

THE SCARLET FEVER SEASON

Health Literature

Supplied by the P. E. I. Red Cross Society

COLDS

The "common cold" is an inflammation of the mucous membrane which lines the nose and throat.

Colds are caused by germs and are dangerous. The younger the child the more dangerous the cold.

These germs get into the body by the nose or by the mouth. They are spread by the use of improperly washed cups or spoons.

Once these germs get into the body, they are apt to succeed in causing a cold if the fighting power of the body, or "resistance" as it is called, has been weakened.

The name "cold" is misleading, for while it is true that the body is weakened by an exposure to cold and wet which causes a chilling, it is as a matter of fact, the overheated, dry air of our homes and offices in winter time which damages the delicate mucous membrane of the nose and throat.

DO NOT PASS YOUR COLD ON TO OTHERS

See that the discharges of your nose and throat do not reach others.

Always cover your nose and mouth when you cough or sneeze. Keep away from children.

IF YOU DO NOT WANT YOUR CHILD TO HAVE COLDS

Do not let anyone with a cold come near your child.

TO PROTECT YOUR CHILD IF YOU HAVE A COLD

The mother of a young infant must be more than ordinarily careful if she herself has a cold.

AS A MATTER OF PREVENTION

So that the "common cold" may not develop into something more serious, the child or adult having the cold should receive a dose of laxative, have a hot bath, and remain in bed a day or two.

A Disease which Begins its Attack When the Schools Open. How it Spreads and How it May Be Avoided. Prevent it and Save Life

During the summer there is little Scarlet Fever. When the schools open, scarlet fever begins and the number of cases increases steadily during the autumn and remains at a high level during the winter months until the springtime.

HOW SCARLET FEVER SPREADS. The disease is spread by the secretion of the mouth, nose and discharging ear. While many physicians believe it is carried by the fine particles of skin given off in peeling, real evidence of this is lacking.

The first symptoms of scarlet fever may be headache, fever, vomiting and sore throat. After a day or two, a scarlet rash appears. This rash covers the body, and resembles a severe sunburn.

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REPORTS OF WOMEN'S INSTITUTES OF P. E. ISLAND

Bear River South The first regular meeting of the new Institute was held at the home of Mrs. Gertrude Molsac with fifteen members and four visitors present.

Long Creek Institute held their December meeting at the home of Mrs. H. A. MacKenzie with twelve members and five visitors present.

Bear River North Seven members and three visitors met in the Schoolhouse on December 10th when the regular monthly meeting of this Institute was held.

Fairview Nine members and one visitor attended the December meeting of this Institute held at the home of Mrs. Ernest Currie.

Lower Montague Seven members and five visitors met at the home of Mrs. C. J. Stewart.

Montague Twenty members met in the League Rooms on December 1st. The President presided and the meeting opened with the Ode.

Peter's Road Eleven members met at the home of Mrs. Hugh Campbell where the November meeting of this Institute was held.

Central Royalty Six members and eight visitors met at the home of Mrs. William McLeod on November 5th where the regular monthly meeting was held.

Cardigan Eleven members and three visitors attended the November meeting of this Institute held at the home of Mrs. Andrew S. MacDonald.

Glenmore Nine members and five visitors attended the November meeting of this Branch held at the home of Mrs. Jos. F. Macdonald.

Hunter River Six members and one visitor attended the November meeting of this Branch held at the home of Mrs. R. H. Campbell.

York Institute held its November meeting at the home of Mrs. Archie Vessey with fourteen members and four visitors present.

Furniture The Practical Gift. There's nothing more practical or more substantial for Christmas giving than Furniture. Its practically a lifetime affair and there's no question about its appreciation.

Tea Wagons, Gate Leg Tables, Desks, Chesterfield Tables, Sewing Baskets, Vanity Dressers, Dressing Tables, Sectional Bookcases, Cedar Chests, Piano and Reading Lamps, Smoker Sets, Card Tables, Kitchen Cabinets.

---and don't forget Good China. An individual piece or a hundred piece set—you can surely make a satisfactory selection from our present showing of high grade porcelain china tea sets and dinner sets.

HOLMAN'S 135 Grafton Street Your Purchases Will Be Stored and Delivered Christmas Eve. Holman's is the Furniture, Stove and Crockery House of P. E. Island.

RED PIMPLES ITCHED BADLY Neck and Chest Broken Out. Cuticura Healed. My daughter's neck and chest were very badly broken out with red pimples that fettered and itched badly.

OLD TREES Old twisted trees Stand in the sun And talk to the young trees Just begun.

How to Relieve Children's Colds. When a child shows the first symptoms of a cold, such as sneezing, redness of the eyes, or a running nose, prompt measures for relief may avert serious results.

FAIRY TALES The fairy tale you told me was a very pretty whimsy; "That I must wait in honor for the knight who would ride by."

Woman may be the weaker vessel but man is often broke. There is one good thing about being man with trouble on his mind. He never breaks into your office summing selections from a musical comedy.