U. S. HEALTH SERVICE
ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert B. Hite, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

The present epidemic,” said Surgeon General Blunt, “has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against.” The Surgeon General likened the present situation to that after a great fire, saying, “No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers.”

Then you fear another outbreak of influenza,” he was asked. “For necessarily another large epidemic,” said the Surgeon General, “but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases.

Common Colds Highly Catching.

“It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germs laden in mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent as people begin to remain.”

Suitable Clothing in

Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness, for it is important to wash hands and face before eating and to bathe regularly. Suitable clothing is also very important. In warm weather, the clothing should be light and loose to allow the air to circulate freely, while during the winter months, when the weather is cold, heavy clothing is necessary to keep the body warm. This diet CLusive sanatoria. Ther is a mysterious about it—no tic, no vaccine. The line is right living, good food, fresh air.

Droplet Infection Explained.

“The Bureau of Hygiene, the Treasury Department, has a striking poster drawn to the well-known Washington The poster, exemplifies, the method of health education.

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