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WILLIAMS

TALKS ON

Preventive Measures

First Aid Remedies

Hygienics and Sanitation

NO CASES ARE DIAGNOSED AND NO PRESCRIPTIONS GIVEN IN THESE WEEKLY ARTICLES

"Self help is the best help."—Aesop. Health Week—The Aftermath.

For the past two months Dr. Booker T. Washington urged the colored population by personal letters, appeals from the pulpits, through various newspaper publications, fraternal, civic and social organizations to observe the week beginning March 21 and ending March 28 as a general health week; that sermons, lectures, talks and addresses should be given on those two Sundays and on every available opportunity during said week on some phase of the subject of health, hygiene, sanitation, housing conditions, etc., to the end that, having gathered this knowledge, we might in the future be better prepared to meet and reduce the rate of sickness—to reduce the high death rate among the colored people of this country, due largely to preventable diseases.

This was a good, timely movement—the very thing that this paper has been advocating for nearly three years.

We are pleased to note that some notice and observation were taken of health week at Bethel A. M. E. Church, Frederick Douglass Center, St. Mark's M. E. Church, Ebenezer Baptist Church and perhaps other churches and organizations in this city that we know not of at this writing, but we are pained to note that more attention was not given to this matter, which is of paramount importance not only to the colored people, but to all the people of the nation.

But the observance of this health week was nothing comparable with the importance of the event.

The heralded and noised-abroad reports that the colored people are more susceptible to certain diseases; that they are carriers of certain preventable diseases; that it is dangerous to come in contact with colored people as servants, as artisans, clerks, workmen of every description are a malicious doctrine that has for its purpose, largely if not entirely, to promote, foster and engender the spirit of segregation, "Jim Crowism," in the housing, in the working, and in fact an endeavor to uproot his economic status. Hence it behooves the leading colored men and women, men of thought and sagacity to take notice and prepare themselves to combat this erroneous and malicious propaganda.

This is our thought, friends: Things that pertain to our health and our welfare we should be ever ready and take the initiative toward protecting ourselves, and at the same time not to injure others, against the onslaught on our economic rights and condition. We should not wait for others to bring these deleterious reports and statements of our condition, but we ourselves should be the watchmen upon the walls—be on the alert and become thoroughly conversant with our physical health, social and economic status in every community in which we form a considerable part.

Report of the Chicago Department of Health and the Negro.

According to the tables compiled by the department of health of Chicago, available and reported in 1914, we note the following:

In 1913 the colored population was 47,279.

In 1912 the colored population was 46,284.

In 1910 the colored population was 44,306.

Death Report (Colored).

In 1910 the number of deaths....1,075

Death rate per 1,000.....24.26

In 1910 out of a population of 2,195,551 whites there were 33,241 deaths and the white death rate was 15.14.

In 1912 the colored population

was.....46,284

Number of deaths.....1,214

Death rate per 1,000.....26.16

This death rate was a little higher than the rate for 1910, or in other words, 26.16 against 24.26.

In 1912 white population was 2,294,711

Number of deaths.....32,998

Death rate per 1,000.....14.63

Their death rate was a little lower than that of 1910, whereas the colored death rate was higher.

The 1913 Colored population....47,279

Number of deaths.....1,176

Death rate per 1,000.....24.85

Which rate is a little less than 1912.

The 1913 white population...2,344,018

Number of deaths.....35,201

Death rate per 1,000.....15.05

The death rate of the whites was a little higher for 1913 and the colored death rate a little less.

Death Rate of Chicago for 1910 for 100,000 Population, According to U. S. Census.

	White.	Colored.
For all causes.....	1,495.1	2,387.3
Typhoid.....	13.4	23.6
Scarlet fever.....	18.8	2.1
Diphtheria and croup.....	38.0	10.7
Tuberculosis of lungs.....	150.8	502.8
Other tuberculosis.....	9.0	36.5
Heart disease.....	130.7	285.8
Pneumonia.....	237.9	371.5
Bright's disease.....	111.8	208.4

Our readers will observe that for a long time we have been constantly calling their attention that tuberculosis of all forms; that organic heart disease, Bright's disease (kidney disease), pneumonia, "The Captain of the Man of Death," were largely preventable diseases, and that these four diseases are claiming too many of our young people, and that through better sanitary conditions and a more perfect personal hygiene, the taboing of alcoholics, a regular and intelligent medical examination once in a while to know the absolute working condition of the system would inure very much to the prevention of conditions that if neglected often prove very disastrous.

The Weekly Bulletin in commenting upon this situation in Chicago says: "A study of the death rates of the Negro, as shown in the tables given, as compared with those of the whites, gives rise to some interesting conjectures as to the need for publication among the colored people nowing in Chicago.

"Since 1910 this portion of opopulation has increased from 44 to 47,279, with a corresponding in the death rate from all causesThe average scale of wages amonthe Negroes is low; consequently is forced to live in dwellings whicare insanitary, and unfit in every way. He is often poorly educated—needs to say, sometimes in complete ignnce of those things which contribi to public health. These factors, tosher with a possible racial susceptibility to some forms of disease, may acunt for the high death rate in tuberculosis, which is three and a third tim as great among the colored as amorth whites. Also in pneumonia, a dirajr disease, the rate is 371.5 per 10,000 of population, as compared with 237.9 among the whites. On the other hand, however, the Negro appears to be practically immune to scarlet fever and diphtheria, the rate being 2.1 and 10.7, as against 18.8 and 38.0 respectively among the white race for these diseases.

"Typhoid fever, a disease the prevalence of which it is almost needless to say is amenable to proper sanitary precaution, shows for the Negro a death rate of 23.6 and for the whites a death rate of 13.4—nearly twice as large for the Negro."