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NO. 1

FIRST HAND INFORMATION ON THE "FLU"

Lieutenant J. S. Saurman, M. C., U. S. N. Writes From Hampton Roads, Va. Dr. Saurman Outlines Course to Follow.

Having been intimately associated with the present epidemic of influenza involving several thousand cases within the boundary of this District, I feel that by making known some of the knowledge gained in such work some benefit may be derived by the people of Harney County, should the county be so unfortunate as to be infected by the disease.

Regarding the history of this illness, it apparently existed as far back as over 400 B. C. Hippocrates and Livius refer in their writings to an epidemic whose character was such as to make us believe it to have been one of influenza. Dating from that time to the present influenza has existed as occasional cases or a small number of cases practically throughout the world. During this period also the entire world, at times, has been subjected to large epidemics such as the present, and it is during this time that influenza becomes indeed a serious problem. The last epidemic occurred in 1889, the first outbreak being in St. Petersburg and from there moving in lines of travel to Berlin, Paris, Brussels, Copenhagen, London, Vienna, Rome, Madrid, Boston, New York and Philadelphia.

In each place the epidemic occurs it generally runs its course in about six or eight weeks, the disease being so contagious that by this time all who are not naturally immune and who have not become immune through previous attacks are soon infected. This present epidemic made its appearance first in Spain, from which it received the name of "Spanish Flu" and subsequently spread through all of Europe including Italy, France, England and Ireland and affecting from 30 to 40 per cent of the population. The old fashioned grippe, influenza, Spanish influenza and flu are all names for the same identical disease.

The cause of influenza is a bacteria known by the same name as the disease. This bacteria is carried in the mouth, throat and nasal passages of people suffering from the disease. If this fact will be carefully borne in mind, the possibility of spreading and contracting the disease will be very much lessened if everyone will be careful to cough, sneeze or yawn behind a handkerchief. Particles of the mouth and nose secretions will be coughed or sneezed a distance of several feet in the air and finer particles carrying the bacteria will exist as spray for a period of thirty or more minutes.

Should the disease appear in a community, not only should the above facts be carefully noted, but all crowds or congregations of people should be avoided, in fact the congregating of people in churches and schools, lodges, theaters, etc. should be prohibited by municipal authorities. A frequent source of infection during an epidemic is that of barber shops. Restaurants are not so dangerous, as people eating are not great sources of danger.

In the care of cases in private homes, those attending or remaining in the room of a case should never be without the use of a mask. This should be worn over both nose and mouth, and can be made by taking not less than three thicknesses of buttercloth or four of cheesecloth or eight or ten of gauze. This should be cut into sizes 6 in by 4 in and tape attached to each corner. The tape should be long enough so that the upper pieces can be brought over the ears and tied behind the head, the lower tapes tied at the nape of the neck. The value of this precaution cannot be too strongly emphasized and if followed will prevent many cases of influenza developing among members of a family who are in contact with the patient. Without its use contracting of the disease by a certain percentage will be a positive fact.

As the disease may be transmitted by the dishes, knives, forks, etc. used by the patient, these after being washed thoroughly, should have poured upon them boiling water which contains about two tablespoons of washing soda. They can afterwards be rinsed and dried.

The patient should be given pieces of gauze or cloth into which to sneeze and he should protect those about him by so doing. Those in attendance in the sick room should wash their hands after leaving the room before handling anything which they place in their mouth. Where more than one in the family become ill, wherever possible they should be kept in different rooms, but where they must be confined in the same room, precautions should be taken to prevent their coughing into each others face. For this purpose the beds should be placed with the foot of one bed opposite the head of the other. This precaution is absolutely necessary for the vital reason that this is the way pneumonia is transmitted, and it is not the influenza from which the cases die, but the pneumonia which follows these cases in about 20 per cent of all cases of influenza and of these pneumonia cases 30 to 40 per cent die. One case of influenza is just as dangerous to another case of the disease as is a case of influenza to a healthy person, causing what we term cross infection; that is, one patient coughing and infecting the other patients with germs causing pneumonia. Never place two patients in the same bed.

