimes caught by kissing a person who has it.

From one to eight weeks after the germs get into the body, the sore or chancre usually appears at the spot where they entered. Sometimes this sore is so small that it is not noticed. After a few weeks the chancre heals. Meantime, the

germs have been carried to all parts of the body where they begin to do their deadly work.

Unless the patient gets treatment, there usually appears, several weeks after the chancre, a rash of the skin, sores in the mouth and throat, swollen glands; also frequently fever, headache, pain in the bones. The hair and eyebrows may fall out. Sometimes these symptoms are very mild. Even without treatment they disappear after a while but the germs are still in the body. If syphilis is not treated and cured, it may damage the heart, brain or any part of the body. Syphilis can be cured, but only after taking weekly injections for about a year and a half. If the disease is treated promptly, before it has got too strong a hold, a person's chances are that much better.

**What is Gonorrhoea?** Gonorrhoea is a catching disease of the sex organs. Sailors often refer to it as "clap", "a dose", "a drip", "a tear" or "gleet". It's all the same disease. Gonorrhoea does not come from a "chill", "strain" or "a heavy lift" as ignorant and deceitful men try to make out. It always comes from sexual intercourse.

A few days after the infection there is usually itching and burning in the sexual or urinary organs. Soon after, creamy pus begins to come out from the end of the penis, especially when you first get up in the morning. There is usually

a burning pain on passing water, but on the other hand there may be no pain but only a discharge of pus. Unless gonorrhoea is treated promptly and effectively, it may ruin certain important glands and may make your joints swell up and become very painful. Many men have become sterile (unable to have children) because of gonorrhoea. Strictures and bladder trouble are also painful after-effects. When women get gonorrhoea, the pain may be very slight to start with. But if it isn't treated promptly and properly, the disease is likely to spread through her abdomen. If this happens she is unlikely to ever become pregnant. Thus your wife might be infected with disastrous results, if you spread the disease to her.

Gonorrhoea can be cured if treated by a skilled physician as soon as the first sign is noticed. If it is neglected or the infected person gets into the hands of a "quack" or druggist or tries to cure himself with patent medicines, permanent damage may result.

### PREVENTION

(1) If you do have sex relations with any loose woman, always use a protective sheath ("rubber", "French safe", "French letter" or condom), which can be secured at the Sick Bay or any reliable drug store. Make sure you use a good one. A cheap one is poor economy. The condom should be worn throughout intercourse and carefully

rolled off when through. Be careful not to touch the outside of the safe in taking it off. It can be safely disposed of in the toilet.

(2) Wash the sex organs and the body near them thoroughly with soap and water immediately after sex contact. This goes a long way to prevent the occurrence of venereal disease.

(3) Pass your water as soon as possible after intercourse. This helps wash out any germs that may have got in.

(4) Use your prophylactic unit ("torpedo") if you have remembered to bring it. Follow the directions inside the package.

(5) Within two hours after sex contact, go to the Sick Bay and receive treatment which may prevent syphilis and gonorrhoea. The sooner this treatment is received, the less likely is one to develop venereal disease.

These methods of prevention are not perfect. If, in spite of these efforts to prevent infection, there is any sign of disease, see your Medical Officer right away. Remember, having venereal disease is not a crime in the Navy, nor is there any stoppage of pay, but it is a crime not to report it, in fact you can be sent to jail if you conceal it. Having been lucky and escaped infection once, do not try your luck again. The best

way to avoid syphilis and gonorrhea is to keep away from girls that have them; and if you can't be sure, then keep your trousers firmly buttoned up.

These diseases are not the only harmful results of going with prostitutes and other loose women. A sailor that gets chummy with tarts and chippies loses his self-respect, his ambition, his ideals. No sane man would exchange these for a momentary thrill. Don't let some cheap street-walker rob you of your chances for a happy future.

Remember, you can have a good time on leave ashore without going to low-class dives. If you're any sort of a decent chap at all, it will bore and disgust you and make you hate yourself the next morning. When you're in a new port, look for places like the Sailors' Clubs, Services canteens, the Y.M.C.A., etc. When you're a long way from home a movie will help you forget it all. In the States, you will be made welcome at the U.S.O., and in the United Kingdom, there are many Service clubs at which you will be made welcome.

In conclusion, the smart sailor is the man who tries to learn all he can about his job, to earn more promotion, better pay, respect from others, and tries to give the best service he can to his country. A clean bill of health will go a long way towards helping you attain that goal.

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