

THE UNENDING FIGHT AGAINST COMMUNICABLE DISEASES

Keep Him Healthy!



"I'm Immunized!"

Communicable Diseases Curbed by Immunization

Elsewhere on this page, is a list of the number of cases of communicable diseases reported in Prince Rupert during 1944. The figures make interesting reading. For example, they show that there were no cases of whooping cough during the year. And yet just two years ago, this city had 31 cases in the 12-month period. Wiped out? No, just controlled, and it can remain controlled so long as you and I do our part to become informed on what whooping cough is and how to protect against it.

It is the same story with diphtheria. There were 44 cases in 1942, none in 1944. Again we controlled it.

And when we say "We," that means you and I in co-operation with the local medical practitioners and the health department. Without your help and mine, the doctors could not have done it alone.

These diseases could break out again if we do not remain alert against them. Here are some of the well-known and more common diseases and how to protect yourself and your family against them.

Whooping Cough

Of all communicable diseases, this one is most likely to affect the youngsters of the family. Many cases occur in infants of six months of age or less, while the largest proportion occurs between the ages of one and three years. In older children, while the disease may not be as severe, there is still the long drawn out convalescence, with its nights of coughing and wakefulness—which are perhaps harder on the parents than on the child!

Prevention

Most recently added to the list of preventive measures against communicable disease is whooping cough vaccine. It provides immunization in over 80 per cent of the children and if the disease is contracted it is much milder.

Whooping cough vaccine is given under the skin like diphtheria toxoid. It should be given between the ages of six months and one year. It is usually given in three visits to the doctor, who gives two injections at each visit.

There is a preparation used in Prince Rupert which combines whooping cough vaccine and diphtheria toxoid. This is proving satisfactory and means that immunization against diphtheria and whooping cough can be carried on with the same injections—which saves many trips to the doctor or clinic.

Scarlet Fever

And what about scarlet fever? It is a communicable disease, too. It can cause heart conditions or deafness or kidney disease. Many cases occur in Canada each year. And yet there is a substance which gives 80 per cent protection against this disease. It is known as scarlet fever toxin.

Protection

Scarlet fever toxin is given in five doses, a week apart, and many health officers advocate a sixth dose to ensure protection. It is

given under the skin just like diphtheria toxoid and causes very little pain or reaction afterwards. It should be given between the ages of one and two years.

Scarlet fever toxin has not been perfected as has diphtheria toxoid and since so many doses are required, some health departments do not plan campaigns, but they give information in regard to scarlet fever toxin and distribute it to physicians who wish to immunize patients against this disease.

Diphtheria

Diphtheria, too, is a "germ" disease, which spreads very rapidly from one person to another, either by direct contact or by means of "carriers" and infected clothing, dishes, common drink-

persons sick with diphtheria. It is a preventive against diphtheria. It acts by buliding up a person's resistance to diphtheria germs and their poisons.

Diphtheria can and has been wiped out. United effort has done this.

Smallpox

We all know what smallpox is, though many of us have never seen a case.

Perhaps that is why we forget that smallpox is a killing disease. We forget how disfiguring it can be. We forget that it was once the most dreaded of all diseases, and that it wiped out a tenth of the population at a time. It used to be that lack of smallpox marks was used as a means of identification—people who were not pock marked were rare. Yet smallpox is still here, and there are cases occurring in Canada.

Protection

There is no natural immunity against smallpox. Anyone who

1942 Diphtheria	44
Whooping Cough	31
1943 Diphtheria	7
Whooping Cough	25
1944 Diphtheria	0
Whooping Cough	0

Diphtheria and Whooping Cough are serious but preventable diseases. They can be controlled! The picture-graph above shows the number of cases in Prince Rupert in the past three years.

ing cups, etc. Poison from the germs spreads through the body.

It is a killing disease, though, at times, it is deceitful by its very mildness. In the old days before the discovery of antitoxin and toxoid, it wiped out whole families and even communities because of its severity. It was dreaded almost as much as smallpox.

It attacks all ages, but is much more apt to attack young children, especially those from six months old up. It is also more severe in these younger children and causes more deaths. Even when apparently mild, it leaves or may leave, serious heart and nerve complications.

Treatment

Antitoxin is of great value in treating diphtheria. If given early enough, and in large quantities, it will save life and help prevent complications. But there is the problem of finding the disease early and getting the antitoxin in time. Surely we do not want our children to be sick with the disease, let alone die of it!

Protection

And here TOXOID comes to the rescue. TOXOID will protect our children against taking the disease. It is usually given in three small doses under the skin. The doses are spaced about three weeks to a month apart. Each dose hurts only about as much as a mosquito bite. There is no "sick" reaction to it when given at an early age.

