

The flu season arrives

Before the evil grippe grips you--- get a shot of valuable protection

Flu season is just around the corner, and with the arrival of the wet autumn weather, your body may be weakening with every step—and you don't even know it. When the chills of November arrive, you could be a likely victim for the infamous flu bug. Dr. Jack Martin and his wife Cathy, both Midland residents, wrote this informative piece to give our readers the inside information on the value of flu immunization.

by Jack and Cathy Martin
 "It was 2:00 p.m. when he noticed a slight running of the nose and sneezed twice. At 4:00 p.m. he noticed a dry, irritating feeling in the back of his throat and coughed three times. By 6:30 p.m. he was feeling very ill—high fever with chills, muscle aches, body

flu. It arrives with the coming of winter and is highly contagious among groups of people especially those who work or study indoors where the air is dry and not circulating freely.
 Old tales
 Contrary to many old tales, wet feet, bad weather, or sitting in a draft do not cause in-

breath in these virus laden droplets, the invasion begins.
 Inside the mouth and nose the viruses cause the protective mucous to become thin. This allows the 'bugs' to penetrate the mucous membranes, invade the blood and lymph systems, thus infecting the entire body.
 Many of man's infectious diseases have been controlled and can be treated with antibiotics. Unfortunately, antibiotics are not effective against viruses and therefore ineffective against treating flu. Some

viral illnesses such as measles, mumps, polio and smallpox have been conquered by immunization and vaccination. By introducing chemically inactive, 'dead' viruses into the body one develops immunity without experiencing the diseases.
Immunization
 After years of research, immunization is now effective against flu. However, flu bugs have the malicious ability to mutate or change their character slightly from year to year making last year's acquired immunity ineffective this year.

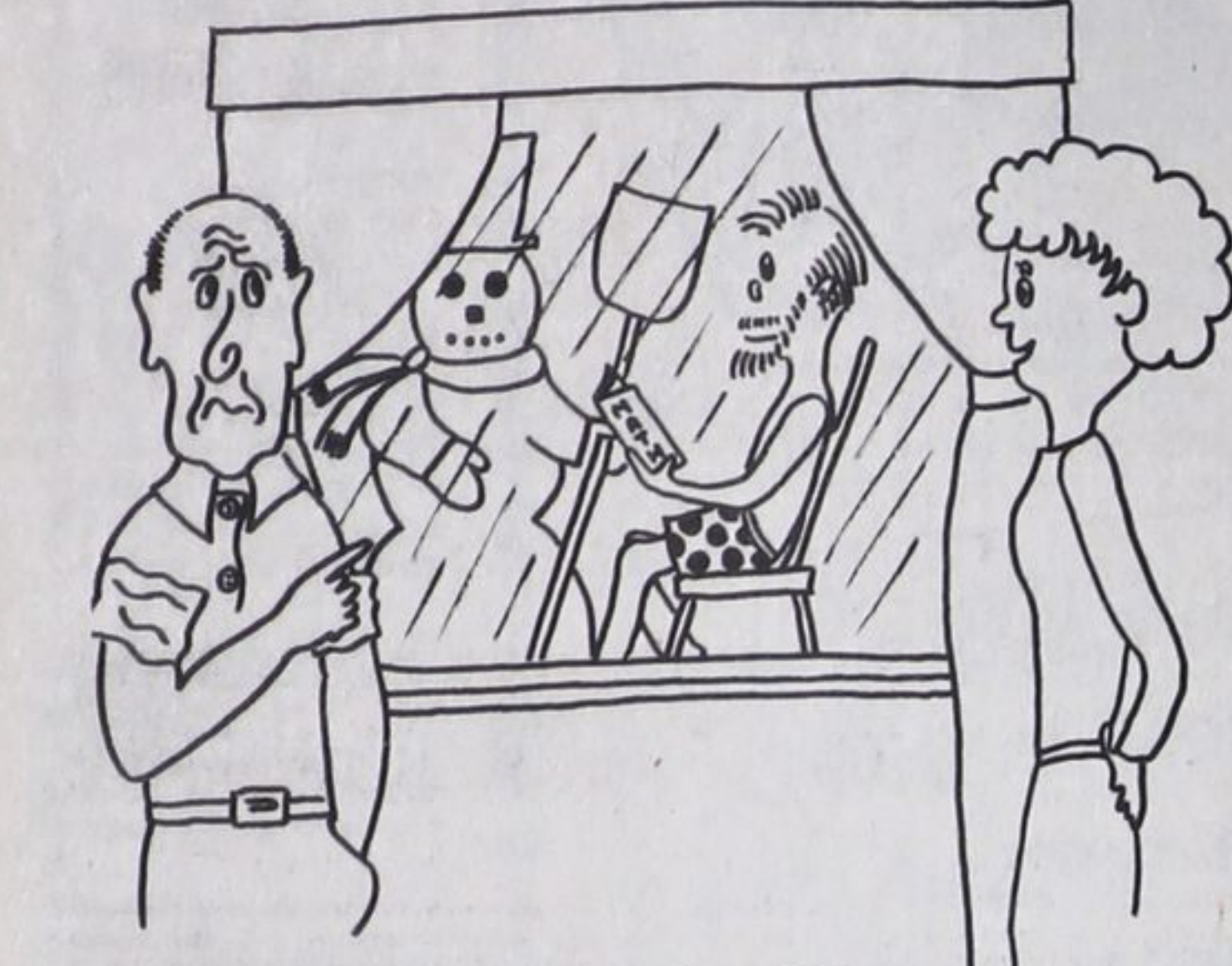
The flu shot must be repeated annually.
 Each year, a different flu shot is prepared which contains effective components for most current flu bugs so that one to two weeks following the shot, 80 per cent of those immunized develop a natural resistance which will protect them during the entire flu season. If someone who has been immunized is exposed to the flu, they will either escape the illness completely or have a much shorter and milder case. Complications stemming from the flu shot are minor and severe complications are rare. Some people do develop a mild flu-like illness beginning about six hours after the

