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FACTS ABOUT TUBERCULOSIS.

The Toll of Tuberculosis.

Tuberculosis, a preventable disease, took the lives of 7,486 Pennsylvanians in 1924.

Out of every 100,000 population 81 persons were killed by this plague.

These figures mean that every day in Pennsylvania twenty persons succumb to the White Plague.

Should these deaths for one year occur in one community the inhabitants of any one of the following towns would be entirely wiped out:

Danville, Indiana, Juniata, Kane, Kittanning, Knoxvile, Palmerton, Rochester, Saint Marys, and Sowersville.

A DISABLING DISEASE.

Tuberculosis is caused by a germ known as the tubercle bacillus, which attacks any part of the body. In death statistics, however, about 85 per cent of Tuberculosis meningitis is the next most important form of tuberculosis so far as mortality is concerned. In extent of sickness, however, tuberculosis of the glands is prominent. Probably second in prominence is tuberculosis of the bones; third, abdominal tuberculosis, and fourth, tuberculosis of the skin.

Statistics of the prevalence of tuberculosis as a cause of sickness are few. The chief sources are reports of the Health and Tuberculosis Demonstration in Framingham, Mass., army examination, and U. S. Public Health Service reports. The Framingham reports show that there are about 9 active cases and 9 arrested cases for each annual death.

On this basis there are in Pennsylvania 67,000 persons with active cases of tuberculosis and 67,000 with arrested tuberculosis.

Those having the disease actively are practically wholly incapacitated. Many of those with arrested cases are unable to assume the ordinary duties of a citizen.

Pennsylvanians with active cases of tuberculosis number more than all the residents of either Chester or Lancaster. Those with active and arrested tuberculosis would populate the whole of Scranton.

ECONOMIC COST.

Tuberculosis is one of the most costly diseases. The long period of illness is costly in treatment and in the money lost because of sickness.

Tuberculosis cuts off two and one-half years of life from the complete expectation of every individual. If each individual were to add only \$100 to the community wealth per year, tuberculosis would cost the community \$250 per person. Among 9,200,000 persons in Pennsylvania this loss is over two and a quarter billion dollars.

It has been estimated that a tuberculosis patient is under care for an average of two and one-third years. Probably for at least one year he is unable to earn. Considering all occupations, we can place the average annual earnings of a person at \$1,000. Among the 67,000 tuberculosis cases in Pennsylvania, sixty-seven million dollars were thus lost through sickness.

The usual length of stay in a sanatorium is about six months. The cost of this is about \$500. The cost of caring for tuberculosis patients must be met, whether in a sanatorium or not. Sanatorium care or other adequate treatment costs about \$33,500,000 in Pennsylvania.

Yet health may be purchased. From the Framingham experiment, and from the experience of other demonstrations, it is believed that an adequate expenditure to carry on a general health program would be approximately \$2.50 to \$3.00 per person.

For the entire State population this would cost about one billion dollars in a period of 35 years, as contrasted with a loss of approximately two and a half billion dollars from tuberculosis alone.

HOW CONTROL THIS PLAGUE?

Widespread thought and study have been given to the problem of fighting tuberculosis. The campaign has been organized on a combined national, State, and local basis.

Thousands of persons are engaged in this crusade. The White Plague is so costly in lives, suffering and money that the campaign needs the support of every individual.

Each person should realize that the germ of tuberculosis is the cause of Infection—Disease—Death. There are, therefore, three points of attack—against infection, against active disease, and against premature and unnecessary death.

Among the average hundred citizens 75 to 90 per cent. have tuberculosis infection, or the seed of the disease. We know where most of this infection comes from, and can take definite measures to prevent it. The fewer the infections, the less disease and the fewer deaths there will be.

Among the average hundred citizens, out of the 75 to 90 per cent. with tuberculosis infection, 2 per cent. at any one time will show the presence of active or arrested tuberculosis disease. We are sure of some of the

things which cause this disease, and we can fight against them.

Among the average hundred people, 8 or 10 are going eventually to die of tuberculosis.

TWO MAIN ATTACKS.

There are two main channels of attack against tuberculosis:

1. Public Hygiene—Which is concerned with our organized efforts to attain the equipment for right living in the community.

2. Personal Hygiene—Which involves our individual efforts to follow the methods of right living.

This personal hygiene is of two types:

a. The efforts to prevent disease and infection—which may be called suppressive hygiene.

b. The efforts to increase resistance and build up health—which may be termed creative hygiene.

Personal hygiene also comes into play in three main fields—the field of direct habits, home habits, and food habits.

SOURCES OF INFECTION.