It is best given from six months to nine months of age. A fourth or "reinforcing" dose should be given when the child starts to school, or even earlier.

There is a test—known as the Schick test—which tells if the child has been protected against diphtheria and whether further injection are necessary.

Toxoid is NOT a treatment for

has not been vaccinated may catch it. It attacks people of every age. Vaccination is the only protection we have against it.

Every child should be vaccinated before he is 12 months of age. Smallpox is caused by a "germ" so tiny that it cannot be seen by an ordinary microscope.

Smallpox vaccination protects against smallpox. Vaccination is usually done on the outer part of the upper left arm. Modern methods leave only a small scar no longer than the end of a lead pencil. In young children there is scarcely any "sick" reaction.

A vaccination scar is the badge of immunity against smallpox. Vaccination should be repeated every seven years, or during an epidemic.

ONTARIO PROVES

(Continued from Page 2)

cases of the above diseases originating through the use of milk.

98.82 per cent of Prince Rupert's milk is pasteurized.

Germ Carried by Raw Cow's Milk

Careful experiments have conclusively proved that here is no raw milk free from germs, even when obtained under sterile conditions. There are known to be bacteria in milk when it leaves the udders of healthy cows.

If milk is not kept very cold these bacteria first change its taste and color; then cause the milk to sour or curdle. This process continues in the stomach, causing indigestion, in babies particularly.

In addition to the organism in the milk of healthy cows which causes the fermentation and putrefaction of the nutrients in milk, many diseased cows carry germs in the milk which produce very

Number of cases of Communicable Diseases reported in Prince Rupert in 1944:

Meningitis	3
Chicken Pox	32
Diphtheria	0
Gonorrhoea	145
Measles	2
Mumps	2
Paratyphoid Fever	3
Rubella	74
Scarlet Fever	17
Syphilis	56
Tuberculosis	30
Typhoid Fever	1
Whooping Cough	0

Diphtheria Wiped Out

A marked decrease in the number of cases of diphtheria in the Prince Rupert area during the past two years has been one of the most gratifying results of the program of the Prince Rupert Health Unit. The fact that there have been no cases of this malady in the past 17 months, is ample tribute to the success of the immunization program.

In Prince Rupert no less than 77 per cent, and in Terrace, 86 per cent of the elementary and high school children have been immunized. Approximately 800 adults have been immunized, to say nothing of many children of pre-school age at the clinics for pre-school children.

The diphtheria situation on the north coast of British Columbia in recent years, might be summarized as follows:

Diphtheria was unknown in the area in the years immediately preceding the war.

In 1942, a total of 47 cases or 78 per cent of the total reported provincial incidence occurred in this area.

In 1943, 43 per cent of a total of 14 cases occurred in adults.

No cases occurred in immunized individuals.

Sulphathiazole powder 30 per cent in magnesium carbonate was effective in treating a virulent carrier state of probably one year's duration.

There has been no diphtheria since 1943.

How does the food you eat compare with Canada's official food rules? Are you getting sufficient of the protective foods to supply the necessary minerals, vitamins and good quality protein?

dangerous diseases in people of all races and ages.

Disease-producing germs in milk have their origin in diseased cows, milkers, milk handlers, carriers or people who have recovered from infectious diseases, but still carry the germs in their bodies, and at times from contaminated water used in the dairy for washing utensils.

Milk-borne diseases are bovine tuberculosis, undulant fever, diphtheria, scarlet fever, septic sore throat, typhoid fever, paratyphoid and dysentery. There are also a number of food poisoners found in raw milk.

Dr. J. R. Fraser, dean of the McGill University medical faculty, states that possibly infantile paralysis is a milk-borne disease.

The communicable diseases mentioned also may be conveyed in the various fresh-milk products such as cream, ice cream, cheese, butter, and buttermilk.

Proper pasteurization of raw milk destroys disease germs.

ELDERLY MEN OF PRINCE RUPERT TO BE PROVIDED WITH FINE RESIDENCE

In development of social welfare and health services in Prince Rupert the respected elderly men of the city have not been forgotten. The city corporation is now calling for tenders for a fine Pioneers' Home building in one of the best residential areas where these men will be able to spend their declining years in the ease and comfort which is their due.

through a myriad of islets. In the summer, it is one of those van-

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A federal priority has been received authorizing the city to build up to a value of \$18,000. Financing has been achieved as a result of a public subscription campaign, in which the citizens amply demonstrated their sympathy with the project, augmented by a civic grant.

The building site boasts one of the finest harbor views in Prince Rupert, being near the west end of the city, and just inside the entrance of the harbor. It overlooks the point where beautiful Metlakatla Passage runs off to the west

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