

PNEUMONIA CAUSES NUMEROUS DEATHS

Seriousness of Disease is Pointed out, Bulletin of Health Board

In 1930 there were 658 deaths from pneumonia in the state of Oregon, according to a bulletin issued by the state board of health, which continues:

"Pneumonia is one of the most prevalent and fatal of all acute diseases. As a cause of death it exceeds tuberculosis. In the United States about ten per cent of deaths from all causes are due to pneumonia. Pneumonia was known in very early times and as early as the fifteenth century it was recognized to be communicable. In spite of this observation there were many who denied that pneumonia might be transmitted from one person to another and it is only within comparatively recent times that this fact has received general acceptance. "Pneumonia is always with us and many people are carriers of

the infection. It should be emphasized that pneumonia is a communicable disease and necessitates the same care of the sputum, of coughing and sneezing, of handkerchiefs, and in the use of eating utensils as does tuberculosis. The germs that cause pneumonia are spread by careless coughers, sneezers and spitters.

"Colds and influenza predispose to the development of pneumonia. If you have a severe chill and fever, a very sick feeling, loss of appetite, rapid breathing, and a heavy sensation in the chest, go to bed and send for your doctor. Pneumonia is always a serious disease and demands the best of care.

"There is no acute illness that causes more concern to the doctor, the patient or the health officer than pneumonia. It should become a matter of common knowledge that anything which tends to reduce vitality predisposes to pneumonia, such as dissipation, loss of sleep, overwork, worry, poor or insufficient food, lack of exercise, alcohol, colds or excesses of any kind, the devitalizing effect of excessively dried and warm air, and sleeping in warm rooms.

"Avoid pneumonia by taking the following precautions. Keep yourself in good condition by eating a proper amount of good nourishing food. Avoid over-eat-

ing, candy or sugar sprues or the eating of any food that is likely to cause indigestion. Walk or exercise in some other outdoor sport for at least two hours daily. Sleep eight hours or more in a well-ventilated room with the windows sufficiently opened to afford an abundance of fresh air.

"Train your skin to stand changes in temperature by a daily morning bath. Start with a moderately warm bath and gradually lower the temperature. The cold water will harden your skin and make you less susceptible to changes in temperature. If you do not react with a healthy glow within a few minutes cold baths are not advisable.

"Avoid colds and infections by wearing sensible clothing. A good rule is to wear just enough clothes to be comfortable. Avoid over-heated houses, offices and shops. Live and work in well-ventilated rooms. A room temperature of 69 degrees is better than one over 70 degrees. Over-heated rooms cause more colds than under-heated rooms. Window ventilation should be provided so that there will be no direct drafts.

"More attention should be given to the common cold. Persons suffering with colds should avoid exposure, over-exertion and fatigue. Many cases of pneumonia could have been prevented by proper care."

16 PINS ORDERED FOR PAST CHIEFS

HUBBARD, Dec. 3 — The annual election of officers for Arion Temple No. 24, Pythian sisters was held Tuesday night.

The following officers were elected: M. E. C., Margaret McMarnis; E. S. C., Susie Moore; E. J., Amanda Dimick; Mgr., Wilma Lettler; M. R. C., Caroline Smolnisky; M. of F., Lenore Scholl; Pivot, Ruth Stauffer; G. O. T., Katherine Will; Pianist, Edith Painter; Capt. of Staff, Cobie De Lespinasse; Press Cor., Blanche Brown; Trustee, Winnie Hoeker; Inst. Officer, Cobie De Lespinasse. Plans were made to present 16 past chiefs' pins at the installation service the first meeting in January.

President Rebekah Assembly on Visit Lodge at Gervais

GERVAIS, Dec. 3 — Mrs. Ethel Meldrum of Milwaukee, president of the Rebekah assembly of Oregon, made her official visit to

Harmony Rebekah lodge of Gervais Saturday night. There were 80 or more visitors from the various lodges in the valley, among them being several of the higher officials. The work was exemplified by Harmony lodge and after adjournment supper was served at the parish hall to 150. The hall was decorated in pink and green, the lodge colors.

The monthly meeting of the Parent-Teacher association will be held at the school building Monday night, December 7. A short program will be given. The subject for discussion is: "How can we help relieve distress in the community during the present season of unemployment?"

HEAVIEST ENROLLMENT GRAND ISLAND, Dec. 3 — With the addition of one new pupil Monday in the Dayton high school the enrollment has been brought up to 115 students, this being the largest student body in the history of the Dayton school.

TALK FOOD DICTATOR BERLIN, Dec. 3 — (AP) — Government authorities predicted today that a price commissioner having almost dictatorial powers over food costs shortly will be appointed.

'OH YEAH' NOT NEW; APPEARS IN BIBLE


MILWAUKEE, Wis., (AP) — The modern "Oh, yeah" is not so new after all, Max J. Herzberg, English instructor in the Newark, N. J., public schools, explained to

the national council of teachers of English convention. "Shakespeare probably said, 'Oh, Yeah,'" said Herzberg, but added, the old Anglo-Saxon hero Beowulf, "about 800 or 600 years before Christ would have said 'Yeah.' I believe our 'yeah' is the 'yes' of the Bible."

people from the ideas presented to the words by which they are expressed." As for not ending sentences with a preposition—that is a rule made by the less well informed, said Dr. C. C. Fries of the University of Michigan. "The less well informed are always the greatest purists," he declared.

W. E. Stough of Richland county, Ohio, raised 662 bushels of potatoes on a measured acre.

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Christmas Shoppers' Number

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