Tuberculosis infection is common, but not serious in itself. It is, however, the seed of future disease. Infection comes from these sources:

From Direct Contact With Infected Adults—Many of these individuals, whether they are sick or not, may or may not know that they have the disease, but may be giving off the tubercle bacillus in their mouth discharges.

The disease may be transmitted by coughing, sneezing, kissing, or even talking—that is by dangerous or bad respiratory hygiene.

From Infected Sputum—Twenty to thirty per cent. of tuberculosis cases in the active stage gives off the germs of the disease in their sputum.

From Infected Utensils, Such as Common Cups, Common Towels, Carelessly Washed Eating Utensils, Etc.—While probably fewer cases are transmitted in this way, these methods can not be ignored.

From Infected Cow's Milk—Surveys of cattle have indicated about 22 per cent. have tuberculosis infection, some of the cows being actively diseased. It has been found 5 or 10 per cent. of tuberculosis deaths among children are from the bovine type.

HOW MEET THESE DANGERS?

Children should not be exposed to tuberculosis adults.

Cases with germs in their sputum should be treated in institutions rather than at home.

We should encourage good respiratory hygiene on the part of everyone. Let us remember that any cough may be a dangerous one. "Coughs and sneezes spread diseases."

We should insist on full compliance with the anti-spitting laws. Spitting in public places is dangerous.

Let us abolish the common cup and the common towel.

Let us insist on safe milk, which means pasteurized milk (heated to kill disease germs—not boiled), or milk from tuberculin tested cattle.

A regular medical examination for all people in the community will find the early and the active cases of the disease, will provide treatment in time to save the patient, and will prevent unnecessary exposure of well children and adults.

How Fight Tuberculosis Disease?

PUBLIC HYGIENE.

Active tuberculosis disease is not so common as tuberculosis infection. Many people get tuberculous infection and never have it develop into the active disease. The infection may remain latent for a long time, and may after years crop out when the infected person is under a strain of some sort, such as over-work, fatigue, under nourished, bad environment, or some other disease, such as typhoid fever, pneumonia, influenza, etc.

There are two ways of fighting tuberculous disease:

1. Collectively—by joint effort—through community measures—or by public hygiene.

2. Individually—by personal effort—or through personal hygiene.

Proper Housing—Here there are two things of prime importance; sufficient living space; the facilities for cleanliness, such as hot water for hand washing and bathing, proper sewage and refuse disposal, etc.

Proper Working Conditions—Unsanitary factory conditions may produce disease. Of even greater importance are too much over-work, excessive fatigue, strain—breaking down our resistance to disease. Unnecessary and dangerous dust in the factories, excessive temperature and humidity may also lower resistance.

Proper Economic Conditions—Extreme poverty and destitution are the allies of tuberculosis. We can not eliminate one without first removing the other.

Proper School Conditions—Sanitary school buildings, thorough medical and nursing work among school children, the use of open window rooms, instruction regarding nutrition, the development of recreation facilities—all these will help to build health and resistance.

Regular Medical Examination—Medical machinery in infant clinics, in school and factories, and for the general population will detect disease in its beginning stages.

PERSONAL HYGIENE.

When all has been done that can be accomplished through organized agencies, there still remains much for the average citizen to do. This is personal hygiene.

The chief channels are hygiene of the home, food hygiene, and personal hygiene.

HOME HYGIENE.

The Use of Cleanliness Facilities—Running hot water is of little use unless we teach children and others to wash their hands before they eat, and to take a bath frequently.

Ventilation—An air-tight building, whether too hot or too cold, is a house and not a home. Fresh air in the home, windows of sleeping rooms open at night—these are the things that help to make the home an institution of Hygiene.

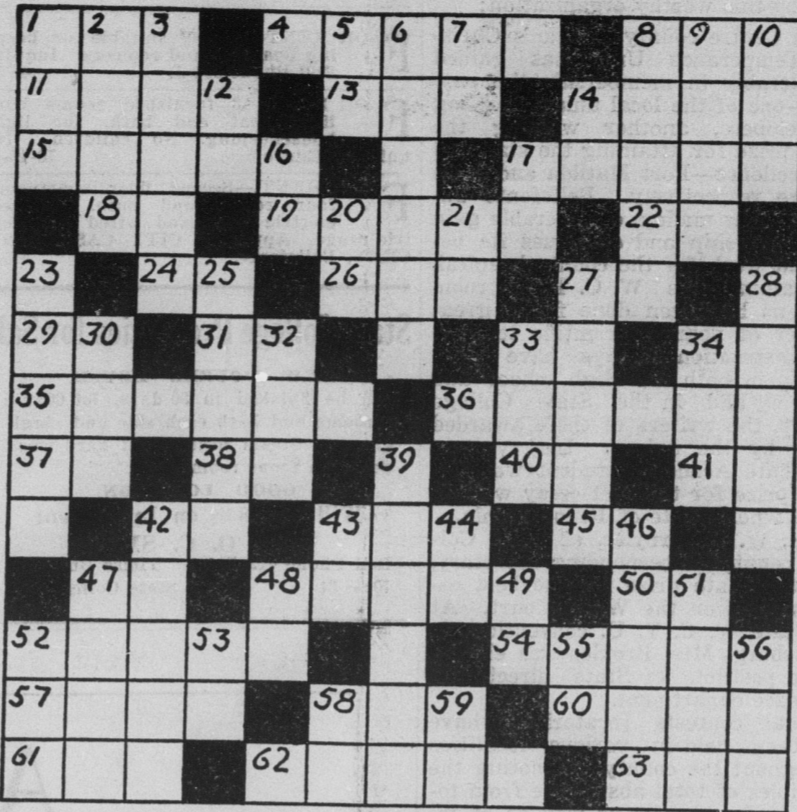
FOOD HYGIENE.

