UNCLE SAM SAYS READ THIS **UNCLE SAM'S ADVICE ON FLU**

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

LATEST WORD ON SUBJECT.

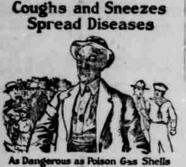
Epidemic Probably Not Spanish In Origin-Germ Still Unknown-People Should Guard Against "Droplet Infection"-Surgeon General Blue Makes Authoritative Statement.

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 mething new? Does it come from Boain?

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



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 discase. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civflized world. Three years later there are-no Both times the epidemic spread wide ly over the United States. "Although the present epidemic is called 'Spartsh 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.

FIVE HUNDRED DIE that in this disease the number of white corpuscies shows little or no in crease above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United Thousands Are Homeless in States Hygicale 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 oc-curs it is usually the result of a complication.

What causes the disease and how is It spread?

"Bacteriologists who have studied in fluenza 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 dis-They may also be carried about ease. in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who specting, or from careless people who spit on the floor and on the sidewalk. 480 LOST WHEN 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 gauge or mask while near the patient.

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

CROOK COUNTY JOURNAL

IN FOREST FIRES

Duluth District, Scene of

Great Holocaust.

Duluth, Minn. - With probably 500

persons dead, thousands homeless and

without clothing, and with property

damage mounting far into millions of

dollars, whole sections of northern

Wisconsin and Minnesota timberland are in smoldering, fire-stricken areas,

with only the charred ruins of aban-

doned, depopulated towns to accentu-

Some reports indicated that the list

of victims may reach \$00 or \$00. One

hundred and ninety-six bodies have been brought here, and reports from

Moose Lake indicated that the death

list in that vicinity alone might reach

Twelve thousand humeless and pen-

niless refugees, all in need more or

less of medical attention, are guartered

in hospitals, churches, schools, private

Cloquet, Brookston, Brevator, Coro-

na, Adolph, Thompson, Arnold, Moose

Lake and Wright have been wiped out,

Scores of hamlets and hundreds of

settlers' homes have been destroyed.

The property and timber loss will total

LEINSTER IS SUNK

London .- The number of lives lost

when a U-boat sunk the passenger li-

ner Leinster in the Irish sea is now

placed at 480. The vessel carried 687

Bublin .- Of the 150 women and chil-

dren aboard the steamship Leinster.

when she was destroyed by a German

submarine, only 15 have been account-

ed for. Several of these have died

After the Leinster had been struck

by the first torpedo, the submarine

fired a second torpedo. This missile

the engine room and caused an ex-

plosion of the ship's boilers.

struck the vessel amidships, entered.

Survivors said that the submarine

fired the two torpedoes without warn-

Fourth Engineer Jones said that if

the second torpedo had not struck the

Leinster all on board except those who

had been directly killed by the first

torpedo probably would have been

saved, as there was plenty of time to

launch the boats. The explosion of

the second torpedo, however, he said,

335 DIE IN SHIP CRASH

Fatal Collision of Troopships Occurs

In North Channel,

An Irish Port .- Revised figures in-

dicate that 335 American soldiers per-

ished in the Otranto disaster in the

blew the ship up like matchwood.

ing from a range of about 150 yards.

since they were brought to port.

passengers and had a crew of 70.

homes and in the armory here.

according to refugees.

many millions of dollars.

ate the general desolation.

ORDER NUMBERS OUT FOR CROOK COUNTY MEN

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52 Chas. Ford Wyman, Prine als:
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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 ore 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 'conrested,' 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 'Span ish influenza,' for it has been found

"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 re-ports 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 beware 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 alred, 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

"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." North Channel.

Three hundred American soldiers and 30 French sailors and 266 memhers of the crew of the Otranto have been landed at a port in northern Ireland. Sixteen other survivors have been picked up at Islay.

The Otranto is a total wreck on the island of Islay. The Kashmir landed its troops at a Scottish port without loss of life.

The troopships collided while heavy storm was raging and the Otranto, with a gaping hole in her side, then drifted helplessly toward the rocky coast.

Second U. S. Field Army In France. With the American Armies in France.-America now has two armies in the field.

The second field army began operations under the command of General Robert L. Bullard, while General Hunter Liggett has been assigned to the command of the first field army,

150 Perish in Porto Rico Quake. San Juan, P. R .- One hundred and fifty lives were lost in an earthquake in Porto Rico, it was estimated by Governor Yager. Almost every town in the islands reports damaged property and scattering fatalities.

Snain to Seize German Ships. Paris .- Spain, according to advices received from the Spanish frontier, has decided to seize German ships in her ports to the extent of 15,500 tons, in indemnification of Spanish shipping losses.

Destroy 548 German Planes in Month. London .- During the month of September, 548 German airplanes were destroyed on the west front, it was officially announced.

Nish Reoccup'ed by Entente Forces. Berlin, via London .- Nish, the capital of Serbia, has been occupied by entente forces, the war office announced.

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