

SLEEP MALADY FOLLOWS "FLU"

Always Has Appeared in Wake
of Epidemics of Influenza.

IS TRACED BACK TO 1730

Italian Scientists Study History of Disease—Best Way to Avoid the Sickness is to Keep Resistance at High Point.

Rome.—Sleeping sickness, or sleeping headache, as the Italian scientists prefer to call the malady which has appeared in Rome and several other Italian cities, is believed by Prof. Giuseppe Sanarelli, the distinguished Italian bacteriologist, to be the same as that which followed other waves of influenza. Pope Benedict XIII died from influenza in 1730. The after-effects of the epidemic at that time were so baneful that his successor, Benedict XIV, waived the fasting of churchmen during Lent, and similar action was taken by Pope Leo XII in 1800, when there was another wave of influenza, or la grippe.

Keep Up Resistance.
Professor Sanarelli, who has been studying the disease, says that the best way to avoid sleeping sickness is to keep the powers of resistance up to the highest point, as it seems to attack chiefly persons who are in a run-down condition. He also warns the public not to be unduly alarmed about the disease, and says he is unwilling to concede it is highly communicable or contagious until the actual cause of the malady is determined. And he does not think the germ will be discovered until after extensive experimentation with the brains of monkeys, such an expensive work that it can be carried out only with the aid of the millions of some philanthropic millionaire like John D. Rockefeller.

Professor Sanarelli says because of the sporadic appearance of the disease it is reasonable to assume many persons carry the germs but are immune to the disease until there is some sudden let-down in their physical condition which overcomes their power of resistance.

As the malady always makes its appearance at the same season as infantile paralysis and cerebrospinal meningitis, or spotted fever, and as it persists in reappearing occasionally between epidemics, Professor Sanarelli says it is not strange that it is frequently believed to be identical with them. However, he thinks it is quite a distinct disease, as it is confined chiefly to adults and does not leave the serious effects of cerebrospinal meningitis.

Diagnosed in Different Countries.
The malady has been diagnosed in widely scattered parts of the world in 1917, 1918 and 1919. At least one hundred cases were reported from English cities in 1918, but it died out in June. Until this year it had not been reported in Italy since 1880 and 1890, when it appeared in Mantua. Many persons died then after a few days, sometimes even hours, of lethargic sleep which could not be overcome. Bulgaria also had an epidemic at that time, and cases occurred in the United States.

The illness begins with mental depression, which is followed by sleepiness, which develops into complete prostration. Drooping of the eyelids and frequently a crossing of the eyes occur. Loud talk and even shaking will not arouse patients suffering acutely with the malady, who answer incoherently to all inquiries and fall immediately into sleep again. The face is generally colorless and devoid of expression.

Professor Sanarelli is a member of the faculty of the University of Bologna and was formerly professor of microbiology and public hygiene at the University of Montevideo. He was also formerly undersecretary of state for agriculture in Italy.

COST \$7,000 TO FIND AMERICA

United States General Land Office Estimates Columbus Worked for \$300 a Year.

Cheyenne, Wyo.—It cost \$7,000 to discover America, the United States general land office estimated following research work done in some of the ancient museums of Genoa, Italy, the port from which the memorable expedition set sail.

Employees of the surveyor general's office here have received from Washington a booklet published by the department which indicates that \$7,000 was the total amount Queen Isabella was compelled to secure by hypothecating her jewelry.

Columbus received a compensation of \$300 a year while on the voyage, according to the musty records on file at Genoa.

The total sum spent in getting the expedition together would hardly buy a 30-foot gasoline schooner today, seafaring folks say.

What's in a Number?

An aero squadron, preparatory to the start for the front, was being initiated again into the mysteries of close-order drill. Very most of the men knew every nut, bolt and square inch of canvas on the planes, they were more than hazy about the forgotten details of their apprenticeship days in the army.

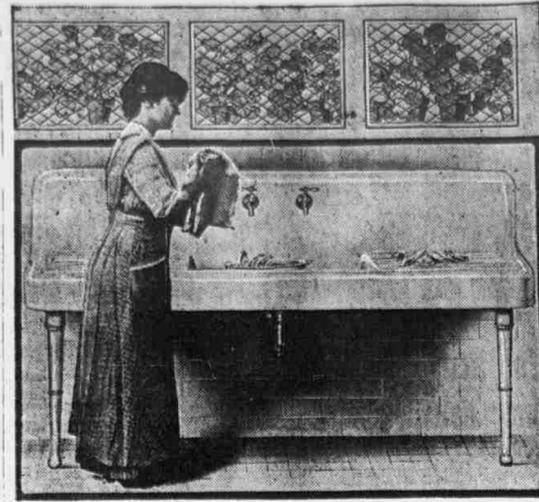
"Squads right!" bellowed the commanding officer.

The majority of the squadron managed to get there somehow or other, but No. 3, rear rank, fourth squad, was totally lost. He maneuvered aimlessly about the field for a time, trying to find his place, and finally walked into the arms of the captain.

"Here, you, where do you belong? What's your number?"
The buck snapped out of his trance. "No, 284730, sir," he announced.—The Home Sector.

Maple Syrup Labels promptly printed at the Dispatch office.

ADEQUATE RUNNING-WATER SYSTEM STILL LACKING IN MAJORITY OF COUNTRY HOMES



Dish Washing is Not Drudgery When Housekeeper Has a Sink Like This.