shot and lasting two days. A small number of people are allergic to one or more components of the injection and develop a red, itchy swelling at the injection site. The much publicized Guillain-Barre syndrome is very rare, occurring in ten out of every one million people immunized. It is a type of muscle paralysis which is usually completely reversible. This syndrome also occurs in non-immunized people at approximately half the above mentioned frequency.
 Ordinarily, influenza is more annoying than serious except for those in

a high risk category such as the senior citizens and children with chronic illnesses. Flu weakens the body's defense system making the body vulnerable to secondary bacterial infections such as pneumonia. Those people with existing bronchitis, asthma, heart disease, may develop further complications.
 Immunization is aimed at protecting those with the greatest risk of becoming seriously ill. Over 90 per cent of all deaths from the flu and its complications occur in those people over 45, and chronically ill children

and adults. Therefore, most doctors recommend that these people be immunized annually.
 A flu injection can be obtained from your

Physician and should be given before the end of October. Immunity is then acquired before the beginning of the flu season in November.
 So—no matter what your Grandmother may have said, about the garlic bud strung around your neck, it just won't do the job as well.



HE HAS A MATH TEST IN THE MORNING AND HE'S TRYING TO CATCH THE 'FLU'!

weakness and loss of appetite."
THE FLU.
 It comes on suddenly. Sometimes, it seems to invade the body in a matter of minutes. It's hard to believe that a person can feel so badly, so quickly!
 Influenza is a viral illness which we all know, less affectionately, as 'the

flu. The flu is caused by microscopic particles called viruses (known to us all as 'bugs'). These particles are so small that a billion of them will fit on the head of a pin. They travel on the small water droplets expelled during a sneeze from the nose and mouth of infected individuals and when others

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Coldwater council accepts donation from Tay Township

by E. Lorraine Orr
 A cheque for \$1,000.00 was presented to Coldwater Reeve Earl Brandon by Tay Township Reeve Charles Rawson to be applied to the Coldwater Arena Building Fund. Penetang and Midland also received donations for their arenas from Tay Council. Mr. Rawson expressed his opinion that perhaps a new arena is not what is needed in the area, but the communities should help look after the ones already in existence. Coldwater Councillor Al Brand (who serves on the Community Centre Board) thanked Reeve Rawson for Tay's generosity.
 Continuing with the regular monthly meeting, Council dealt with several items of business.
 Because of the change in fire coverage on the outskirts of Coldwater, Council has received requests for fire agreements from Athron Marine, Rolling Hills Restaurant, Mapleniuk and Taman Industries. Homeowners may also apply for this coverage with a minimum of six homes in their area to be protected. Cost per home would be \$20.00.
 Four employees were suspended from village employment on Friday

September 30th when they were discovered drinking during working hours and in the village garage. Two of them appeared at the council meeting to learn what the council would decide regarding their misdemeanor.
 Following a discussion with the employees regarding the seriousness of the situation the council voted to reinstate the two, who appeared before Council, following a stipulation that if it happened again they would be immediately dismissed. The two men who did not make an appearance, have had their employment terminated.
 Attending the council meeting was George Kingsboro, representing Coldwater Legion Branch 270. Mr. Kingsboro requested and received permission for the Legion to conduct a parade on Remembrance Day, November 11 and to canvass for poppies November 4 and 5. He also requested that all stores in the village be asked to close from 10:30 a.m. to 12:00 p.m.
 The clerk was advised by Council to advertise for tenders for the supplying of fuel oil to the village during the winter.

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