

RED CROSS AIDS TO CHECK FLU

Plan For Co-operation and Help Has Been Outlined by State Directors.

County Red Cross chapters in this state are asked to lend their co-operation and aid in stamping out influenza in the rural districts of the state in a circular just issued by Judge N. C. Young, state director and Harry Curran Wilber, executive state secretary.

The circular outlines a plan of co-operation, and calls attention to the shortage of physicians and nurses, adding that "this condition makes it necessary for each neighborhood to largely rely upon themselves. As a matter of safety, they must feel responsibility to each other, neighbor to neighbor and community to community, that is to help one another in every possible way for outside help in many instances cannot be obtained."

"Our Red Cross chapters have already done wonderful work in fighting this epidemic, and in relief work connected therewith, especially in our towns and villages, but we must remember that winter is now here and that 75 per cent of our people live in the country on farms," continues the circular.

The proposed plan for extending aid, as outlined by the circular, follows:

"What can our county chapters do to help in this situation, you ask. You can, through your chapter organizations, see that there is no suffering and are no deaths in your county from neglect. Your chapter has jurisdiction over the entire county. You have it organized into branches. Most chapters have accurately defined the territory covered by each branch. If you have not thus fully divided your county you should do it without delay so that no resident in your county, during this epidemic, will be outside of the watchful supervision of the Red Cross. You should know at all times, just what the epidemic situation is in your county. Your executive committee has power to appoint other chapter committees, or special committees if those you have now cannot promptly and efficiently attend to the duties you place upon them. You have power to require your branches to select special committees to carry out your directions. You may name committees to cover territory not being cared for by the branch officers. The branch committees, or those named by you, should keep in touch with every family in their district, by personal visits if necessary, and as often as necessary report to you. Physicians should be called whenever possible, and their directions should be followed. You will always cooperate with them, and with the boards of health and other relief agencies.

Experience has demonstrated that with proper care and treatment, the malady is ordinarily not dangerous, but it is dangerous when proper care is not used and when the advice of physicians and health officers is disregarded. A large part of the fatalities which have resulted are due to this cause. It is, therefore, essential that each family shall be forewarned and instructed in the matter of care and treatment and what to do. All agree as to a few simple things which are vital at this time and applicable to everybody. You should keep in as good physical condition as possible. Avoid over-exertion and exhaustion. When you first feel sick, even with nothing but an apparent cold, don't rely upon your reserve strength to overcome it. Just quit and go to bed and rest. Secure a physician whenever possible. Find out what your trouble is, follow directions scrupulously, stay in bed until completely recovered, and add a few days to be sure. Then be careful for some time afterwards to avoid a relapse. To make this possible members of families and neighbors must help one another and relieve one another. This is vital.

not speak or read English. They must be instructed in their own language, and be made to understand. They, most of all, need your advice and help.

"The plan of supervision which is urged upon you does not involve an expenditure of money except in cases of financial distress. It is a program of mutual helpfulness. The Red Cross has been called 'Applied Christianity.' We want it applied in every family and in every community in this state. The success of the Red Cross has been due to the voluntary service of our people. They will respond to your call for organized helpfulness in this home service. You know the people of your county and the situation and will know how to carry out the suggestions which are made. Here is an opportunity for service. The necessity for it is great and we know that you will answer the call.

Respectfully,

N. C. Young,

State Director

Harry Curran Wilber,
Executive Secretary

Church Announcements.

UNITED LUTHERAN CHURCH,
T. E. SWEGER, PASTOR.

Norwegian Divine Services Sunday, January 12th at 11 a. m. and English at 7:30 p. m.

LUTHERAN FREE CHURCH
L. M. HALLING, PASTOR
Services in Binford on Sunday, at 11 a. m., and in Willow at 3 p. m.



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Five Passenger
Four Passenger
Five Passenger
Seven Passenger
Seven Passenger

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