PREVENTION OF COMMUNICABLE DISEASES

The numerous diseases which affect man can be divided into two groups: (a) communicable diseases (spreads from one person to another) and (b) non-communicable diseases (does not spread).

Communicable diseases take the greatest toll, especially in a very crowded community, resulting in what is known as mass infection or epidemics. Once an epidemic develops, great difficulty is encountered in combating it in spite of concentrated efforts by the doctors. This is because the disease spreads from one person to another very rapidly like wildfire. Today, this difficulty becomes even greater because of numerous shortages and handicaps brought about by the present war.

The only other alternative which we can employ in fighting age-old outbreaks of communicable disease is to act upon its prevention. The old saying that "an ounce of prevention is worth a pound of cure," certainly more than holds true as far as prevention of man's diseases is concerned for there are some communicable diseases which medical science is helpless to remedy once it has taken foothold. Each communicable disease has a specific agent responsible for its existence. These agents are known to the public as "germs" if these so-called "germs" were large enough to be seen by our eyes, than it would be relatively a simple matter to kill or eliminate these whenever we see one. Unfortunately, however, germs are living things so small that it can be seen only after careful observation under the microscope.

For this reason we must be extra cautious and always apply an ample of safety whenever we are in contact with any objects which are potentially "germ" containers. The Medical Department has a group of workers especially trained to see that objects are not only visibly clean, but sanitary as well.

These disease-causing agents are always present in people who are suffering from a particular disease. Moreover, in some diseases like typhoid and dysentery, a person appearing normal may harbor the bacteria which can infect others. The latter are known as "carriers". The germ locates the body of the disease or the carrier by means of the sputum, stool or urine depending upon the type of infection. Discharges from the nose, eyes and wounds may also contain "germs." Whenever other people come in contact with these excreta or discharges, he can get infected, thus continuing the chain or cycle of infection. Remember that the discharges and excreta of a normal person and those which are teeming with disease-causing germs appear similar so far as our eyes are concerned.

From this cycle, we notice that once infection or epidemics can be minimized and even prevented, if we keep other people from coming in contact with body excreta and discharges which contain disease-causing germs. In order to accomplish this prevention both parties must do their share. The infected person and the carrier must be certain that his excreta and discharges are disposed of properly. The others must take precaution in seeing to it that they will not become infected. As a matter of fact, we must all establish clean and wholesome habits because many times we may be harboring and disseminating disease germs in our own bodies without having the slightest knowledge. Furthermore, aside from containing disease, improper disposal of excreta and discharges create a definite unwholesome nuisance.

The letrine facilities such as washstands, urinals, toilets, showers, and laundries, must always be kept sanitary because disease germs may be lurking there.

About 90% of infection occurs by means of "germs" entering through our mouths. Hence, not only the food and drinks but also the utensils used in preparation and eating must be clean and sanitary. It becomes apparent that the block janitors and the kitchen personnel play an important part in the prevention of disease. They, however, cannot carry this responsibility alone. Others, adults and children alike, must do their part.

Rewards for our efforts will be paid in terms of better community health.

MEDICAL DEPARTMENT
美人コンテスト立候補

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