

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—Peo-
ple Should Guard Against "Droplet
Infection"—Surgeon General Blue
Makes Authoritative Statement.

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

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

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 se-
vere sickness. In most of the cases the
symptoms disappear after three or four
days, the patient then rapidly recover-
ing. 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 influen-
za of earlier years is not yet known.

"Epidemics of influenza have visited
this country since 1647. It is interest-
ing to know that this first epidemic
was brought here from Valencia,
Spain. Since that time there have
been numerous epidemics of the dis-
ease. In 1889 and 1890 an epidemic
of influenza, starting somewhere in the
Orient, spread first to Russia and
thence over practically the entire civil-
ized world. Three years later there
was another flare-up of the disease.
Both times the epidemic spread wide-
ly 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 at-
tention 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 re-
cognized?

"There is as yet no certain way in
which a single case of 'Spanish influen-
za' 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 ordi-
nary colds, the general symptoms
(fever, pain, depression) are by no
means as severe or as sudden in their
onset as they are in influenza. Final-
ly, 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 sud-
denly. 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 pa-
tients 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 relative-
ly 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 'con-
gested,' 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; never-
theless the patient looks and feels very
sick.

"In addition to the appearance and
the symptoms already described, ex-
amination of the patient's blood may
aid the physician in recognizing 'Span-
ish influenza,' for it has been found
that in this disease the number of
white corpuscles shows little or no in-
crease above the normal. It is possi-
ble that the laboratory investigations
now being made through the National
Research Council and the United
States Hygienic Laboratory will fur-
nish a more certain way in which in-
dividual 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 re-
covers. 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 com-
plication."

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 strepto-
cocci, 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-
ease. 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 per-
son 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 pa-
tient. 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 dis-
charges 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 medi-
cine should be given as is prescribed
by the doctor. It is foolish to ask the
druggist to prescribe and may be dan-
gerous 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 fam-
ily, 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 leav-
ing to look after the others.

"Nurses and attendants will do well
to guard against breathing in danger-
ous 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 an-
other attack of the same disease. This
appears not to be true of 'Spanish in-
fluenza.' According to newspaper re-
ports the King of Spain suffered an
attack of influenza during the epi-
demic thirty years ago, and was again
stricken during the recent outbreak in
Spain."

How can one guard against influ-
enza?

"In guarding against disease of all
kinds, it is important that the body be
kept strong and able to fight off dis-
ease germs. This can be done by hav-
ing a proper proportion of work, play
and rest, by keeping the body well
clothed, and by eating sufficient whole-
some and properly selected food. In
connection with diet, it is well to re-
member that milk is one of the best
all-around foods obtainable for adults
as well as children. So far as a dis-
ease 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 overcrowd-
ing 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 in-
hale directly the air breathed out by
another person.

"It is especially important to be-
ware 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 prac-
ticable—in short, make every possible
effort to breathe as much pure air as
possible.

"In all health matters follow the ad-
vice of your doctor and obey the regu-
lations of your local and state health
officers."

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

MILK AS STRENGTH BUILDER ADVOCATED

Dr. Mae Cardwell, Back From
Washington, Advises
Housewives.

Dr. Mae H. Cardwell, of Portland,
who recently returned to Oregon from
Gary, Ind., New York and Washington,
where she was engaged in medical re-
search work for the Children's Bureau
of the Department of Labor, said in
an interview: "The dairy industries
must be encouraged. The children of
America must have milk. They can-
not thrive without good clean milk.
Housewives must use more milk. If
they demand it the dairyman will find
some solution to his problems and will
see that his cows get the feed and that
he keeps them alive and in good
health. However, if the women don't
order the milk, the dairyman isn't go-
ing to keep his cows around just as
pets and ornaments. Feed is too
scarce and labor too high for that. It's
up to the housekeepers.

