COLD SPELL CAUSES JUMP IN PNEUMONIA

State Health Commissioner Offers "Don'ts" to Prevent Spread of Disease

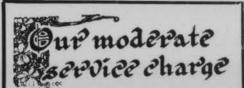
ferring to the malady as a city and house disease, Dr. Isaac D. Rawlings, weekly incidence will continue to rise from 200 at present until it reaches 400 or 500 in February and March. With an affinity for cold weather, mortality from pneumonia fluctuates with the thermometer, showing a pre-dilection for indoor dwellers and out of your homes-

"Simultaneously with the arrival of irosty atmosphere in the fall," said Dr. Rawlings, "the windows go down, the furnace fires begin to roar, the indoor relative humidity in the air drops from 50 or 60 per cent to 15 or 20, the mucous membranes of the nose and throat rebel at the sudden change and a general crop of colds and similar infections result. As low temperatures drop lower and the furnace fires wax hotter, the colds transform into pneumonia and in one out of each 4 cases the curtain drops on the whole scene

"Pneumonia is caused by germs and it is contagious, but it flourishes most during the colder seasons because the habits of man favor it then. Any one or more of the several types of germs that produce pneumonia may be normally present in the throats of healthy people without doing harm until too much hot, dry air or too much smoke and dust irritate the upper respirators passages and make these suitable for growth of the germs. The resulting inflamation due to germ activity may extend down to the bronchi or lung tissue with frequently disasterons re-

Offer Some Don'ts

"Pneumonia is one of the most-prevalent and fatal of all diseases. It fluctuates from second to sixth place



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among the most important causes of as walking to work. mortality, variation resulting from climatic conditions that encourage un- Farenheit and avoid chilly, damp, unhealthful habits and form such things as influenza epidemics. Broncho-pneumonia attacks infants with far greater frequency than any other age group while lobar shows no particular pref-

"In October 686 cases of pneumonia Pointing out that pneumonia prevalence in October was 66 per cent greater than in September and reabout 2,000 each for the months of January, February and March, unless unusual conditions bring a greater prev-

"Don't get your feet wet.
"Don't shut smishing and fresh air

"Don't frequent crawded places or associate with securers and coughers.
"Don't permit your physical strength to be overtaxed.

Don't lose sleep; Let 8 or 9 hours

Don't fail to sleep with an ahundant supply of fresh an in your bed-

"Don't aveild open are exercise such

"Choose a temperature of 70 degrees comfortable places.'

Mrs. Loomis Hypes of Glencoe and her small daughter, Barbara, are visiting Mr. and Mrs. Frank A. Gerould at Ardmore, Pa. for two weeks. Mrs. Hypes and Mrs. Gerould were Kenfleyers and Mrs. C. Smith of 1325 Green and Mrs. C. G. Smith ilmorth girls.

Mr. and Mrs. C. H. Kavanagh of 349 Maple avenue and Mr. and Mrs. Daniel Coyne, Jr., of Chestnut avenue were among those at the game at Champaign last Saturday when the

wood avenue, this week.

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