

### Ill Health Costs State 184 Billion Dollars Annually

It is estimated that the cost of sickness averages \$80 per year per family in the United States. Applying this figure to Illinois it appears that the cost of ill health reaches the stupendous sum of one hundred and eighty-four billion dollars annually in this state. Evidently there is considerable room left ahead for preventive medicine.

Of the total cost of sickness statisticians calculate that physicians get one-half. Next comes the dentist who collects twenty per cent. Druggists and instrument makers take in 16 per cent, hospitals 7 per cent and nurses 5 per cent. It is a costly business to be sick but it's worth the price to get well again. On the other hand it would appear that folks who are willing to pay so dearly for treatment would be willing to contribute generously toward prevention.

Nobody is sanguine enough to believe that all diseases and ailments can be prevented. There are too many complex factors involved. But there are many infections subject to almost complete control and there are many ways of testing habits and discipline which are harmful and which beneficial to health.

One good test of physical well being is the appetite. When the appetite of an apparently healthy person lags a mighty good diagnostic trick is to get out of doors in the sunshine for two or three hours and participate in some suitable exercise—walking, hunting, golf, horseback riding, etc. This is an especially good test for school children.

Boys and girls used to walk to school—sometimes long distances. Now it's almost dangerous for little children to walk and besides it is so convenient to take them in the automobile. But most children scarcely get done with breakfast in time to get to school before it starts and the afternoon is far spent when school is out. That leaves but little time for out-of-door play.

Under those conditions the appetite wanes in vigor. That mysterious power which protects us against disease, ordinarily called resistance, begins to desert the children and infections start the rounds. Doubtless these things are important reasons why winter and spring are far more unhealthy than summer and autumn.

It is alright to take the youngsters to school in the family car if they get enough exercise and out-of-door play in some other way. In modern cities the matter of child raising has grown to be a problem of the first water. Oil burners, electric sweepers, public water supplies and the various

### Wilmette Church to Entertain Catholic Club on October 18

The Catholic club of the Diocese of Chicago will hold its October meeting in the Parish House of St. Augustine's church, Wilmette, Tuesday evening, October 18.

The club, which was organized about four years ago, is composed of clergy and laity of the Episcopal church and its aim is the spreading of the Catholic faith and practice in the Anglican Communion.

The meeting will be preceded by a supper for members and their invited guests at 1126 Wilmette avenue, Wilmette, at 6:30 and a devotional service at 7:45 with the Rt. Rev. Benjamin F. P. Ivins, D. D., Bishop Co-Adjutor of the diocese of Milwaukee, present in the sanctuary. The Rev. Francis R. Nitchie, rector of Christ church, Woodlawn, will be the officiant. John Lawrence is to be master of ceremonies, assisted by Clark Leach of Wilmette.

After the service a meeting of the club will be held in the Parish house.

Bishop Ivins, during his stay in Wilmette, will be the guest of Mr. and Mrs. Royal D. Smith at their home, 706 Elmwood avenue.

Mr. Smith is a member of the executive committee of the club and it is upon his initiative and by invitation of Dr. Hubert Carleton, rector of St. Augustine's, that the meeting will be held in the Wilmette parish.

other labor-saving devices have just about made a clean sweep of household chores leaving to parents no small task in providing useful activities for children who profit by being busy.

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