

DR. SAM'S ADVICE ON FLU

Public Health Service Issues Official Health Bulletin on Influenza.

WORD ON SUBJECT.

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

Washington, D. C.—(Special)—Al- King Alfonso of Spain was the first to announce that the influenza epidemic which is now spreading throughout the world is usually the result of a complication.

What caused the disease and how 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 spines.

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.

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.

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 usually occur at any season of the year. 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

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.

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LIKE THEIR DESERT

Bedouin Women the Possessors of Savage Beauty.

Barbaric Ornaments, With Which They Load Themselves, Do Not Seem Out of Place—Abandoning Ancient Customs.

All the women of the Bedouin village came to see us, writes Elizabeth Cooper in Asia. They had magnificent physiques, tall and supple, and carried themselves with stately grace. They were dressed in long, straight cotton gowns of blue or black, and a many-colored sash was wrapped around the waist. The only foot coverings were the anklets of silver that fell down over the instep. Over their hair, which was braided in many braids, and in which were plaited small gold coins that clinked musically as they moved their heads, they wore veils of black with a colored border, which added to their dignity and beauty in a most charming manner.

From the lower lip to the neck, and lost in the coverings of the dress, were three dark blue lines of tattooing. This tattooing is seen now only on the older women, and is being thrown on the altar of modernity by the daughters of the Bedouins who have peeped into the outer world and are trying to be more like their city neighbors. The hair is straight and black, and with many has been given a tinge of red by washing it in henna. I saw no gray-haired women, because those who have been touched by the finger of time have been allowed by kindly custom to dye their locks, and there were many flaming heads above wrinkled faces. Henna is also applied to the nails of the fingers and toes, and the under side of the feet and palms are not forgotten by the Bedouin woman who has conserved the customs of her mother and has not yet relegated the henna pot to the lumber room along with the tattooing ink.

Great masses of jewelry were worn by all, not the diamonds and rubies found in the cities, but the true ornaments of a barbaric people. Hoops of gold were in the ears—one hanging from the top of the ear, another from the lobe. The neck was covered with chains formed of balls of gold or of coins, and on the arms were many bracelets. In writing coldly of the Bedouin woman, her tattooing, her henna-colored hair, her Kohl-blackened eyes, and her massive chains of gold and anklets of silver, it seems as if she were still in an age of barbarism, yet her ornaments are becoming to her rich coloring and she is not over-dressed. Ornaments belong to the time and the place, and are made for these women, who need strong settings for their own savage beauty.

Saving Time in Shipbuilding.

In place of using rivets to fasten the plates and the framing of a ship together, a test is being made by the Emergency Fleet corporation, at the Federal Shipbuilding company's yard in Kearney, N. J., in the use of electric welding. This test is to be conducted on a 40-foot length of a 9,600-ton cargo-steamship. Both spot welding and continuous arc welding will be used, the spot welding for connecting the frames and plates, and the arc welding for joining the seams of the plates. The hull to be tested will be filled with water and subjected to various strains in order to judge of the strength of the joints. Should the test prove successful, it will result not only in the saving of 10 per cent of weight, but also in a great economy of time. It will eliminate a great deal of work in marking out, punching, and fitting of the members, as well as a reduction in the railroad transportation from the rolling mill to the fabricating plant. It is believed that the total saving will amount to about \$40 a ton of the steel structure.—Scientific American.

Art Works in Demand in Japan.

Fabulous prices, as far as the dealings in works of art are concerned in Japan, have been paid for rare masterpieces. At the Higashi Hongwanji sales a pair of screens, with iris blossoms painted by Ogata Korin, fetched 105,000 yen and created quite a sensation. At Viscount Akimoto's sale an album with eight small paintings, representing eight scenes of Shosho, by Keshoki, was sold for 140,000 yen, and a scroll of Eiga Monogatari, by Nobuzone, fetched 116,000 yen. But this record was broken when a kakemono (hanging picture) of snow landscape, painted by Royokai, was sold for 210,000 yen. This was again broken when a pair of scrolls with 36 poems by Nobuzane, in Marquis Satake's collection, was sold for the enormous sum of 353,000 yen. This is the greatest amount of money paid in modern times in Japan for a single work of art.

