### Your Health How to Guard It

Contagious Diseases.

This is one of a series of articles writes for The Omaha Sunday Bee and suorized by the committee of public afirs of the Omaha Douglas County

By DR. H. M. MCLANAHAN.

The word contagion means to touch closely. Catching is used in a similar sense. The more prevalent contagious diseases are diphtheria, scarlet fever, measles, mumps and whooping cough. These diseases are ac quired in two ways:

Immediate, occurring as the result of direct contact with the sick-in sick room ,or in a crowded hall-or by inhaling the droplets as the result of coughing or sneezing.

Mediate, effected through the medium of persons or objects, as clothing etc., that have been in contact with the sick. Some diseases, as diphtheria, can be carried by persons apparently well, and conveyed to oth-While the above diseasse are called diseases of children, they are not limited to any age. As a rule, one attack confers immunity, hence an individual having had one of the above named diseases in childhood does not acquire it in adult life. Diphtheria is the most frequent exception. to this rule. Experience shows the younger the patient, the more serious the disease and the higher the mortality. Fortunately, infants are less often attacked than children, sim-that promises to be one of the great-ply because they are less subject to est sales ever held by that institution.

With these preliminary remarks the recognized early this type of diph-writer will give the well established theria also responds to the serum serum treatment is of little benefit. As the result of one of the recent

will be sent to the home if necessary. conserves the heart. It is heart rend-This can be sent to the city labora ing for a child apparently recovering tory for examination free of charge, to die suddenly from heart failure. No child need be neglected on account of poverty. If there be observed in families where there are other on the throat a membrane of usually children or in case a child has a often sent to school and expose others. tection, It is a tragedy that any one assuming to treat this disease by any method should neglect the above mentioned ethods of diagnosis and treatment. and serum treatment. The importance biased person can read the facts and

Some Are Immune.

truthfully deny the conclusion.

Some children are immune to diphtheria, that ie, they will not catch the disease even when exposed. This ts true of other diseases also. In recent years there has been d'acovered vention of a silent bombing plane. a test by which it can be determined what children are susceptable and which eliminates the tell-tale hum of those immune. In former years this the engines without reducing the disease was more prevalent and more power of the machine. Efforts are fatal in homes and hospitals for chil- now being directed toward the elimi dren than with children in the com- nation of the sound produced by the munity. At the present time it is propeller and by the singing of the banished from all well managed in wind through the bracink wires, stitutions. More important than this test, medical science has also dis- ing German Gothas, during the war, covered a simple and safe treatment been able to silence their engines to prevent diphtheria. In New York London would have been devastated city this treatment has been given from the air. to over 300,000 children with uniform success. Every family physician can give this preventive treatment. The membrane occludes or fills up the windpipe, preventing the entrance of air into the lungs and causing death by suffocation, unless relieved by intubation or serum. However, the provements have been made in remodeling the interior of the postof-fice building here. The lobby has been enlarged and partitions have been removed from the back rooms. tubation or serum. However, when Baltimore Oysters, Pascal Celery, Buffets,

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Fred Brodegaard, one of Omaha's

theria is the most frequent exception dealings and honest business methods. exposure than children old enough This sale starts Monday, to continue throughout the week.

tacts concerning diphtheria. Without treatment in most cases. Another modern treatment this is one of the type of the disease is known as nasal nost fatal of the contagious diseases, diphtheria. The germ developing the it is sad to realize that lives are need-lessly sacrificed because of failure to apply the remedy in time, because when recognized. when recognized early, the use of suspect the nature of the trouble, serum greatly lowers the death rate, but when neglected for five days the charge-a foul odor.

It is not to be understood that the discoveries of modern medical science serum is the only treatment. Some it is now possible to prevent this cases are complicated by other dis-dread disease. The germ causing diphtheria is as diseases, as for example, measles and definitely known and as readily recognized in the laboratory as any oblect in nature, as certainly as the kidneys, local and internal medication botanist can recognize one species of are all important, and should be diplant from another, or the farmer one rected by a competent physician. One strain of cattle from another. The necessary-indeed sometimes life savdiphtheria germ elaborates or ex. ing-part of the treatment, seems so cretes a poison. This is readily taken simple that it may be neglected, up in the circulation and in sufficient namely, rest in bed for some days quantity it is highly poisonous, both to men and animals, indeed, often fatal. They have no fear of consequences. Every child with a sore throat hence, parents should be informed as should be examined. If there is doubt to the reason for prolonged rest. The as to the nature of the sore throat reason for the value of rest is that the city board of health will furnish a the poison of diphtheria often affects sterile cotton swah with directions the heart. It is like the thief in the for using. A competent inspector night, it is subtle and unseen. Rest

white or grayish color, then it is known exposure to diphtheria it is safer to give the serum without wait- possible to prevent it developing the ing for a report from the laboratory, disease by injecting a small dose of Every family physician is competent serum. However, the protective into administer the serum in proper fluence does not last more than or doses. Children with diphtheria do to three months. It is for immediate not act or appear as sick as with protection, whereas, the toxin-antimeasies or scarlet fever, hence are toxin treatment is for permanent pro-

Co-operation as between the general public, boards of health and the entire medical profession, including Parents should know that recovery all who assume the responsibility of from diphtheria depends in a large treating the sick-by whatever name measure on its prompt recognition they may be called-in the light of of early treatment has been proven by nate this dread disease from among statistics, so certainly that no unclivilized nations. modern medical science, would elimi-

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membrane of diphtheria is not limited to the throat. In some cases it forms in the windpipe. This type was for-merly called membranous croup. It is now known that the condition is tin and the carriers, extensive imdue to the diphtheria germ. The provements have been made in re-

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