

TELL WHAT XMAS SEALS REALLY DO

Prevention of White Plague Big Item

(Contributed by the CHICAGO TUBERCULOSIS INSTITUTE)

At this time of year, when the sale of tuberculosis Christmas seals is complete and the returns from the sale are about all in, it seems appropriate to make announcement of what will be done with the money.

Of course, in line with other organizations of this sort, disbursing a public fund, it is customary at certain times of the year to publish a statement of the financial budget and a program of work; but in a less formal way we should like to explain in what our activities consist. We find that there is a good deal of misunderstanding on this subject; both in letters received with the mails, sale of the seals and in personal comment, we often meet with such remarks as this: "I am very glad to contribute to this cause. I like to help the poor sick people," or, "I believe that your sanatorium is a good thing and I wish to aid it." This expresses the general public idea of tuberculosis work.

Prevention First Use

This idea is altogether erroneous. Your Christmas seal money does not go to support a sanatorium. It goes, only in very limited measure, to "help the poor sick people." Its chief use is for PREVENTION. The anti-tuberculosis program is almost identical with a general public health program. Following the rules of hygiene, living in such a way as to avoid disease in general is exactly the routine prescribed for either the cure or the prevention of tuberculosis. So our activities comprehend all the phases of any public health undertaking.

Naturally, the work divides itself under two heads—cure and prevention. At the mention of the word "tuberculosis," the natural thought is cure; but as a matter of fact, the preventive is very much the larger portion of our work. We do not neglect the curative side, of course; it is very important and must be attended to. But if that were our limit, tuberculosis would never be wiped out; and it is the ambition of the National Tuberculosis Association and its branches eventually to eliminate tuberculosis in the United States,

just as yellow fever has been wiped out in Central America. To many this sounds visionary, but in the eyes of science it is a possible thing, and we believe that it is a highly probable thing, although it means long, hard, and concerted effort. In the last twelve years, however, the death rate from tuberculosis in organized territories has been reduced one-half. With such a record as this, we are encouraged to keep right on until the other one half has been added. This can be done only by preventive measures, the chief of which is education. If all spitting were under control, tuberculosis would be conquered. When all human surroundings are sanitary, this disease will not long be a problem.

The Chicago Tuberculosis Institute is now "manned" entirely by women. Mrs. Theodore B. Sachs is superintendent, a doctor, a crusade director, a publicity director, a placement bureau director, a custodian of property, a supervisor of nurses, two assistant supervisors, and 17 trained public health nurses; an office secretary, and from four to ten typists and clerical helpers varying with the work at different seasons; these make up the executive staff.

A great scientist has said, "Since 80% of tuberculosis is acquired in childhood, we should expend on the children at least 80% of our efforts in combating this disease." It is something like this that we are doing. There is another reason for devoting ourselves to the children and that is the fact that educational measures are most effective when applied to children. You can educate grown-ups a little, but it is only while the mind is in its formative state that real and lasting training has its optimum effect and that habit may be formed. "Get the health habit" is our word to the children; and this is backed up and reinforced by everything that we can do to make the care of the health attractive and effective.

To give some of the details of our organization: the curative side of our work is attended to by the nurse; as to sanitariums, there are four that take care of tuberculosis patients of Cook County; Oak Forest, Cook County Hospital, where most of the advanced cases are sent; the Municipal Tuberculosis Sanitarium, and the Edward Sanatorium at Naperville. The Edward Sanatorium belongs to the Institute but it is not supported from the Christmas seal fund—it is financed by private resources. In case of a deficit in its yearly expense, this would be made up from the Christmas seal sale, but it would amount to very little, proportionately. The only curative work aside from this, is done in the home visiting of

the nurses, and even their efforts are as much in the direction of giving instruction for keeping the home sanitary and other members of the family well, as of preserving the health of the patient. In addition to this, the nurses do a great deal of school work. In many places where they are employed there are no other school nurses, and they are kept busy looking after the physical inspection of the children, with special attention to teeth, tonsils, nutrition, and such other points as are emphatic in child health. They help with the dental clinics, and they conduct health clinics at the various centers in the county which the Institute maintains for this purpose.