Center of Production.

The center of agricultural production of the United States, according to the value of crop and animal products for 1917, is in west central Illinois, as shown by a diagram just issued by the department of agriculture. The states of greatest production are: Iowa, \$1,320,000,000; Illinois, \$1,255,000,000; Texas, \$1,045,000,000; Missouri, \$947,000,000; Ohio, \$851,000,000; Nebraska, \$774,000,000; Indiana, \$766,000,000; Kansas, \$735,000,000; New York, \$730,000,000; Minnesota, \$646,000,000; Pennsylvania, \$639,000,000; Georgia, \$605,000,000; Wisconsin, \$598,000,000; California, \$575,000,000; Michigan, \$534,000,000, and Kentucky, \$523,000,000.

UPLIFTED BY WHITE RULE

Unlike Most Uncivilized Peoples, the Maoris Have Been Helped by Contact With Conquerors.

Once cannibals and fierce warriors, their faces tattooed so as to be terrible to look upon, the Maoris of New Zealand are now lawyers, doctors, even members of the New Zealand legislature. Their cannibalistic tendencies Britain long ago successfully suppressed. A few old warriors are the only remaining examples of the ancient art of tattooing.

The cannibalism of the Maoris was the natural consequence of life in a country where animals and birds were few and hard to find. War was their favorite sport, but from their ear-splitting, hair raising war dance often performed even in time of peace, they would turn to the story tellers for one of the loved tales or songs of their ancestors and heroes. A feeling of rhythm and poetry was deeply rooted in these people. Many of their stories were in verse form and they had a song for every occasion.

They had not always lived in New Zealand. Many years back a chief had gone on a long voyage from their home in Hawaiki and had found an island good for fishing and with few natives to be conquered. To this island he led his people and here for many generations they have lived and fought. A Maori legend explains that the north island of New Zealand was caught up from the sea with a jaw bone fish hook by Maui, the favorite hero of the tribe. Many are the legends of the deeds of Maui which the Maori fathers relate to their sons that they, too, may be brave and strong, if not in battle, at least on the football field, where today the Maoris excel.

Those of the tribe who do not live in the New Zealand cities are grouped in little villages not unlike the Maori settlements of the days before the coming of the white men. They raise their grain, potatoes and tobacco in their gardens, and fish in river and sea for eels and trout. Unlike the Indian, these people are holding their own against civilization and are even thriving in a British-ruled New Zealand.—Chicago Daily News.

CONNECTS CARACAS WITH SEA

American Built Railway Which Gives Venezuelan Capital Its Only Outlet to the Ocean.

For more than 300 years Caracas, capital city of Venezuela, was accessible from La Guaira, its port town, only by an old Spanish trail, which in the very early days of the country the Indians had traced across the mountains that range along the northern coast. It was not until 1883, after several attempts had been made to build a railroad, that Caracas finally was connected by rail with the hot little town that gives the Republic's chief city its outlet to the sea.

In that year an enterprising American, who several years before had come to Venezuela as minister or consul from the United States, completed the work on the La Guaira and Caracas railway and immediately opened the line to traffic, which but for an infrequent landslide or revolution has continued uninterrupted ever since. The line today is one of the finest narrow-gauge mountain railways in the world.

Reliable Weather Glass.

A test tube about 10 inches long and 1/4 inch in diameter is fastened to a base or hung up by a wire. In this test tube are put 2 drams of camphor, 1/2 dram of potassium nitrate, 1/2 dram of ammonium chloride, 2 ounces of pure alcohol, 2 ounces of water. If the ingredients do not mix easily tube should be put in warm water or shaken thoroughly. After a cork is put in the tube it is ready for work, says Electrical Experimenter.

Will Amount to Vast Sum.