Selection of Food—In these days of high food costs, it is more important

HOW TO SOLVE A CROSS-WORD PUZZLE

When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill all the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill all the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete terms are indicated in the definitions.

CROSS-WORD PUZZLE No. 3.



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Horizontal.

- 1—The sun
- 4—An ecclesiastic representing the pope or an ordinary bishop
- 8—Fuss
- 11—First man in the Bible
- 13—Unit of electrical resistance (physics)
- 14—To stupefy
- 15—Formal assembly of the retinue of a sovereign
- 17—To make amends for an offense
- 18—Thoroughfare (abbr.)
- 19—An avifauna
- 22—"The" in French
- 24—Thus
- 26—to perform
- 27—Nickname for Albert
- 29—Pertaining to
- 31—Sun god
- 33—in a skyward direction
- 34—Middlewestern state (abbr.)
- 35—to rinse the throat
- 37—First note in Guido's musical scale
- 38—Same as 27 horizontal
- 40—Negative
- 41—Personal pronoun
- 42—Indefinite article
- 43—Insane
- 45—Negative
- 47—Thallium (abbr.)
- 48—Claw of an animal
- 49—Grand Lodge (abbr.)
- 52—Western roundup
- 54—One of the early spring months
- 57—Old in years
- 58—A coxcomb or a dandy
- 59—A high terrace
- 61—to injure
- 62—Light boat propelled by paddles
- 63—Pigpen

Vertical.

- 1—Pouchlike part of flower
- 2—Smell
- 3—Praises inordinately
- 5—Maiden loved by Zeus
- 6—Opportunity
- 7—Part of "to be"
- 8—Coral reef
- 9—Sand hill
- 10—Single
- 12—Man's title
- 14—Highway (abbr.)
- 16—Preposition
- 17—Like
- 20—Sun god
- 21—Impersonal pronoun
- 22—to debate
- 25—The most powerful of musical instruments
- 27—Protective covering for dress
- 28—to buy provisions for
- 30—to consume food
- 32—Everything
- 33—Decorative vase
- 34—Doctrine
- 38—Liquid measure
- 42—Kind of tree
- 43—Mother
- 44—to accomplish
- 46—Fiendish giants
- 47—Roman senator's garb
- 48—Preposition
- 49—Continent of western hemisphere (abbr.)
- 51—to lean to one side, as a boat
- 52—Male sheep
- 53—Publisher of a periodical (abbr.)
- 55—Denoting afternoon (abbr.)
- 56—to repose
- 58—Note of scale
- 59—River in Italy

Solution will appear in next issue.

than ever to spend money wisely for food. A good rule is for a family to spend at least as much for milk as for meat and fish, and as for fruit and vegetables.

Proper Care of Food—The proper care of food, on ice in summer and covered to protect it from flies and dust and unnecessary handling will help to keep down disease.

Attention to Diet—A quart of milk a day for each growing child will build bodies capable of resisting disease. Vitamins or growth producers are found in milk and fresh vegetables.

PERSONAL HYGIENE.

A Regular Medical Examination by Your Physician—This, plus a willingness to follow the doctor's advice, will do more than any other one thing to find tuberculous disease early, to prevent active, or advanced tuberculosis. An annual inspection is as useful for "the human machine" as for any factory equipment, if we are not to be scrapped before our time.

Recognizing Early Symptoms—A persistent cough, fever, unusual tiredness, loss of weight, loss of strength, night sweats, blood spitting—these may mean the beginning of tuberculosis and should be investigated at once. Go at once to your physician or to a clinic.

A Life of Moderation—Excess or strain of any kind may open the door for the latent tuberculous infection. This applies to excessive drinking, eating, working, playing, or dissipation of any kind.

