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This is the last column in the present series.

In general, good health rules for women are about the same as those for men. Simple common sense tells us, if we will only listen, that our bodies need regular rest, that they need a regular diet pattern that provides the nutrition we require without leading to excess weight, and that our bodies need regular exercises. It tells us that it's better not to smoke and it's better to avoid the "overs": overeating, overdrinking, overworking, even overexercising. Moderation is a good rule.

Both men and women should have a physical examination at least once a year, and both should see a doctor when health problem arises.

So far, so good; we have equality between the sexes. However, the difference between women's bodies and men's make it necessary for women to carry their common sense health rules a bit farther.

What else? As protection against cancer, women should examine their breast regularly between one year's medical examination and the next and they need to have a pap smear test at least once a year.

Women need immediate medical attention for any unusual lump on, or thickening of, the breast; for bleeding at any time other than the normal period; for absent or irregular menstrual periods; and for vaginal irritations or discharges.

Pregnancy calls for additional health measures. First, an appointment to verify that pregnancy exists; then, if it does, prenatal care under a physician's supervision until the baby is safely delivered. Prenatal care should be begun as early in pregnancy as possible and continued throughout. It is the best insurance for a healthy, worry-free pregnancy and against all of the possible complications that can arise.

No one can assure any of us of good health at all times. For a woman's health to be as good as is possible for her, whether illness comes or not, following these common-sense rules is the least and the best she can do to help herself.

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