

CURTAILED SLEEP IS TUBERCULOSIS' ALLY

State Health Director Shows How Lack of Rest and Dieting Lowers Resistance

Short sleeping hours, no breakfast, a light lunch and little dinner make slender figures all right but it adds an ugly total under the debit column of the mortality sheet, says I. D. Rawlings, Illinois state health director. Habits like these are pretty well confined to girls in the teens and to young women. Among this age group of the female sex tuberculosis kills 42 per cent more individuals than among the males of the same age. Last year in Illinois tuberculosis was charged with 1,402 fatalities among females between 10 and 35 years of age and only 983 among the males of that age.

Cut down the gas supply to a thin, lean mixture and the automobile engine will cough and sputter along at a great rate. Thin it down a bit more and add some weight to the load and the engine will refuse to go. The thinner the gas the less the cost until it gets too thin and then she refuses to work at all. That's just what happens with the human body. The muscles and nerves require energy to perform their functions and the only source of that energy is the food intake. The body has a wide margin between too much and too little food but there is such a thing as going too far in either direction.

Males and females lose sleep alike but the female alone cuts down her food supply with the hope of a slender figure. Males and females both work in offices, stores and factories but the female more frequently adds house-keeping to her daily routine. Fatigue pursues the male and the female alike but it overtakes the female first and leaves her more grudgingly. These are the factors that make tuberculosis more prevalent and more fatal among girls and young women than among the males.

Mortality from tuberculosis is almost exactly twice as great among girls than among boys in the 15 to 20 age group. Last year the fatality count in Illinois was 146 males to 291 females. That is the very age group when unhygienic habits are most apt to be practiced with the greatest abandon for consequences.

Common ignorance where common sense ought to be is really the basic cause of a large percentage of tuberculosis. Folks who insist on robbing the body of the physiological requirements of food, sleep and sunshine have only themselves to thank when nature sticks up her no trespassing sign that is spelled Tuberculosis.

ACCEPTS SCHOOL POST

Miss Dorothy Lloyd, daughter of Dr. and Mrs. Stephen A. Lloyd, has accepted a position to teach in the high school at Benton Harbor, Mich. Miss Lloyd will be associated with the department of history in the school. She returned from China several months ago where she taught for several years in a school for children of American missionaries.

Mrs. Carl Zeiss, 1194 Westmore road, Winnetka, entertained informally last week at the Indian Hill club for a small dancing class.

Christian Science Churches

"God" was the subject of the lesson-sermon in all Churches of Christ, Scientist, Sunday, January 1.

The golden text was from II Samuel 7:22, "Thou art great, O Lord God: for there is none like thee, neither is there any God beside thee."

Among the citations which comprised the lesson-sermon was the following from the Bible: "Thine, O Lord, is the greatness, and the power, and glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all. Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might: and in thine hand it is to make great, and to give strength unto all" (I Chron. 29:11-12).

The lesson-sermon also included the following passages from the Christian Science textbook, "Science and Health with Key to the Scriptures," by Mary Baker Eddy: "Principle and its idea is one, and this one is God, omnipotent, omniscient, and omnipresent Being, and His reflection is man and the universe. Omni is adopted from the Latin adjective signifying all. Hence God combines all-power or potency, all-science or true knowledge, all presence" (pp. 465, 466).

Authority on Alaska to Lecture at Field Museum

An illustrated lecture on "Birds and Animals of Alaska" will be given on both Saturday and Sunday afternoons, January 14 and 15, at Field Museum of Natural History. William K. Finley, director of wild life conservation, state of Oregon, will be the lecturer. This is the first field Museum lecture of the new year. The lecture will be given in the James Simpson theatre of the museum, and will begin at 3 p. m., on both days. While a portion of the seats is reserved for members of the museum, there will be several hundred seats available to the general public. Admission is free.

W. C. T. U. MEETING

The W. C. T. U. of Wilmette and Winnetka will meet with Mrs. Lydia Hufton of 462 Provident avenue next Monday afternoon at 2 o'clock. Dues for the year will be collected and other business will be taken care of. season. He is rated in the 145-pound class. The Northwestern squad meets the Missouri wrestlers at Patten gym Saturday afternoon of this week.

CHRISTIAN SCIENCE SUBJECT

"Sacrament" will be the subject at the services in the First Church of Christ, Scientist, in Winnetka, Sunday morning, January 8, at 11 o'clock.

JOINS N. U. WRESTLERS

C. W. Kraft of Wilmette is listed as one of the principals on the wrestling squad at Northwestern university this

Miss Lorraine Thoms, daughter of Mr. and Mrs. A. P. Thoms of 863 Lincoln avenue, is again at the University of Wisconsin after a ten day vacation in Winnetka.

Illinois was divided into fifteen counties when it was admitted to the union.

New Trier Tankers to Meet Proviso Monday

Having chalked up a victory over Lake View High school about three weeks ago, New Trier tankers have been maintaining a regular schedule practice under the direction of Coach Edgar B. Jackson throughout the holidays in preparation for the Proviso meet which is to be held next Monday afternoon in the New Trier natatorium.

Prospects for the season are exceedingly favorable, it is reported, Bennet having broken the record for the local tank in the 40 yard swim with a time of 19 2-5 seconds in the Lake View contest on December 21. His teammates, while not as yet gravely threatening any standing records, are nevertheless improving steadily and should before the second season has reached its height give an excellent account of themselves.

TO ADDRESS OBERLIN GROUP

The North Shore Oberlin Woman's club will meet with Mrs. Arthur S. Barrows, 904 Michigan avenue, Evanston, Monday, January 9, at 2:30 o'clock. Miss Elizabeth Hughes (Oberlin 1910), superintendent of the Bureau of Social Survey of Chicago, will speak on her work in that department.

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