

LEGION COUNCIL MONTHLY MEETING

Session Is Held Friday Night
of Last Week at Grays
Lake; Features

(By Barney Jacobson)

Although the weather was anything but pleasant the district Legion meeting at Grays Lake Friday evening, Nov. 20, was well at-

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tended, every post in Lake county being represented. District Commander Len Hook received the gavel from Post Commander Herbert Beeler and assumed charge of the second county meeting under his leadership.

A rather pathetic report was given by the child welfare chairman. Stress was laid upon the overcrowded conditions at both Normal, Ill., and Lake Bluff. It was stated that a long waiting list is in existence at Normal, also that the Legion was doing all in its power to alleviate the children's hardships.

800 on Waiting List

Bruno Henderson, hospital chairman, reported that there are over 800 men on the waiting list of the eVterans' Bureau. Mr. Henderson urged that only emergency cases be presented to the Great Lakes and North Chicago hospitals. Posts in the district have arranged for the supplying of Christmas trees to the hospitalized veterans and decorations at both the Great Lakes and North Chicago hospitals. Henderson promised immediate action on this matter.

New plans were discussed for financing the Lake County Legionnaire, the district's monthly publication. Up to the present time all departments of work were handled

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by the editor, Dan Hunt. With an increase in size, Mr. Hunt found it impossible to efficiently produce the paper and asked for relief from this duty. It was decided to call for an early meeting of the newly formed Legionnaire committee to discuss the situation with the editor.

Membership Gains

Charles C. Kapschull of Deerfield, state rehabilitation committeeman, also district membership chairman, said that the membership was ahead of last year at this time. He gave a lengthy description of the "Minnesota Plan" of rehabilitation soon to be put into effect. His belief was that the plan would prove very helpful to both Legion and ex-service men.

Phil E. Cole of Highland Park, district publicity chairman, will present a program in this department to all post publicity officers in the near future, he announced.

Veterans were urged by George McGaughey, district judge advocate, to ask their legislators for action in clarifying the Bogardus situation by permitting the county supervisors to disburse the monies as before. He stated action should be taken at the present session of the legislature. The council asked McGaughey to draft a suitable resolution.

Extends Invitation

Bruno Henderson extended an invitation to all Legionnaires to attend the laying of the cornerstone of their new Memorial home. State Commander Ivan Elliott would be the chief speaker on this occasion.

George McGaughey, as chef de gare of the Lake county voiture, Forty and Eight, declared that he believed it the duty of each post in the district to sponsor one issue of the Lake County Legionnaire and that the Voiture would assume the responsibility of one.

Jerry Havelka, of the Grays Lake post, won national renown with his "one man band" in the national parade at Detroit. He received a citation from the state department for his efforts. He presented a performance of his "one man band" to the delight of the gathering.

The next meeting of the council is announced for Friday, Dec. 18, at Antioch.

Religious Services

Religious services in the Scandinavian language (Swedish) are being held at Witten hall, 360 Central avenue, Highland Park. Services on Sundays at 4 and 7:30 p.m. Evangelistic singing and preaching.

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The most serious aspect of unemployment distress is the possible effects on health, particularly of children. Undernourishment, overcrowding of living quarters, and a shortage of clothing may lead, not alone to sharp excesses of various communicable diseases within the immediate future but to serious health problems such as tuberculosis, lowered vitality, reduced mental alertness and an increase in nervous instability, which will continue throughout the life of the generation affected. Health problems like these, because of the influence on mental capacity, may become determining factors in the political and economic course of the nation. Everybody should take it upon themselves to report distress, especially if children are involved, to the proper places of relief.

Highland Park has been especially free from epidemics for the past few years. At present we have a few cases of whooping cough and a few of diphtheria but not enough cases to be called an epidemic. Do not forget that sore throats may be diphtheria.

Epidemics are rarely sudden outbreaks of disease which break out violently over a community without warning. Neither do they result alone from the activity of germs or bacteria. People must share with bacteria the responsibility for not only epidemic disease but likewise for much endemic (occasional) infections such as tuberculosis. Man must blame himself for very important part in the causes of every epidemic. He provides the soil in the sense that he allows it to become especially favorable for the rapid multiplication of the germs. Of course healthy people may be overcome with large doses of germs or with very virulent germs. This danger is immunized by quarantine but it sometimes materializes by contact with carriers, ambulatory patients and in homes in which children or even adults come into repeated contact with the sick, especially with a tubercular patient. It may happen when a person drinks or eats highly contaminated water or food. Evidence indicates, however, that a decrease in physical resistance is on the whole a more important factor than exposure to a large dosage of germs.

Colds and pneumonia are particularly good illustrations of disease which await the invitation of the human before making an attack. Germs of these diseases are almost universally present almost all of the time. By breathing polluted air, by eating a one-sided and undernourishing diet, by living for most of the winter in what, to all practical purposes, is a hot house, by changing suddenly from high and dry inside temperatures to low and moist outside temperatures, by drinking alcoholic drinks and walking too little and by indulging too much in other ways the desire for comfort and pleasure without compensating adjustments, the body is converted into an incubator for disease germs.

As to small pox and diphtheria, every man, woman and child can take his or her choice in the risk of these infections.

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