"Are you sending your breadwinners
to work with all the vigor and strength
you can muster for them in the way of
proper food?" asks Dr. Cardwell. "If
they don't get the right food they can't
think or work well. The same applies
to the school children. See that they
have milk to drink; milk in puddings.
The kitchen is the power plant of the
family and consequently, of the nation.
Don't waste a drop of milk or an
ounce of butter, but use plenty. The
health of the nation is the kitchen
question. Milk is one of the main
factors in a diet."

Baby Expert Preaches Greater Use
Of Milk.

A milk bill and healthy children is
cheaper than a doctor's bill and an
underfed, undernourished child. It
would be cheaper to start right. So
says Mrs. A. Bayley, of the Parents'
Educational Bureau, Oregon Congress
of Mothers, who has presided at the
testing of thousands of babies. She
finds the milkfed youngster of three
or four years scores much higher than
the child who has had little milk in
his diet. Mrs. Bayley preaches a
greater use of milk for young and old.

Dairy Commissioner Sees Encouraging
Signs.

J. D. Mickle, State Dairy and Food
Commissioner, stated recently that the
dairy situation, in spite of high prices
of feed and scarcity of labor, is not all
gloom. Reports have come to him
from various parts of the state show-
ing that the housekeepers are begin-
ning to see that they must pay more
for milk than they did a few years ago.
The dairymen are beginning to take
heart, too, in some instances and are
looking to the future when the cow
of today will be worth much more
money alive than she would now,
slaughtered. And that future isn't so
far off if the dairymen only continue
to have courage and patience.

The wise man and the one who is
far-seeing, is keeping his herds intact.
True, he won't keep the old boarder
who would just eat the food and bring
no returns, but he is holding his good
stock. The sensible housewife, too,
must know a man can't feed and care
for cows, keep a first class dairy, and
provide clean bottles and well paid
deliverymen without some expense.
The Oregon Dairy Council is doing
much to get the situation straightened
out. The exhibit at the state fair, the
splendid cooperation of the Food Ad-
ministration, the public schools, Ore-
gon Agricultural College and the Bu-
reau of Health, all help the educational
work and are part of the great task of
"keeping the home fires burning,"
which task includes the preservation
of essential home industries and the
health of the nation.

YANKEES RESTING BETWEEN FIGHTS



Here is a detachment of the American troops that did such brilliant
fighting on the west front, converting the Hun offensive into a Hun disaster
and retreat. They are resting by the roadside, smoking, joking and light-
hearted, and ready to jump into the fight again.

Scio Produce Company Wants Your Business

Will pay Cash for Eggs, Poultry, Veal, Hogs, Hides

Will buy Cream in any quantity for the
Oregon Creamery, Portland

Let us get acquainted. If you have a grievance
make it known and we will endeavor to rectify it.

Bring Us Your Cascara Bark

We will give you a Square Deal

FRED GISELMAN, Proprietor

OUR GROCERY DEPARTMENT

Is complete and our
stock fresh and clean.

We carry a full line of
Tea, Coffee, Spices,
Canned Goods, and in
fact, everything needed
for the table.

HIBLER & GILL CO.

Scio Milling Company

SUCCESSOR TO
SCIO ROLLER MILLS

INCORPORATED DECEMBER 28 1904

Our Flour is as good as any made in
the Willamette Valley

EVERY SACK GUARANTEED

We do a General Custom Milling Business. Flour and
Feed on Sale. Wheat Bought and Exchanged for
Flour. We are in the Field for Business and Will
Treat You Right

PICTURE PRINTING

We are prepared to take your pictures,
develop your plates, films, film packs,
do your printing, enlarging and framing

We charge nothing for developing films or plates when
twelve prints are ordered.

We have had fifteen years of practical work in picture
taking. If we can be of any help to you in getting good
results from your kodak or camera, we will gladly give
you pointers.

MAIL ORDERS OUR SPECIALTY

All work guaranteed and done promptly. Give us a trial

J. F. WESELY

SCIO

OREGON

We do not carry any cameras or camera supplies