

Financial support from the Federal Government and the American Heart Association has helped physicians and scientists make many advances in cardiovascular health care. However, these funds have also provided for valuable educational programs designed to help individual Americans learn what they can do to avoid heart attack and stroke.

For example, we now know the importance of a low-fat, low-cholesterol diet, and we understand the need to control high blood pressure. Americans have also accepted warnings about the dangers of smoking, and what was once a socially acceptable habit has now become unacceptable. Controlling one's weight and exercising regularly have also become a healthy part of the life-styles of many of our citizens.

Although significant progress has been made in the struggle to overcome cardiovascular disease, the major killer of Americans, we must not become complacent. As we enter a new decade, it is fitting that we strengthen and renew our commitment to winning this battle.

In recognition of the need for all Americans to become involved in the ongoing fight against cardiovascular diseases, the Congress, by Joint Resolution approved December 30, 1963 (77 Stat. 843; 36 U.S.C. 169b), has requested that the President issue an annual proclamation designating February as "American Heart Month."

NOW, THEREFORE, I, GEORGE BUSH, President of the United States of America, do hereby proclaim the month of February 1990 as American Heart Month. I invite the Governors of the States, the Commonwealth of Puerto Rico, officials of other areas subject to the jurisdiction of the United States, and the American people to join me in reaffirming our commitment to combating cardiovascular diseases and stroke.

IN WITNESS WHEREOF, I have hereunto set my hand this 13th day of February, in the year of our Lord nineteen hundred and ninety, and of the Independence of the United States of America the two hundred and fourteenth.

GEORGE BUSH

#### **Proclamation 6096 of February 16, 1990**

#### **National Visiting Nurse Associations Week, 1990**

*By the President of the United States of America*

*A Proclamation*

The personalized, cost-effective home care provided by Visiting Nurse Associations is a great blessing to thousands of Americans affected by illness, injury, or disability. Visiting Nurse Associations are voluntary, independently operated community organizations that offer a wide range of medical care and support services—including specialized nursing services, physical and occupational therapy, nutritional counseling, and meals. Through Visiting Nurse Associations, qualified health care professionals and volunteers generously bring not only their knowledge and skills but also welcome companionship to homebound Americans in rural and urban communities.

Home health services offer comfort and dignity to patients recovering from illness or injury, to persons incapacitated by mental or physical handicaps, to the terminally ill, and to those suffering from chronically disabling diseases. By rendering such services, Visiting Nurse Associations are making an important difference in the lives of individuals and families across the country.

In recognition of the efforts of those dedicated and hardworking men and women who make the work of Visiting Nurse Associations possible, the Congress, by Senate Joint Resolution 103, has designated the week beginning February 18, 1990, as "National Visiting Nurse Associations Week" and has authorized and requested the President to issue a proclamation in observance of this week.

NOW, THEREFORE, I, GEORGE BUSH, President of the United States of America, do hereby proclaim February 18 through February 24, 1990, as National Visiting Nurse Associations Week. I urge all Americans to join me in observing this week with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this sixteenth day of February, in the year of our Lord nineteen hundred and ninety, and of the Independence of the United States of America the two hundred and fourteenth.

GEORGE BUSH

#### **Proclamation 6097 of February 16, 1990**

### **258th Anniversary of the Birth of George Washington**

*By the President of the United States of America  
A Proclamation*

A man who "knew no glory but his country's good," George Washington was not only indispensable to the founding of our Nation but also set a standard of public service that every President since has labored to uphold. Indeed, the free Republic planted on this soil more than 2 centuries ago could not have taken root and prospered without his leadership and example.

As Commander of the Continental Army during the Revolutionary War, George Washington made an effective fighting force out of his hastily assembled and frequently ill-equipped troops. His actions during the war reflected consummate skill as a military leader—and unfailing confidence in the ideals enshrined in our Declaration of Independence. Indeed, it was personal loyalty to General Washington that held together the American troops at Valley Forge through the long, bitter winter of 1778.

Having helped the American colonies gain their independence from the British Crown, George Washington later became a central figure in efforts to shape a government for the new Nation. After the Revolution, it became increasingly clear that the Articles of Confederation—which had loosely assembled the 13 States in a "league of friendship"—needed to be revised. The struggle for independence, the cause that