Often times people are worried because for a day or so they have been feeling ill and think they are contracting influenza. This fact should be plainly understood that an onset of true influenza is so sudden that practically no illness is felt at all, the patient becoming suddenly and thoroughly ill. It must be ever borne in mind that the danger to life in contracting this disease is not due to influenza but due to the contracting of pneumonia at the latter part of it, and for this reason the following should be strictly observed: Upon becoming ill do not attempt to do any further work or remain upon the feet, but at once go to bed and send immediately for a physician. The second great danger point is after two or three days of illness when the patient is feeling much better and there are no signs of fever, consequently there is an attempt to resume the usual duties. It has been the constant history of this epidemic that these are the very cases that contract pneumonia many of which prove fatal. All cases, no matter how well they may feel, should remain in bed at least four days after the temperature has been normal for a period of twenty-four hours, and then if upon getting out of bed, the patient feels slightly dizzy, weak or hazy in memory he should again go to bed and remain there three or four days more.

The facts above are given with the hope that they may clear up doubtful points about this present epidemic, may alleviate some of the worry naturally felt when people are dealing with something which is not entirely familiar to them and be the means of preventing at least some cases of the disease and the possibility of pneumonia which follows. Let it be fully understood that the points given above are mentioned because they are of vital importance if one wishes to protect himself from the disease and its consequences, and that these points have been proved true thousands of times during the present epidemic.

No faith whatever should be placed in nasal sprays, mouth washes or the vaccines found on the market today in preventing the contraction of this disease. If there had been any value in these remedies they would have been used since the beginning of this epidemic as a preventative for our soldiers and sailors.

The only vaccine which seems to have any value at all is one which is now being made under military supervision and one made under the jurisdiction of the New York Board of Health. At present none of these vaccines are on the general market for the civilian population. The efficacy of these is not even as yet fully determined.

LIEUTENANT J. S. SAURMAN, M. C., U. S. N. Hampton Roads, Va.

The society column of this great religious weekly is somewhat scarce this week. None of our neighbors have been permitted to come to town and the town people have not been allowed to get together at church the picture house, at Crawford's the Pool Hall or elsewhere—just had to stay in our own dooryard and saw wood.

QUARANTINE RAISED ON ADVICE HEALTH DOCTOR

Representative of State Health Board Finds Cases of Spanish Influenza in City and Confers With Doctors and Authorities.

On advice of medical men the city dads of Burns placed a strict quarantine in effect last Tuesday against the outside because of the epidemic of influenza. This worked quite a hardship on the people of the community who were inside the city limits as well as those outside. It took the time of the City Marshal McDonald with several helpers to guard the entrances to town and see that the people of the country were supplied with what they wanted from the business houses of this city. The action of the authorities had the approval of the citizens with but few exceptions and each one tried to aid in every way possible. At the time the quarantine went into effect it was not known that Burns had a case of Spanish influenza and it was the hope that it might be kept out until the epidemic had subsided and the danger of its spread less.

Yesterday Mayor Mothershead telephoned to the representative of the State Board of Health, Dr. Douglass, who was at Crane, asking that he come to Burns and consult with local physicians in the matter and observe some suspected cases, accordingly Dr. Douglass came up and in company with Dr. Smith visited one or more cases and at a meeting with the city council later announced that there were cases of influenza in Burns and advised that since the epidemic was already here the quarantine was of little avail and advised that it be raised but to keep patients and inmates of the homes where the influenza has already appeared under quarantine. Consequently this was followed by the city dads after consulting with Dr. Douglass who has had experience with the epidemic.

Dr. Douglass was of the opinion that this section would witness an epidemic as it now had such a hold and was in several places and under the circumstances he suggested that we prepare to combat the disease.

The Times-Herald has had no opportunity to interview Dr. Smith since the state man was here as he is about the busiest man in all of this part of the country, therefore it does not really know how many cases have been reported definitely. Dr. Douglass strongly recommended vaccination and sent up 500 doses from Crane this morning and wired for 1500 more to follow. As a consequence Dr. Smith's office resembles the front of a popular theatre just at opening time, as his front yard and the street in front of his office, is filled with people waiting to "get scratched."

Three more deaths have occurred at Crane since our last issue from influenza and other cases have developed but according to information the situation there is much improved. Dr. J. W. Geary has been constantly on the job at Crane since early in the week and has had the assistance of the State Health Doctor and a Red Cross nurse.

Buy a War Saving Stamp.

