

COLD SPELL CAUSES JUMP IN PNEUMONIA

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

Pointing out that pneumonia prevalence in October was 66 per cent greater than in September and referring to the malady as a city and house disease, Dr. Isaac D. Rawlings, state health director, predicts that the 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 predilection for indoor dwellers and infants.

"Simultaneously with the arrival of frosty 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 respiratory passages and make these suitable for growth of the germs. The resulting inflammation due to germ activity may extend down to the bronchi or lung tissue with frequently disastrous results."

Offer Some Don'ts

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

among the most important causes of mortality, variation resulting from climatic conditions that encourage unhealthy 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 preference.

"In October 686 cases of pneumonia were reported against 413 in September and 380 in August. This figure will probably rise steadily until it reaches about 2000 each for the months of January, February and March, unless unusual conditions bring a greater prevalence."

"Here is a list of 'don'ts' that, if conscientiously practiced, would prevent a lot of pneumonia:

"Don't get your feet wet.

"Don't shut sunshine and fresh air out of your homes.

"Don't frequent crowded places or associate with sneezers and coughers.

"Don't permit your physical strength to be overtaxed.

"Don't lose sleep; get 8 or 9 hours nightly.

"Don't fail to sleep with an abundant supply of fresh air in your bedroom.

"Don't avoid open air exercise such

as walking to work.
"Choose a temperature of 70 degrees Fahrenheit and avoid chilly, damp, uncomfortable 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 Kenilworth 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 University of Chicago played Illinois.

Dr. and Mrs. Clarence William of Kankakee have been the guests of Mr. and Mrs. C. G. Smith of 1325 Greenwood avenue, this week.

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