

PREVENTION OF 'POLIO' DISEASE CALLS FOR CARE

RULES FOR PRECAUTION AND CONTROL QUOTED BY HEALTH BOARD—FEW CASES IN NORTH DAKOTA.

Extreme care to prevent the spread of infantile paralysis is being urged by physicians of the northwest with the view of blocking a threatened epidemic of the disease, which has visited this section of the country every five or six years as far back as the records go.

So far only one slight case of the disease, which is known scientifically as polio-encaphilitis, has been reported in Fargo, that from one of the local hospitals, but the case not of a serious nature. A few cases were reported this week from the vicinity of Portland, but no deaths have resulted. In Minnesota, the state board of health announces, between 300 and 400 cases have developed with 19 deaths in the entire state, although the disease is most prevalent in the Wadena county district.

Records of the Minnesota state board of health office show that in 1910 an epidemic occurred with about 1,000 cases and 201 deaths, while in 1916 another epidemic resulted in 103 deaths. So far this year the disease has not gained alarming proportions, although the health officers declare that extreme care is important.

The unusual feature of the outbreak this year is that the beginning and often the entire course of the disease is so mild that medical attention is not sought, according to a report made by Dr. A. J. Chesley, executive agent for the Minnesota state board of health. Most of the cases are of children, only a few adults being attacked. Multiple cases, attacking members of a family in turn, occurred in many instances, and contagion by contact was traced in many cases, he said.

"Polio" is a contagious disease and is spread from the nose and throat in the same manner as colds, Dr. Chesley said. Therefore preventive rules have been laid down by the state board. They also apply to spinal meningitis, a relative of "polio," which often is mistaken for it, he said. The rules:

"1. Keep your children off the streets.

"2. Do not let them play with any children or associate with adults who are not entirely well.

"3. Keep them as quiet as possible and be sure they get full rest and sleep.

"4. Keep house properly screened and swat every fly that gets inside.

"5. Keep out sick persons who do not belong in your house.

"6. Be careful as to what goes into the mouth. (a) Wash children's hands frequently. (b) Cultivate the habit of keeping fingers and things not to be eaten out of the mouth.

"7. Be careful as to food. (a) Make sure hands are washed thoroughly just before eating. (b) Avoid eating uncooked foods and vegetables handled by unknown persons or that have been exposed to street dust or flies. (c) Make sure all fruit consumed is ripe but not overripe or decayed.

"8. Use individual drinking cups and do not use cup for a dipper or a dipper for a cup."

In case of sickness the rules follow.

"1. If one of the children or an adult in your family appears sick or complains of not feeling well, separate that person from the rest of the family and call a doctor. Do not allow visitors to enter.

"2. After waiting on the sick person be sure to wash your hands immediately and again before eating or preparing food for others.

"3. Collect nose and throat discharges in paper napkins or in small pieces of old cloth and burn immediately.

"4. Bowel and bladder discharges must be disinfected before depositing in sewer, cesspool or elsewhere. To disinfect use 5 percent formalin solution or such other disinfectant as your physician or health officer shall advise. Always use as much of the disinfectant solution as there is of the discharges to be disinfected.

"5. Obey directions of your doctor and your health officer."

Added information is given as fol-

lows:

"One-fifth of all persons sick with poliomyelitis die and many who survive remain more or less disabled through life.

"Three-fourths of all cases occur in children less than 10 years old.

"When the disease occurs in adults death claims about one-half those afflicted."

FREE MOVIE DAY

FOR THE KIDDIES

The Red Cross organization has decided to keep the Health work before the children of this county during vacation by presenting ten reels of free moving pictures to them.

The first five reels will be shown at the Strand theatre in Cooperstown Saturday afternoon, August 18th, from 4:30 to 6:00 p. m. Every boy and girl in the county is urged to come to Cooperstown and partake of this movie treat.

The second Free Movie Day will be Saturday, August 27th, when the last five reels will be shown at the Strand theatre.

There is no doubt but what these movies will be highly interesting to both young and old. They are in story form and some showing pictures of the interesting work of the School Nurse, Health Clown, Boy Scouts and other organizations. The pictures are especially wholesome and amusing from the first to the last reel.

The Red Cross invites everyone to be at Cooperstown these two free movie days and enjoy a day at the Strand theatre before school starts again.

The admission is free to everyone. Watch for the program.

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terns at prices far below the average
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roomy, of good materials, correct
such quality, the prices are indeed
word for this, come in and see
away with six or a dozen. The
stocks on hand. See these shirts
Below we have listed a very few
big savings that are awaiting you

Group One

Percale shirts of good quality
French cuffs. Narrow stripe effect
in black and colors. This lot offers
a very good selection in sizes
14 1/2, 15, 15 1/2.

\$1.29

Group Two

Shirts of Corded Madras and Print
Oxford cloth in all the new patterns
and popular colors, stripes and small
checks. French cuff style. Sizes
14 to 16 1/2

\$1.98

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