We read that a retired soap manufacturer of the middle West has made testamentary provision for a fund of \$11,000 which is to remain intact until the year 2169, a neat little period. The important document in the case has been placed in an air-tight metal tube, hermetically sealed to withstand the ravages of time, and the fund will be safely kept in such places as will provide for a steady financial accretion. It has been figured that in 240 years the \$11,000 will have increased to more than \$200,000,000, and in the year 2163 that amount will be available for the beneficiaries—"homeless dogs and cats."—Providence Journal.

Man's Advantage.

Muggins—A man is often forced to pocket his pride. Buggins—Yes, that's where he has a decided advantage over a woman, who hasn't so many pockets.

LIVE ALL TOO FAST

Many Constantly in a Fever of Movement.

One of Man's Greatest Mistakes is to Allow Himself to Be Constantly Under Pressure and Intense Nervous Strain.

Some of us are trying to live our lives all at once. We would cram the slow development of years into the coming month or week; we would compress the work of an hour into the next five minutes. Nature—patient, tireless, cunning laborer that she is—does not favor this plan. She takes her time—"Because it is hers!" some one makes prompt answer. "She has command of all the time there is. She can be as deliberate as she chooses. We must make haste because our little lives are so soon clipped off. The darkness too early rounds our day. Our work must be put through with speed and under pressure or we shall not finish."

The best work even by these feeble mortal hands and minds of ours is done not in a fever but in a calm. Art (and the exception proves the rule) achieves most nobly when it achieves with tranquillity. The personal circumstances of the artist may be distressing. He rises above them. His dream translates him to the skies above his mundane environment. His passion for the truth leads him to forget that he is poor and hungry and misunderstood. He writes his book or paints his picture or composes his sonata in a land where it is always summer and the skies are blue and tears are never shed and none ever lies. By the force of a creative imagination, he establishes for himself a new Heaven and a new earth, and his spirit is tranquil because it is triumphant over the pinching and gnawing circumstances.

Artist or artisan, each of us must learn to make the pilgrimage a step at a time. Let not an anxious forecast corrugate the brow with the thought of a morrow sufficient unto itself. Epicurean delight lives for the moment; a man's more serious purpose in existence would often do well to follow the example. We can be sure as to what we wish to do with our lives; we can have a great and generous aim; we can appoint a goal and know the point we wish to reach and the way by which we are proceeding. But the miles we measure forward with the spiritual eye are not to be overleaped in the next second. We must plod. We must be content with a wayside inn to-night, and the next night, and many nights, perhaps, before we reach our haven and our home.

It will not do to disparage this goodly earth as a vale of tears for all the sorrow and all the blackness that we see. The earth is full of fallible people like ourselves, trying and coming to grief and rising to give battle again in the inextinguishable hope of victory. We are more alike than we realize. We are a marching army, with leaders whom we must obey. Like good soldiers we must keep the cadence with the rest. If we grow careless and straggle, we dislocate the whole procession. We came into this world bound to be submissive to its discipline. To defy the natural laws is only to be miserable and to make misery for others. If we shall teach us to respond with promptness to a command, out of its horrors will be born a blessing.—Philadelphia Public Ledger.

Jackies Ignore Styles.

Fashions may come and fashions may go, but the habiliments of Uncle Sam's jackies never vary. Trained to face nature in the open, the Jacky is invariably ready to meet all sorts of weather. He knows how to dress to meet every condition, and the navy not only has him sufficiently clad, but has more clothes in his sea bag and ready for use when he needs them. His clothes are eternally blue, the pattern never changes and tradition still holds her own in their making. Decades ago when the "old tars" had to climb a mast and dangle from the stretched-out ends of yardarms to do their reefing, conveniences and custom made necessary the bell-shaped lower ends of the trousers. And time has not changed them one iota. The sailor also clings to his black handkerchief, draped about his blue blouse and tied across his breast. Tradition tells that the handkerchief thus worn originated with the British tar, for the blacks were once worn in this fashion as a mark of mourning for Lord Nelson. The custom endures.

Try New Preventive for Rabies.

The production of a new serum with which animals and man can be made immune to rabies may result from experiments recently conducted by a French scientist. The brain of a rabbit which had died of rabies was treated with sulphuric ether and then mixed with a special preparation, forming an emulsion. By injecting a weakened solution of this emulsion under the skin, immunity to rabies has been produced which appears to be both lasting and effective. No bad effects, it is said, result from giving the injection. The serum has, so far, only been tried on animals.—Popular Mechanics.

