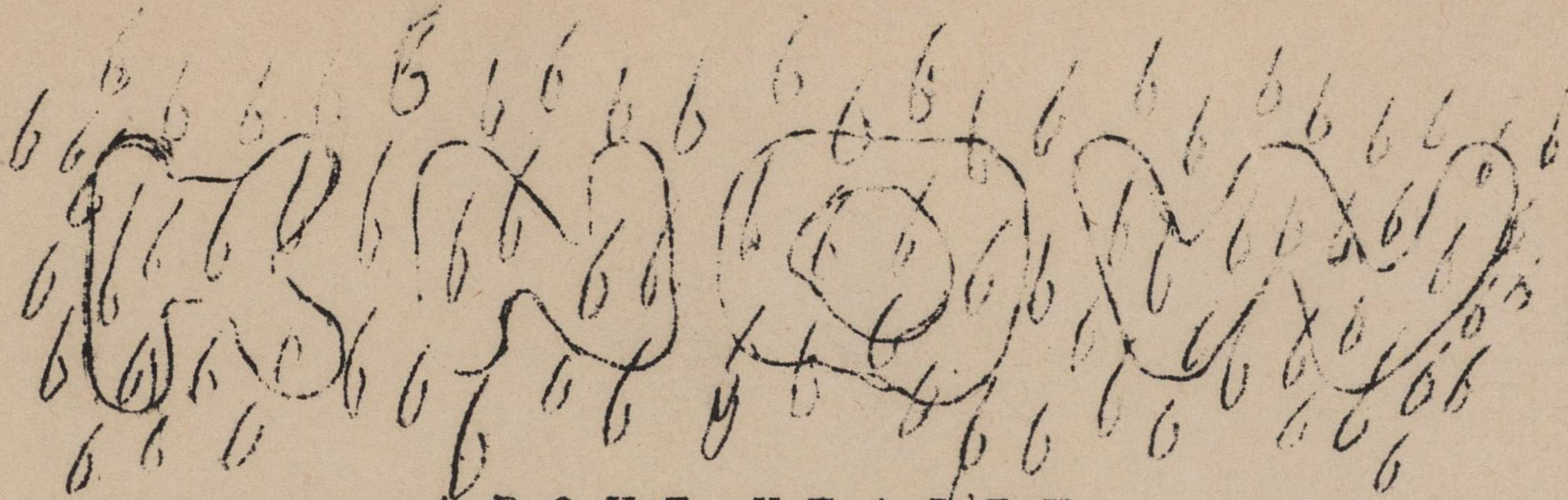


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## A B O U T H E A L T H

THE DOUGLAS COUNTY HEALTH UNIT, City Hall, Massachusetts Street, at 11th, functions daily from 8:00 A. M. to 5:00 P. M. Come in and tell us your troubles.

### Warning

SPRING FEVER is just around the corner. Watch your step. Do not let your mind wander. You may find yourself married before you know it.

### IMMUNIZATIONS

WE'D like to believe that all evil is on the way out. In a sense it is. On the other hand, the general evolution of things is constantly bringing into view new evils or new aspects of evil, that we had not formerly recognized. So, constant vigilance and continuous effort are required to keep us relatively up to date. These general observations apply to the health situation as neatly as though they were made for it. Nature itself seems interested and persistent in "purging" those less fit, but its methods, while admittedly effective, are crude and expensive.

CONSIDER SMALL POX. Nature will give you almost a life time immunity by having it once, but at a cost in lives, up to forty percent of those so immunized, of painful illness of around three days for each immune, and an average loss of time--fourteen to twenty days. You can buy a satisfactory immunity in any doctor's office for a dollar or two and a negligible illness of a day or two. This man made protection does not last so long as the other and should be renewed every few years. Why don't you do it?

THINK OF DIPHTHERIA. It was formerly the great killer of children. Lawrence once had an epidemic of around two-hundred cases in a quarter of a year or so and many children died. Under better methods of treatment as now attained, more would survive, but under the present day practice of immunizing, practically no one ever gets ill with it. Your physician will probably charge you around five dollars for such immunizing and you should begin it when baby is about a half year old.

TYPHOID FEVER and the paratyphoids should be mentioned. Formerly called "traveler's disease", it was the scourge of adolescents and young adults. As soon as one became old enough to move a little out of his home he was sure to be exposed to it. Sometimes it was brought to him at home. It usually killed more soldiers than the enemy did. All different now. Improved sanitation helps amazingly, but the bacterial vaccination is probably the most important factor in the improvement. It is usually done in three doses, has a high efficiency for four or five years, and should be repeated about that often or a "booster" dose may be given each year.

IF THE SICK would sequester themselves a little and the well would