

PNEUMONIA IS ON INCREASE

Health Official Issues Timely Warning

Pneumonia, one of the deadliest of infectious diseases and one of the most prevalent, has increased sharply with the approach of winter and is still on the upward swing, according to state health department statistics. From a weekly average of 100 cases two months ago, the reports have jumped to nearly 300 per week now, with the prospect of a continued rise until the peak is reached at some time between January 1, and March 31, if the incidence runs true to form during the winter. The situation is not unusual but nevertheless serious enough to invoke deep public concern, declares Dr. Isaac D. Rawlings, state health director, who takes occasion to point out that a great deal of pneumonia can be prevented and that probably a considerable percentage of mortality from this cause is needless and could be avoided by proper and sufficient care.

"Last year pneumonia caused 6,083 deaths in Illinois, an average of 16 daily, and more than the total mortality from all other infectious diseases combined, tuberculosis alone excluded," said the director. "There were 15,189 cases reported in 1922, a number greater than for any other single disease except measles, influenza and tuberculosis. For the first ten months of this year the pneumonia incidence was exceeded by that of measles alone.

"Most estimates place the fatality from pneumonia at about one in each four or five cases. Last year the 6,083 deaths out of 15,189 cases reported gave a fatality rate of 40 out of each 100, or nearly half. Probably all cases were not reported so that this fatality rate is rather high but it emphasizes the extreme danger of the disease and shows the importance of preventing it whenever possible.

"Since pneumonia is caused by a germ and is spread from one person to another through such excretions as sputum and droplets from the nose and throat it is reasonable to believe that precautions to avoid close contact with 'coughers,' 'sneezers' and 'spitters' will prevent a great many cases. Excretions from people who are actually sick with pneumonia are more dangerous than any others because the germs are expelled in great masses and are highly virulent.

"To prevent pneumonia one must keep fit, avoid undue fatigue, chills, alcoholic excess, unnecessary exposure, wet feet and get plenty of wholesome food, sleep, fresh air and exercise. When pneumonia is unusually prevalent one should avoid crowded, poorly ventilated rooms and take un-

usual precautions about close or intimate contact. When pneumonia is present in the home the patient should go to bed in a well ventilated room at once and stay there under the care of a physician until well. Perhaps no other act on the part of a patient will so unfavorably influence the outcome of pneumonia than to stay out of bed after the disease gets in, or to get up during the course of the disease. Another point that needs especial emphasis is that the greatest care should be taken to keep the patient and his room scrupulously clean; thoroughly disinfecting or burning all garments, instruments, utensils, etc., soiled in any way. All excreta from the patient should be completely destroyed.

"The fellow who fondly supposes that he is an exception to the rule and that a good work-out and sweat instead of a fast trip to bed is the best treatment is simply flirting with the boatman on the 'River of Styx.'

Kenilworth Juniors Hold First Big Treasure Hunt

The Junior class of the Kenilworth Community House gymnasium had its first big outdoor treasure hunt on Thursday evening, December 6, with hidden articles of exceptional value to the boys.

It is planned to have these hunts at regular intervals throughout the year and to give every boy a chance to find something for himself. The Junior class is one of the largest in the gymnasium and gives promise of strong competition to all the other classes in the numerous contests planned for the cold weather.

Scout Basketeers Ready For a Busy Tournament

The Patrol Basketball league of the Kenilworth Boy Scout troop got into action for the first time on Tuesday evening, November 27, with each team having ten men on its roster. It is said that the Beaver patrol under "Red" Howe, claim to have the championship cinched, but the tournament is "young" and time will tell.

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We shall publish, very soon, several unusually effective Full Page Ads. We trust that our advertisers will scrutinize them carefully and tell us their opinion of them.

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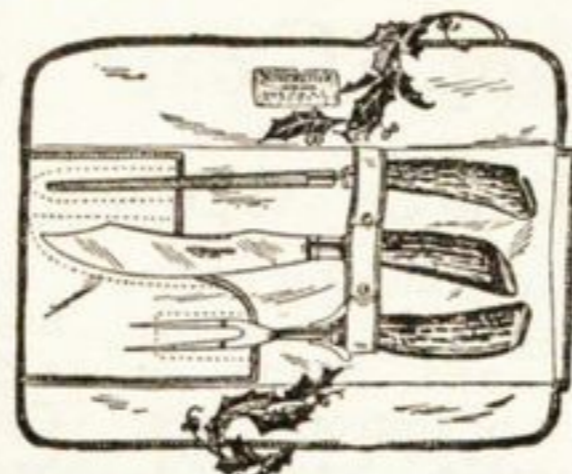
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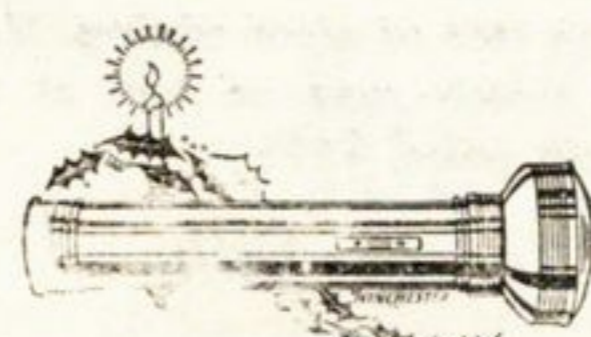


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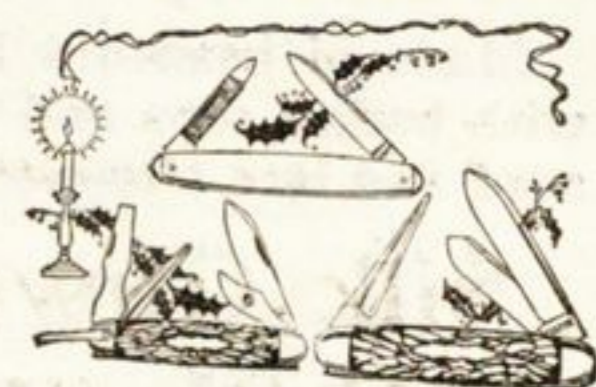
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