

# 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 1918 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



As Dangerous as Poison Gas Shells

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 1847. 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 'congested,' 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,' for it has been found

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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 cannot be attended only by some one who is also looking 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 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 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 when the regulations of your local health authorities are issued, obey them."

"Cover up—equal to ten times over, if you don't want to get it."

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French Pound and Half,  
Italians One Pound.

## GERMAN SUPPLY PLENTIFUL.

All Nations Permit Use of Sweetening for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is equitable when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar.

Each Allied nation—in the matter of sugar consumption—is sharing on nearest possible equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly classed as a luxury, sugar is now a war time essential. The fair and just division of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. In France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little sacharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

Before the war started France had 625,000 acres devoted to sugar production. By 1917 the French sugar acreage had decreased to 180,000 acres. Today the French man or woman with a sugar card has no assurance whatever that he or she will be able to actually buy sugar. To buy it, one must first find it.

Italy has "State Sugar."

Especially drastic regulations govern the use of sugar in Italy. Its manufacture, distribution and sale are closely controlled, and in part actually taken over by the state.

Saccharine is permitted to be sold and used as a substitute for sugar and the government manufactures a mixture of saccharine and sugar called "State Sugar," which is largely used.

German Sugar Ration Adequate.

Germany, before the war, produced a great surplus of sugar and exported large quantities. Today the Germans have virtually gone out of the export business, but have plenty of cheap sugar for home use.

Wholesale prices prevalent in the Allied nations, according to information received by the United States Food Administration are as follows: England, 10 cents a pound; France, 12 cents; Italy, 20 cents.

While these high prices are being paid abroad the American wholesale price is being held at 7 1/2 cents.

In Flanders Fields the Poppies Bloom—But if we are going to back up our fighting men by putting over the Fourth Liberty Loan with an over-subscription we will have no time to pause and worship those poppies, nor to admire the poppies in our own fields.

Five Million Men in France—And it takes \$107.50 to feed one army company one day—Do your part towards feeding them by buying Fourth Liberty bonds.

Five Million Men in France—And it takes \$91.63 to provide clothes and blankets for one man—How many will you clothe through the Fourth Liberty Loan?

A shell dropped in the German lines leaves that many less Hun for our men to put out of action in hand to hand fighting. How many shells will your Fourth Liberty Loan start on their way to France from our munition factories?

"We were shelled without warning at 1 o'clock in the morning in our rest billets, and three of my lieutenants were killed instantly in the inky darkness." This is the simple letter of a captain on the battle line in France.

Do you count the dollars of your Fourth Liberty Loan subscription when every retail store shell from a 155 millimeter howitzer costs nearly \$100?

"Our battalion went into action 1400 strong; 270 men came back," writes a soldier from France. This seems a terrible sacrifice, but—

"Americans have never retreated an inch on French soil," says Reuter's correspondent at Paris, according to news dispatches. No wonder the Hun is backing up.

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Down With Your Hundreds and Down With The Huns.

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L. E. ROSE, Mgr. Men's Dept.

# WOMEN AND THE WAR

By MRS. HENRY P. DAVISON

Treasurer War Work Council  
National Board Y. W. C. A.

Hostess Houses in the military camps all over the country are one phase of the Y. W. C. A. War Work Council's activities. These reception houses are placed at the entrance to the cantonments for the use of women visiting their soldier relatives. So necessary have these proved that tents and borrowed rooms were pressed into use until houses could be built. Often the Association rooms in the nearest town were turned temporarily into hostess houses.



Mrs. Davison

"We put up an extra cot," reported one western secretary, who returned to tell the War Work Council the special needs of her community, "for an old Lithuanian mother who came a hundred miles to see her boy in camp. She cannot speak a word of English and she has to have her old black pipe every hour. But her boy loves her."

"Another charge bestowed upon us is the girl-wife of a 'bootlegger' arrested for selling whisky to soldiers. He was wild with anxiety about her till we said we would look after her. A thirteen-year-old imp has just been turned over to our care. She ran away from a convent, and being adventurous, made straight for camp."

Any hostess can tell you heart-breaking stories of times when the

(Continued...)

The federal reserve bank is issuing some new paper money, but as it is only \$1 and \$2 bills it probably won't interest many people in these days of large things.

Mr. McAdoo advises everybody to do as little traveling as possible, and if you have traveled very much of late you will agree with him such is the most comfortable plan.

From all accounts King George of England is taking to Americans like a duck to water, and we would not be surprised to hear that he has been seen in public eating corn on the cob.

The modern farmer is not like the farmer of other years, who used to say to city people as they drove past the orchard: "Go in and help yourselves."

German critics agree that the Americans are better on the offense than on the defense which is all the better, since they never intended to fight a defensive war.

"Nothing is more comfortable than a pair of old shoes and a book of War Savings stamps," says the Toledo Blade. Try two books of War Savings stamps.

Among the inevitable cruelties of war will be the inquiry made by the government of theatrical press agents as to the real salaries of the stars they represent.

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St. Johns Camp 773

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