

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.

or the sightless eyes may be assured that his sacrifice was not in vain and that the honor of America is still and forever will be worthy of the price he paid for its defense.

Was gold as if it were common clay for Liberty Bonds when they were a good investment; we oversubscribed every one when our own flesh and blood were concerned, and we will answer more gladly and more freely this cry of humanity for a morsel of bread.

"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, pneumo-

nia, etc.) are infrequent as people begin to remain indoors. Respiratory diseases increase in winter, when people are in badly ventilated, over-crowded rooms. The respiratory diseases are prevalent.

Suitable Clothing In

"Still another factor in the prevention of colds, pneumonia and other respiratory diseases is carelessness on the part of the people in wearing suitable clothing during the winter. When the weather suddenly changes, people in warm rooms too heavily dressed find what is even more common among women, dressing so that windows are kept closed and the room is uncomfortably warm. This is a serious practice.

Could Save 100,000

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

Droplet Infection Explained

"The Bureau of Public Health, U. S. Treasury Department, has issued a striking poster drawn by the well-known Washington artist, The poster exemplifies the best method of health education.

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