

Dr. Royer Gives Warning To Influenza Sufferers Who Are Now Convalescent

[Special Telegram to The Gazette Times.]

HARRISBURG, Nov. 8.—Influenza has already claimed more than 35,000 lives in Pennsylvania alone. The State Department of Health declares that unless proper precautions are taken there will be a large addition to the death list and many who think they are recovering will suffer serious relapses which may develop into pneumonia.

In order that persons convalescing from influenza may be properly advised regarding the necessary care to be taken until fully recovered, Dr. B. Franklin Royer, Acting Commissioner of Health, has issued the following statement:

"One-half million Pennsylvanians are now convalescing from influenza. All of them feel for a period of days or weeks the weakness and depression so commonly affecting the convalescent. Thousands of persons will have no physician during the period of recovery, hence a word of warning.

"From two to four days after the average person recovers from the fever accompanying influenza getting up cautiously may be allowed. Getting up and going about often lead to dangerous collapse of the heart because of its inability, due to weakness, to send the blood hurrying to

the remote extremities. The heart muscle in most persons has been seriously damaged and the heart itself may suddenly dilate to a dangerous extent leading to fainting or sinking spells. To put undue strain upon a heart in such condition may lead to permanent damage. Further, a person in such a stage very readily succumbs with pneumonia because of defective lung circulation and hundreds getting up and going about too soon have thus brought additional pneumonia or heart disease upon themselves.

"Take warning therefore. Get up gradually, stop short at the slightest sign of weakness. Better lay up another week rather than attempt to go beyond the strength of a fagged heart.

"It is inadvisable to attempt buoying up one's strength by over-stimulation. Disipation of any sort, especially alcoholic dissipation, is dangerous for heart, kidney and lung in this stage. Simple nourishing food taken to the limit of one's digestive ability, and rest frequently in a reclining position, probably offers the best possible hope for complete recovery without permanent damage to vital organs."