Rest—Eight hours of sleep nightly are necessary for most people if they are to maintain health. A few minutes' rest each day before meals will help digestion and build strength.

Exercise and Recreation—Continuous indoor work with no fresh air and outdoor exercise greatly encourages the tubercle bacillus. All work and no play "make Jack a dull boy," and a weak one.

The Will to Health—We often hear that "good wages are essential to good health." It is often more true that good health is essential to good wages. Health is the greatest economic asset in work, in play, and in life.

HOW REDUCE DEATHS?

In a number of cases we are going to fail to prevent infection and to prevent active disease. Is this a hopeless situation? By no means.

Probably 85 per cent. of cases of tuberculosis if taken early can be arrested or cured. How can this be done?

By seeking the best medical advice available and by following it.

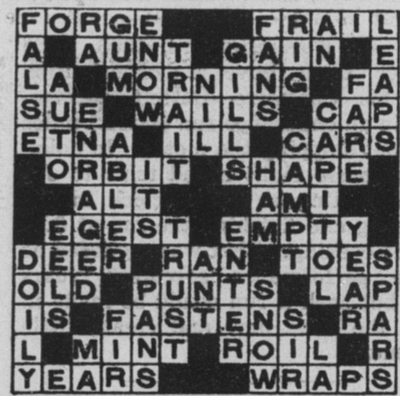
By recognizing that the treatment of tuberculosis is fresh air, sunlight, good food and rest.

By remembering that there are no drugs and no patent medicines of use in the treatment of tuberculosis.

The best case for the average case of tuberculosis is in a sanatorium. Sanatorium treatment is of great value even if it is carried out for only a short time, for it gives the patient a chance to learn what careful living means.

If the patient must stay at home let him follow explicitly the advice of his doctor. Let him live out doors, sleep out doors, and take every ad-

Solution to Crossword Puzzle No. 2.



vantage of the open air. He has good chance to get well in his own town as anywhere else. The climate is of little importance.

Once the disease is cured, the patient must live a careful life.

A WINNING FIGHT.

There is no royal road in fighting tuberculosis. It requires patience and co-operation, persistence and courage. It is up to the patient if he is to get well. Much of the best work of the world has been done by tuberculous patients. For instance, Robert Louis Stevenson, Theodore Roosevelt, and Edward L. Trudeau, the founder of the first tuberculous sanatorium in this country at Saranac Lake.

We are winning the fight against tuberculosis. We are going to fight it to a finish.

It is going to take many "summers" and also "winters" to finish the fight. It can be done if all lend a hand.

Insurance Against Tuberculosis and Premature Death Includes

Eating nourishing food and taking proper care of the body.

Breathing plenty of fresh air, day and night.

Getting sufficient rest every day.

Undergoing a physical examination annually.

New Cancer Cure Saves 150 in 200.

Toronto.—Successful treatment of cancer by a chemical agent of lead was announced recently to the Toronto Academy of Science, by Prof. W. Clair Bell, of Liverpool.

Professor Bell's announcement has world wide interest to the medical profession.

Answering the question, "Will our work stand the final test, and does it lead to the arrest of malignant disease in man?" Professor Bell said he was able to assure the Academy that out of some two hundred cases treated, most of which were hopeless, only fifty patients did not recover.

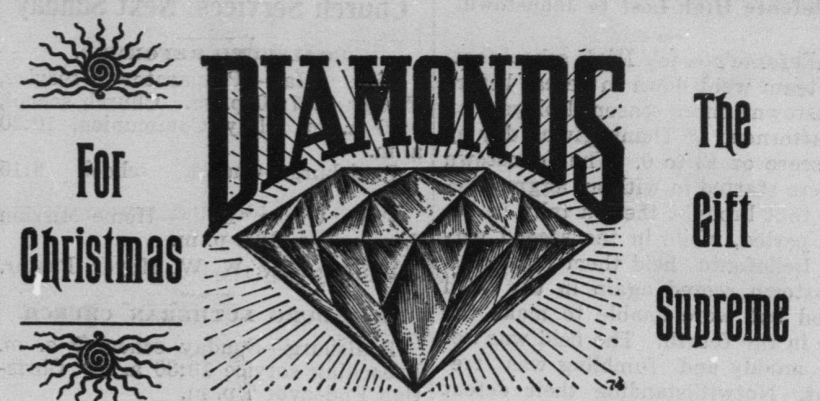
Off-Days.

Old Gentleman: What would you like to be when you grow up?

Boy: I'd like to be a bricklayer.

Old Gentleman: Why would you like to be a bricklayer?

Boy: 'Cause there's so many days when bricklayers can't work.—Good Hardware.



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