(Prepared by the United States Department of Agriculture.)
There is no one thing that would make easier the farm woman's work than to have water power in the house. The nature of her duties demands an early rising and a late retiring; but the countless steps in carrying water and emptying water; carrying pailings and vegetables and unused fruits to the pails for the pigs; carrying many times a day fresh water for the fowls; carrying, heating, emptying tubs for the bath, for the laundry, for the cooking, canning, and preserving, could be lessened if her home had running water in it. Give her water and she can work out the rest of her problems. Her garden, her orchards, her fowls, her dairy, her lawn, fill up hours which city people do not need to use. She will have more time for reading and be less of a drudge if she can but have a perfected system of water-works.

Several years ago the department of agriculture sent out an inquiry to thousands of farm women asking what their homes most needed. One of the letters in reply contained the quoted extract, and in it is voiced the thought found in hundreds of other letters.

An adequate water supply is needed even more by the farm woman than by her city sister, but because this convenience and necessity must come in the country through individual effort rather than through municipal effort, few farm homes have it. In a survey made in 1918 in 26 northern states it was found that but 33 per cent of the farm homes had running water in them. Lack of knowledge as to what water system to install rather than lack of means in many homes is the reason why the women doing the work in it are still pumping and carrying water.

Kinds of Systems.
The water system on the farm home may be simple or elaborate, according to the investment the owner is able to make, United States department of agriculture rural engineers say. For a country-home water system, the water may be raised by natural flow, by

hydraulic rams, pumps, air lifts or air-displacement pumps. Hydraulic rams are the most economical water-lifting devices. Since rams of various sizes and makes perform differently, it usually is necessary to accept the mechanical details determined by the manufacturer. The minimum, never more than the average, flow of the spring should determine the size of the ram. Otherwise, the one selected may be too large for the dry-weather flow. Small flows may be determined by noting the time required to fill a vessel of known capacity. Larger flows may be determined by weir measurements.

When the water supply is far from the ram site, it is usual to pipe the flow to an open tank or reservoir located so as to secure the desired length and fall of drive pipe. Sometimes the flow of a spring is too small to actuate a ram that is sufficient for domestic requirements. In such instances and where a nearby brook can be dammed to obtain the necessary power head, the recoil of the ram may be employed to admit the spring water, which is pumped by the fall of the brook water in the drive pipe.

Horsepower Needed.
Water may be raised by hand, windmill, hydraulic rams, steam, hot air, gas, internal-combustion engines, or electric motors. Hand power is unsuited to large supplies of high lifts. Windmills are probably the most familiar type of mechanical power and often are arranged to start and stop automatically. Gasoline and oil engines are well adapted to farm pumping and may be equipped to stop at any desired pressure in a supply tank. The use of electricity for pumping is increasing. The method is clean, quiet and convenient, and starting or stopping a distant pump by throwing a switch may be practical wherever transmission lines are sufficiently near. The whole question of water in the farm home is discussed in Farmers' Bulletin No. 941, which will be sent free on request to the United States department of agriculture.

GOVERNMENT WARNS AGAINST SACCHARIN

Use of Substance in Place of Sugar Is Condemned.

Many Housewives Do Not Understand That Drug Is Serious Menace to Health—Majority of States Prohibit Its Use.

The use of saccharin in place of sugar, which many housewives are being tempted to resort to in these days of sugar shortage, may involve menace to the health, and therefore is to be condemned, according to specialists in the bureau of chemistry of the United States department of agriculture. In most cases housewives have turned to this substance in their emergency because they do not understand that saccharin is a harmful drug; to consider it a harmless, healthful substitute for sugar is absolutely false, say the government's chemists.

The department of agriculture has received a number of inquiries from housewives concerning the properties of saccharin, and in every case it has answered by condemning the use of the drug for cooking purposes. It calls attention to the fact that the bureau of chemistry is now aiding in the prosecution of a large St. Louis concern, which makes saccharin, for violation of the Food and Drug act.

"The attempt to exploit the shortage of sugar and create a demand for saccharin for use in place of sugar endangers to capitalize the public's lack of knowledge of the properties of this substance, and the bureau of chemistry feels called upon to reiterate the warnings which it has given repeatedly in its publications," said Carl L. Alsberg, chief of the bureau, who cites his testimony before a subcommittee of the senate's committee on agriculture on this same subject, as showing the extent of the present menace due

to the public's not being properly informed.

"The department regards the use of saccharin in food as a menace to health," says Dr. Alsberg. "This is the position of the department today, as it was in 1911, when official decisions were rendered. There has been no scientific evidence adduced on the basis of which the department would be justified in any manner in altering its position."

"The department regards food to which saccharin has been added as adulterated, since a substance has been added to the food which may render it deleterious to health. It also regards it as adulterated in that a substance of no food value whatever has been substituted for sugar, a very valuable food. The department has now pending a criminal prosecution against one concern for the shipment interstate of a parcel of saccharin labeled as harmless. Furthermore, a majority of the states prohibit the use of saccharin in food, either by statute or by regulation."



Cayenne pepper should be used sparingly, as it affects the liver.

A few vanilla beans kept in the sugar box impart a delicious flavor to sugar.

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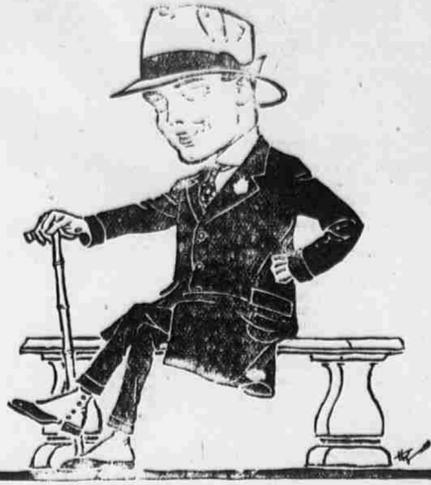
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