The Institute employs a special full-time clinician who is expert in giving chest examinations, and a number of other doctors are very generous in lending assistance gratis. Free chest examinations are held once a month at each of the five health centers and it is planned to increase this number. Infant welfare clinics are also held at these centers.

Give Health Education

As to the general education program, that involves our special system of health education for children, called the "Modern Health Crusade," which is sponsored by the National Association and in use all over the United States, and even in foreign countries. It is endorsed by thousands of educators and reaches millions of children. We consider it the best thing of its kind, and our staff includes a special health worker who devotes her entire time to this.

The Institute also maintains a series of lectures to under-graduate nurses, thus adding a more intensive knowledge of tuberculosis and public

health work to the general training that they receive in hospitals. A bureau of intelligence for nurses and other health workers is also operated by the Institute.

All of this is what you are paying for when you are buying tuberculosis Christmas seals and health bonds. If you have any suggestions as to how we can improve this service, we shall be very grateful for it. If you have need of anything that we can do for you, we shall be very grateful for it. If you have need of anything that we do for you, we shall be very glad to hear from you.

North Shore Hi-Y Boys In Conference March 16

The third annual North Shore Older Boy's Conference, held under the auspices of the Evanston Hi-Y Club, the New Trier Hi-Y Club, and the Evanston Y. M. C. A., will be held on Friday and Saturday, March 16, and 17.

The Conference theme is "Others," and many very good speakers are on the program, among them Dr. Stephen A.

Lloyd, of Wilmette, Dr. John Timothy Stone, of Chicago, and Coach Glen Thistlewaite, of Northwestern university.

There will be a banquet Friday evening, at which the various delegations will have an opportunity to give their school yells and have a good time generally.

The conference is open to all north shore boys 16 to 20 years of age. Registrations must be signed by an adult leader, Pastor, Sunday school superintendent, or high school principal.

THE CHANGING WORLD

The lighting of a hall with two thousand candles caused a sensation at a reception in Colonial times at Philadelphia in honor of George Washington. It cost about \$10 to burn these candles an hour. The same amount of illumination with electricity today would cost only 20 cents.

New Trier lightweight basketball men softened the defeat administered to the heavies by Waukegan Saturday by trouncing the junior Waukegans 28 to 7. The heavyweights lost to Waukegan 41 to 32 after the local boys were ahead in the first half 17 to 12.

Welch's Cafeteria Wilmette

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OUR BIG SALE

On canned goods will begin March 1st.

Watch for Our Ads

OUR STOCK

IS ALMOST READY

Remember - Everything in this sale is strictly fresh stock, no old goods that we want to unload, the best brands only.

Gold Ribbon Wednesday

The finest H. P. Brand Florida Grapefruit, reg. price 3 for 25c, for Gold Ribbon Wednesday, 1 doz. for	79c
The finest Florida thin skinned oranges, medium size, regular price 55c per doz., for Gold Ribbon Wed. doz.	45c
H. P. large size grapefruit, per doz.	\$1.20
Extra large thin skinned Florida oranges, 126 size, regular price 80c, for Gold Ribbon Wed.	68c
Finest cooking and eating apples—Yorks—2 pecks limit to customer, per peck	75c
Prunes, 40-50 size, regular price 30c lb., for Gold Ribbon Wed., lb.	22c
Genesee Brand extra fancy tissue toilet paper, 1,000 sheets, quality guaranteed; reg. 18c roll, for Wed., 12c roll, 10 limit to customer, 10 for	\$1.00
Plymouth Rock Sweet gherkins, 6 oz. jar, regular price 25c jar; Gold Ribbon Wed., 2 jars for	25c
Fancy Bordeaux Walnuts, shelled, regular price \$1.00 per lb., for Wed., lb.	75c
Fancy Valencia Almonds, shelled, regular price \$1.00 lb., for Wed., lb.	85c
Jello, assorted, 3 for	25c

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