Right Out Loud.

The master shipbuilder, Charles M. Schwab, was discussing the trend of the times with a friend who remarked: "Do you follow the food regulations, Charlie, or are they meant for only the little fellow?" Schwab laughed. "To tell the truth," he said, "the food savings policy has been a great thing for me. Now I can go into a restaurant and order corned beef and cabbage and boiled potatoes right out loud, and nobody thinks anything of it."

Or He Might Move Here.

"This report claims that in some parts of Mexico it only rains once or twice a year." "Please keep that report away from my husband. He's so pigheaded that he'd go there immediately and start an umbrella factory."

STILL HAVE BARN-RAISINGS

Good Old Custom Has Not Died Out, Though the Conditions Have Greatly Changed.

The Connecticut Valley Advertiser tells its readers that on Saturday of last week a barn-raising was held at Hadlyme with about everybody in Hadlyme and East Haddon present. That seems much like the old type of barn-raising, but something new comes in the statement that three kinds of liquors were to be had for the asking, one being water and another root beer. Formerly there were but two, one being hard cider and the other West India rum.

From early times up to 40 years ago dwellers in the country did not have the knack of erecting a building with no more timber in it than could be carried on a wheelbarrow; hence, to erect the frame for a barn or house was a work which taxed the strength of all the men and boys in the community, and which brought the local carpenter into a place of proud importance. It was considered altogether out of the question to do the work without stimulants, and these were furnished generously, for, though a man might be "close" about many things, he could not afford to ration those who came to the raising if he hoped to spend the rest of his life in the community.

Having this in mind, he bought rum liberally, while the sour cider was brought from his own cellar, but, though its ability was recognized, it was hardly regarded seriously because everyone had an abundance of it at home, while drinking rum at the expense of another was something altogether more important. It was hard to raise a building without it, and, on some occasions, fairly difficult to raise one with it. Not infrequently it was found necessary to continue the work to a second day because the spirits from St. Croix had done their work not wisely but too well. Changing manners have modified the work, for the Advertiser's account says that the barn was raised in a single afternoon. It is a pleasure to know that the work was done successfully and that this old form of communal living survives.—Hartford Courant.

Now It's Bottomless Pie.

When is a pie not a pie? Is a question which will tax the wits of some wartime Solomon to solve in squarely facing the issue of "bottomless pies" as a measure of war saving of food-stuffs in the latest Hooverized innovation of baking for the nation. The movement to remove the bottom crust from pies is being taken hold of by housewives and bakers generally, and is gaining wide support. New York is a pie-eating city. It is estimated that an entire pie is eaten between 15 persons daily, or a total consumption of 500,000 pies each day in the metropolitan district. In one year the collective stomachs of New York's pie-eaters absorb 182,000,000 of the dainties. Some one with a penchant for large figures has gone so far even to state that the bottom crust of those pieces, if rolled out with a large rolling pin across a 40-acre lot, would in a week cover the surface of the field and lap over the fence posts. On the basis of 4,000,000 pies eaten by the entire nation each day, at the end of the year the bottom crust of the pies would form a strip of crust nine yards wide and long enough to encircle the globe at the equator. Some crust.

Brave Milk Girls of Reims.

The little milk girls of Reims are given high rank by Paul Dramas of that martyred city. In an article he has written praising the heroism displayed by the women of Reims. "The little milk girls," he writes, "will never be forgotten at Reims. Milk was a necessity for the children, the aged and the sick. Thanks to the little milk girls they never went without. The tinkling of their little bells announced their arrival and for 44 months they traversed all the streets of the city. Many a time they were taken by surprise by a storm of shells. Three of them had to be carried away on stretchers, yet the others continued on their route so that the children and sick should have their milk all the same. On February 28 we heard the tinkling of their bells for the last time. The little milk girls were sent out of the city. They had filled their mission to the very end, for after that there were no longer in Reims either children, aged or sick. All had left."

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