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KNOW

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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.

SOMETHING TO THINK ABOUT

AGRICULTURE last year employed 16% of the nations workers, but had 24% of the fatal accidents. Of all forms of accidents 40% were in homes, 28% involved machinery, 26% live stock, 10% falls, 9% heat, 6% lightning, and all others 20%. Here is a situation and a matter where "taking thought" can make a whale of an improvement.

PNEUMONIA

PNEUMONIA (four syllables please) was known to Hippocrates and the old Greek physicians, but they made it include what we now call pleurisy-- i.e. they did not distinguish between inflammations of the body of the lung and those of its surface or the lining of the chest wall. Aretaeus made a description of it that has been a classic for near two thousand years: "Ruddy in countenance, but especially the cheeks; the whites of the eyes bright and fatty; the point of the nose flat; the veins in the temples and neck distended; loss of appetite; pulse, at first, large, empty, very frequent, as if forcibly accelerated; heat, indeed, externally feeble, and more humid than natural, but internally, dry and very hot, by means of which the breath is hot; there is thirst, dryness of the tongue, desire of cold air, aberration of mind; cough mostly dry but if anything be brought up, it is a frothy phlegm or slightly tinged with bile, or with a very florid tinge of blood. The blood stained is, of all others, the worst".

Formerly, it was taught that all pneumonia, both lobar and bronchial, was caused by the pneumococcus. We now recognize several other agents-- notably streptococcus and virus. About three times as many males as females have it. In the United States it is more fatal in negroes than in whites. Those exposed to cold and hardships are more susceptible. Immigrants and new comers are less so than natives--in the literature. It renews or relapses more than any other acute disease.

It occurs in all climates and in all seasons, but is more frequent in winter and spring. And the incidence is greater in cities.

Nearly every one carries the infectious agent all the time so that when some other trouble strikes him he may develop a pneumonia. This fact