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OUR HEALTH

Comparatively few of us realize the importance of good health. When we are well we seem to feel that nothing can injure us—that we are immune to disease or sickness of any character. We take good health as a matter of course, that it is a condition that simply has to be, and we fail to realize its value. When we are well we are alive to ten thousand desires, or wants—we want the earth and all that is on it. When we are sick we have but one desire or want—to be well again, in good health. Hence, is it not easy to see the value of good health? When it is clear that having it not we would practically give the world for it?

There is a task which we, as individuals, cannot escape—the responsibility to a large extent of looking after and preserving our own health. There are certain precautions to observe, certain laws to be obeyed. We must know ourselves, our limitations and liabilities, as regards what we should and should not do—how far we dare to go. We cannot expect to do exactly as some of our friends may do in certain cases and suffer no evil effects. Our friends may escape, while we may suffer. Immunities in individuals differ and that is a matter for serious reflection. Do not follow blindly the leadership of any one, excepting a doctor, in the matter of what you shall or shall not indulge in. Think for yourself, for you are the one to be injured if the wrong course is pursued. Study yourselves and you will learn much wisdom.

There is an old saying to the effect that "we dig our graves with our teeth." In other words, that the majority of us eat not wisely, but too well. We eat too much. Not because we need it, or are truly hungry, but because it "tastes good." Temperance, or moderation, should be our guiding star in regard to all things. As individuals we suffer, as individuals we pay the bill, hence as individuals we should think for ourselves in regard to anything or any course whatever where our welfare is at stake. These plainly stated facts are worthy the most serious consideration of our students. In many cases to complain of illness is to admit that one has disregarded Nature's laws, a charge of which one should feel ashamed.

The great State of Oregon realizes the very great importance of good health on the part of her citizens and has at great expense established a board to co-operate with the United States Public Health Service.

We attach great importance and value to this great move. From time to time there are articles on health, dealing with some particular problem that all should know. Just recently we received the following splendid article from the State Board on

PNEUMONIA

Pneumonia strikes down the robust nearly as readily as the feeble. Following an influenza epidemic there is usually an increase in the number of deaths from pneumonia. In 1926 pneumonia caused 575 deaths, and in 1927, 614 deaths. This is a greater toll than that demanded by pulmonary tuberculosis. Pneumonia is caused by the *Diplococcus pneumoniae*. There are four types of this germ. The difference is not in their shapes but in their serological properties. There is a therapeutic serum for type 1. This serum must be given early to be effective.

The way to prevent pneumonia is to avoid as much as possible the sneezers, coughers and spitters who are unconsciously scattering germs. The most powerful factors in the prevention of pneumonia are adequate ventilation in sleeping rooms, sufficient blankets, dry feet, good nutrition, carefully graduated exercise and work, and an opportunity for rest under hygienic conditions.

Pneumonia is due to an infection of an individual with a virulent organism from another individual. It is, therefore, important to insist upon the isolation of all pneumonia cases. The virulent pneumococcus should not be regarded as a normal inhabitant of the mouth, throat and nose. Because this germ is frequently found there, is no reason for not taking due precautions. Each case of pneumonia should be regarded as a focus for the spread of the infection. Pneumonia should be considered very much as an attack of whooping cough and influenza; an infection which is spread from man to man through the secretions of the mouth and nose.

The isolation of all cases of pneumonia will diminish the number of carriers. Pneumonia must be regarded as a communicable disease which can be prevented to a large extent by insuring a proper control over each case. In some localities all cases of pneumonia are quarantined. In Pittsburg, for instance, the incidence of pneumonia was reduced by quarantining all cases.

AVAILABLE FOR TRANSFER

There is available for transfer at the Warm Springs School, Warm Springs, Oregon, one new galbur laundry stove. This equipment can be had without charge other than transportation. Interested parties are invited to correspond with the Superintendent.