

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis, One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis is Recognized Early—Patent Medicines Not to Be Trusted.

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- * Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- * Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- * Don't waste money on patent medicines advertised to cure tuberculosis.
- * Become a fresh-air crank and enjoy life.
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Washington, D. C.—(Special).—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now of-

fers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these

are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages. Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

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 Blue, 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 Blue, "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. "Not 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 germ laden 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; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice.

Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toll for their living would have had no time and no desire to wade through the technical phraseology."



Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.