PRESIDENT WILSON ISSUES STATEMENT

Frankly Tells Voters His Views And Urges Election of Men Favorable to Administration. Criticized at Within Rights.

President Wilson has taken a personal interest in the coming election and has issued an appeal to the voters over his own signature. It has caused "Teddy" and a few others to "throw a few spasms" but they forget that such things have been done before and that the president has a perfect right to do as he has.

Following is the President's appeal: "My fellow countrymen: The Congressional elections are at hand. They occur in the most critical period our country has ever faced or is likely to face in our time.

"If you have approved of my leadership and wish me to continue to be your unembarrassed spokesman in affairs at home and abroad, I earnestly beg that you will express yourself unmistakably to that effect by returning a Democratic majority to both the Senate and House of Representatives.

"I am your servant and will accept your judgement without cavil, but my power to administer the great trust assigned me by the Constitution would be seriously impaired should your judgment be adverse, and I must frankly tell you so because so many critical issues depend upon your verdict.

"No scruples of taste must in grim times like these be allowed to stand in the way of speaking the plain truth.

"I have no thought of suggesting that any political party is paramount in matters of patriotism. I feel too deeply the sacrifices which have been made in this war by all our citizens, irrespective of party affiliations, to harbor such an idea.

"I mean only that the difficulties and perils of our present task are of a sort that makes it imperatively necessary that the Nation should give its undivided support to the Government under a unified leadership and that a Republican Congress would divide the leadership.

"The leaders of the minority in the present Congress have unquestionably been pro-war, but they have been anti-Administration. At almost every turn since we entered the war they have sought to take the choice of policy and the conduct of the war out of my hands and put it under the control of instrumentalities of their own choosing.

"This is no time either for divided council or for divided leadership. Unity of command is as necessary now in civil action as it is upon the field of battle. If the control of the House and the Senate should be taken away from the party now in power an opposing majority could assume control of legislation and oblige all action to be taken amidst contest and obstruction.

"The return of a Republican majority to either house of the Congress would moreover be interpretive on the other side of the water as a repudiation of leadership.

"Spokesmen of the Republican party are urging you to elect a Re-

publican Congress in order to back up and support the President, but if they should in this impose upon some credulous voters on this side of the water, they would impose on no one on the other side. It is well understood there as well as here that the Republican leaders desire not so much to support the President as to control him.

"The peoples of the allied countries with whom we are associated against Germany are quite familiar with the significance of elections. They would find it very difficult to believe that the voters of the United States had chosen to support their President by electing to the Congress a majority controlled by those who are not in fact in sympathy with the attitude and action of the Administration.

"I need not tell you, my fellow countrymen, that I am asking your support not for my own sake or for the sake of a political party, but for the sake of the Nation itself, in order that its inward unity of purpose may be evident to all the world.

"In ordinary times I would not feel at liberty to make such an appeal to you. In ordinary times divided counsels can be endured without permanent hurt to the country. But these are not ordinary times.

"If in these critical days it is your wish to sustain me with undivided minds, I beg that you will say so in a way which it will not be possible to misunderstand either here at home or among our associates on the other side of the sea. I submit my difficulties and my hopes to you.

"WOODROW WILSON."

CURE ANNOUNCED FOR SPANISH PNEUMONIA

San Jose, Cal., Oct. 30.—Headquarters at the base hospital, Camp Fremont, today announces the discovery of a positive cure for the pneumonia which follows Spanish influenza and which has always been the fatal stage of the disease.

The treatment consists of intravenous injections of coaguiline and has been found, it was announced, to prevent hemorrhages of the lungs which characterize this new type of pneumonia.

The report given out at Fremont says:

"As a result of numerous autopsies performed on the bodies of soldiers who have died from the disease, the surgeons have found that the pneumonia developing from influenza is in no way like the ordinary pneumonia.

"The patient undergoes no crisis and instead of the lungs filling with mucus, they become so weakened and the blood becomes so thin that upon the least irritation they bleed, resulting in the suffocation of the patient.

"Heretofore the surgeons have been unable to stop the flow of blood, but it was found that with the use of coaguiline the blood could be thickened within 20 minutes of the first injection and the great danger of hemorrhages prevented. Already over 300 cases have been cured at the base hospital.

