

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in Origin—Germ Still Unknown—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.

Washington, D. C.—(Special).—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917.

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'reddened,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' as it has been found

that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication."

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to be aware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze. If you don't you'll spread disease."

DAIRY PROBLEMS ARE COMPLEX

Consumers Are Counseled Not
To Decrease Use of Milk Nor
Complain of Prices.

"Unless means are quickly found to remedy conditions existing in the dairy industry as well as in other classes of livestock, serious menace to both industries—which are allied—may be forecast."

This is the statement of Assistant Federal Food Administrator, W. K. Newell.

"With the dairymen selling their businesses as fast as they are able to find purchasers," said Mr. Newell, "with an increasing volume of sales of heavy calves, both male and female, and with already a world's shortage of beef, the outlook for future supplies is not as rosy as one might wish."

"It has been charged in some quarters that the price of milk and other products of the dairy have been elevated to such an extent at all Pacific northwest points that the dairy interests should be making a profit and well satisfied with their lot.

"Taking only the retail price as a basis—that which most vitally affects the consumer—the price of milk today in Portland is 15c per quart.

"Even with normal prices milk is generally sold retail at 10 cents a quart here, therefore the advance is not nearly as marked as in many other lines of foodstuffs.

"The dairyman today is paying more than double the wages of normal years for his hired help. He is paying more than double for his requirements of hay and a very considerable advance over the normal for his bran and shorts.

"The cost of milk cans and other dairy utensils is practically double the normal. The cost of bottles has soared to such heights as to make one dizzy to think of it. The cost of producing milk today is therefore more than double that of normal periods even without considering the fact that this has been a very abnormal season and the production of milk and cream per cow is far below the normal.

"Laws enacted during the last few years force the dairyman to add to his costs as a matter of cleanliness. The public is no longer willing to tolerate the quality of milk generally marketed a few years ago. All of this costs money and the dairyman has been paying it while the full charges have not been passed back to the consumer.

"It has oftentimes been said that a man very seldom quits a business where liberal profits are available. The fact that so many dairymen are quitting that they are not making adequate profits—that they are not making adequate profits—if any at all.

"The killing of dairy calves during the present season has broken all records simply because the country producer could not afford to feed them to maturity. Suggestion has been made in some quarters that the killing of female calves be prohibited by law. This would indeed solve the problem providing some means were found to feed and keep the animals.

"Dairy experts have for years preached the gospel of 'getting rid of the star boarder'—the cow that does not pay her expense. That is the situation just now. Few are paying their board and there is no improvement of the situation in prospect.

"Similar conditions may be spoken of in regard to the future of the beef supply. Owing to the shortage and extreme price of feed more light-weight and unfinished cattle have been marketed in the stockyards of the country during the last two seasons than ever before known. The country cannot afford to feed its cattle even at the present price of feed and the journey to market is therefore a necessity. In fact the government has recently requested that the public purchase beef from light weight animals because the stock must be marketed. This means that many thousands of animals that are today coming to market weighing around 600 to 1,000 pounds, would have showed a weight of at least a third more if allowed to fatten properly. This means an enormous loss in the meat supply for the future—a loss that the country can ill afford to contemplate."

"Why not have milkmaids now a days?" someone asks. There is a cry that the labor conditions are in a bad way as far as the dairies are concerned. The men have gone to war or into other work and the cows are being killed off because there is no one to milk them. "What is going to become of the children of this country if that goes on?" is the question asked. Some of the girls who are not exactly fascinated by the thought of washing windows, running elevators and carrying mail are looking toward the dairies. They won't wear the costumes seen in light opera but they'll be quite sensible in heavy boots and overalls and they'll save the day. Here's to the milkmaid of modern days.

The 1918 food reserve is the only safe insurance for 1918 food supplies.

Conservation is the All American job—an army of four million soldiers must be fed from this year's crop.

"There is no substitute for milk as a food for growth. Portland mothers should make a drive on father's purse to the extent of one quart of milk per day, for every child."—Oregon League Dairyman.



PROTECT THEM

YOU KNOW the fate of the children of Belgium and Northern France.

Protect your own children from a like fate.

Our soldiers are ready to fight for them - - to die for them - - to make the world a fit place for children to live in.

If you can't fight, support those who can.

Buy Fourth Liberty Bonds Any Bank Will Help You

THIS ADVERTISEMENT CONTRIBUTED THROUGH THE
PATRIOTIC CO-OPERATION OF
STANDARD OIL COMPANY
(CALIFORNIA)

"The restricted use of milk would mean a serious loss of energy, and a serious menace to the winning of the war" says G. A. Morgan in Hoard's Dairyman.

Shoes have gone up in price but we buy them. They are a necessity. Yet milk, the food that is necessary to everyone, because it goes up, is too often cut from the diet. Isn't that a little inconsistent?

We must have pure fresh milk. Count it economy to see that each child in the family has at least a pint of milk a day. Get the milk habit. Encourage the dairymen to keep up his dairy. He is willing to do his share but he can't do everything without co-operation.

The self-denial of the American home, added to the efforts of the American farmer, have removed fear from the minds of our Allies, for this year, at least. Let's keep it up.

Fish Flour in Norway.
The royal Norwegian provisions department has officially announced that recent experiments at Bergen to produce bread containing 20 per cent of fish having proved successful, a trial in the same direction will now be made in Christiania.

It is the intention of the provisions department to co-operate with the state for the purchase of the necessary machinery for the preparation of the fish, which will be mixed with bread grain in order to make the ration larger. The bread prepared in this manner is said to be good and palatable.

Long Picnic.
A number of Muncie men attended a picnic in Greenville, O., one Sunday not long ago at which, according to reports, more than a thousand persons present had a gay time, with all necessary "trimmings" for such an occasion.

"Did you have a good time at the Greenville picnic yesterday?" a young Muncie business man was asked in his office the next day, that being blue Monday.
"I don't know," was the reply; "I'm not home yet."—Indianapolis Star.

Public Auction!

The undersigned will sell at Public Auction at the Deseret Stock Farm, Crystal, on the State Highway between Weiser and Payette on

Tuesday, October 29, 1918

the following described property:

33 Head of Dairy Cattle

4 High Grade Holstein Cows 3 yrs old, fresh.	1 Guernsey Heifer 2 1/2 yrs. old, fresh this winter.
4 High Gr. Holstein Heifers 2 1/2 yrs old, fresh soon.	1 Jersey Heifer, 12 yrs old, fresh soon.
12 High Gr. Holstein Heifers 2 yrs old, fresh this winter.	7 Holstein Calves, The Holsteins are Illinois stock.
4 Durham Cows, 21-2 years	

10 Head of Heavy Horses

2 Belgium Mares, 5 yrs old, 1600 lbs., in foal.	1 Belgian Gelding, 4 yrs old, 1400 lbs.
3 Belgian Mares, 4 yrs old, 1500 lbs., in foal.	2 Belgian Mares, 2 yrs old.
	2 Belgian Geldings, 2 yrs old.

ALL BIG STOCK

46 Head of Pure Breed Sheep

42 Cotswold Ewes, good ones, 1 to 4 yrs old.	2 Pure Bred Cotswold Bucks, 1 year olds.
1 Pure Bred Cotswold Buck,	

Free Lunch at Noon. Sale Immediately After

TERMS: One year's time on approved note at 8 per cent; 5 per cent discount for cash.

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