"Diphtheria vaccine has been used to good advantage. It not only counteracts the germ, but also helps to thicken the blood."—Oregonian.

JIM IS OFF ACROSS THE POND

Louisville, Kentucky, October 22, 1918.

Friend Julian:— Will let you know that I am still on deck. I enlisted the first day of July in Portland, Oregon, the second day of July I was transferred to Fort Lawton, Washington and on the eleventh day of July was transferred to Camp Taylor, Kentucky and tomorrow morning at four o'clock will board the train for over seas I do not know where but from the clothes we must be going where it is cold.

I never had better health in my life and I don't think I ever worked any harder, but it is for a good cause.

I have only met one man that I ever saw before and that is Byron Parks he has had bad luck as he has had the rheumatism and been in the hospital most of the time.

Well, I will write you again when I get to the end of the string. Give my regards to all. Well goodbye to Harney County till after the war.

J. E. JOHNSON, 4th Battalion, Over Seas Replacement Depot.

Buy a War Saving Stamp.

RED CROSS WORK IN THE CANTONMENTS

Information Sents Out for Publication Under Authority to Show Assistance Furnished the Soldiers in the United States.

The War Council of the American Red Cross authorizes the following:

"This section of the report of the activities and expenditures of the American Red Cross, which is being made to the American people in weekly installments, covers the activities in connection with assistance furnished the soldiers in the camps and cantonments in the United States and its territories. It is work which is being done for the soldiers themselves, and is conducted under the designation of military relief as distinguished from the work done in relieving and caring for the families of soldiers, conducted by the home service branch.

"This work was begun as soon as the United States entered the war and men were called to the colors. On February 13, 1918, a general order was issued by the war Department, outlining certain approved activities of the Red Cross and the form of organization for their conduct. Since that time much progress has been made in building up and perfecting this organization.

"The appropriation for camp service work from the time it became active up to June 30, 1918, was \$2,535,713. The appropriation for the six months ending December 31, 1918, amounts to \$3,475,000.

"Up to July 31, 1918, the Red Cross had distributed to the soldiers in the United States and territories, exclusive of what was distributed in the war zone, 2,240,514 sweaters, 776,615 mufflers, 1,054,814 wristlets, 645,961 helmets, 2,143,921 pairs of socks and 419,822 comfort kits. These articles were produced in Red Cross work rooms by the women volunteers of the country. They are not intended as substitute for any of the equipment issued by the U. S. Army authorities, but as supplementary to the army equipment.

"In this connection it should be understood that in all its activities the American Red Cross is doing only work supplementary to the greater activities of the army and navy departments, whether in relief work on the field, in camps, or in the hospitals.

"As example of Red Cross camp service it was able to supply immediately approximately 20,000 blankets at Camp Bowie last winter when, because of a "Norther" an epidemic of sickness was threatened. In very many cases medicine and hospital equipment of various kinds have been provided to meet immediate and urgent needs, before they could have been obtained through the regular channels.

"The following is from a Red Cross worker at a point of embarkation: "Once upon a time, this worker writes, there came in here a battalion of engineers who had seen their whole freight car of barrack bags burned up the night before. They had nothing left but their packs. Their commanding officer telephoned me from embarkation headquarters, due to the notice posted there that the distributing depot was here for just such emergencies. There was little time as the men were being loaded on the boat.

"I filled trunks with sweaters, gloves, comfort bags, two pair of socks each man and helmets—and a more grateful crew of lumberjacks you have never known. When I climbed down into their troop and told them personally of the gift, they were so grateful that it made me glad I was able to belong to an organization which made such things possible.

"To provide for the comfort of soldiers en route to the front, or from one camp to another, over 700 canteens have been established on the railway lines of this country and at embarkation points. At the more important stations, meals are served on telegraphic request from commanders of troop trains, emergency relief is also furnished the sick and wounded en route. If necessary, sick or wounded soldiers are removed from the train and taken to a hospital. The volume of this service has been large. Approximately 55,000 women volunteers are engaged in this work.

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UNITED WAR WORK DRIVE NOV. 11-18

WAR CAMP SERVICE
Y.W.C.A.
KNIGHTS OF COLUMBUS
Y.M.C.A.
JEWISH WELFARE
AMERICAN LIBRARY ASSN.
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