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# WHY INFLUENZA SO FREQUENTLY PROVES FATAL

From the fountain of influenza, whose gusher days have passed, some noteworthy lessons were learned and incontestably taken to heart. Some of the stubborn facts that are new are now worth recording and storing away for another such "rainy day," says Dr. Leonard Keene Hirschberg, A. B., M. A., M. D., of Johns Hopkins University.

The natural, normal, healthy resistance of the strongest, most fearless individuals; soldiers, outdoor workers and vigorous, self-confident men was broken down swiftly by the germs of this pandemic influenza.

The disease appears always to be caught and conveyed by contact with others who had it, which is entirely the same with measles and smallpox.

The contagion is not air-borne. Winds, rain, vapors, smoke and night air or sewer gas, though blamed, have nothing to do with Spanish influenza. The disease is spread by contact and only by contact.

**Strange Characteristics**  
The epidemic had several strange characteristics not before noted by doctors or bacteriologists.

The disease is not the result alone of an invasion by the influenza germ, but instead a double assault by both the influenza bacillus and the pneumococcus or the influenza bug and the germ streptococcus hemolyticus.

As one army surgeon, Major C. L. Mix, pointed out, it seems almost as if the influenza bacillus—discovered first in 1892 by Kitasato, a Japanese, and later claimed by a German named Pfeiffer—and the pneumococcus lived together like father and child in a state of "symbiosis."

Unlike ordinary pneumonia, this pneumonia has no pleurisy, no pain in chest, no empyema or pus in the walls next to the lungs.

Nose bleeding before the disease is fully present is common with the first stages of fever. This appears to be due to some interference with the passage of blood from the right side of the heart through the lungs and the damming back of the blood in the veins of the neck and face.

This same thing accounts for the blue-lack "cyanosis" of the many pneumonia victims of the scourge. The venous blood becomes checked and held back in the parts of the flesh, which can not expose it, as the well lungs are able to do, to fresh air and oxygen.

Red spots are frequently observed upon the backs of influenza patients with pneumonia.

**Vaccines Successful**  
Almost anything which diminishes the alkali naturally present in healthy

There's a Reason Why People Go to the  
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human blood augments the danger of germ diseases. It lowers the health of man's fabric and allows bacteria to get an infective foothold.

Exposure too sharp, sudden, long or unexpected, such as to water, cold, strange food or too much of it; fatigue, starvation or gluttony lessen the alkalinity of the blood and thus invite some contagion or infection to implant itself in the system.

Any two of these factors are enough to put the soundest, boldest, best physique on a hospital cot in amazingly swift order.

Vaccines made of killed influenza bacilli are now recognized as successful. The very fact that epidemics occur a generation or so apart and attacks leave the individual immune for months or years shows that anti-influenza vaccines should be as triumphant as the anti-typhoid, anti-smallpox and anti-rabies vaccines.

Another discovery made regarding this plague is that every ounce of heat lost by the patient goes against him. The victim must be kept warm, and those who follow the practice, as in pneumonia, of putting the sufferer out of doors, add to his exposure, losing strength and diminishing resistance. The patient must have air and oxygen, but not cold and wet. He must be kept in bed to conserve his strength, and heat must be applied to his legs, feet, abdomen and chest.

Salicylate of soda in ten-grain capsules, with pepsin or soda every four hours, has proved to be effective in many cases. Ammonium salicylate is as good as the sodium salicylate.

### PASSING OF THE "HALCYON"

News Item: "The whaling schooner Halcyon slipped her anchor while lying at Akutan, in the Aleutian islands, and was driven to sea in the great storm of November 11. This is the ship that was once owned by Jack London, and which he piloted among the South Sea islands and later in Arctic waters."

'Twas on the night of the dreadful storm—  
'Tis thus the story ran—  
The good ship Halcyon lay at rest  
In the port of Akutan.

Right well was she named, that fairy ship.

When she took her jaunty way  
To the palm-crowned isles of the Southern sea  
And the cities of Cathay.

A spirit wild, unfettered, free,  
As dauntless as her own,  
A hand that was steady, sure and strong  
Guided the Halcyon.

And the little ship that London loved  
Went sailing on and on  
After her master's soul had passed  
Into the Great Unknown.

She heard the call of the bitter North,  
And met the Arctic blast,  
As though 'twere the breath of the fragrant South,  
Till there came a day at last

When a storm swept over Akutan,  
In the land of the Midnight Sun,  
Bringing word to the little ship  
That her voyaging was done—

And no man knew when the Halcyon  
Aloft and noiselessly,  
Slipped her anchor and crept away  
Out to the infinite sea.  
—Mildred Firth Crockett, in Seattle Post-Intelligencer.

### BRUGES SUFFERED LITTLE FROM BOMB ATTACKS

LONDON, Dec. 27.—Liberated Bruges afforded a striking testimony to the work of the allied airmen. It was attacked by bombers because the Germans had made it an important base for submarines. Its extensive docks, connected with the sea by canals, formed a safe haven where the German U-boats could be built, fitted and repaired for their work of destruction. The raids of the allied airmen were directed solely at these objectives, and despite the enormous damage done to them, the rest of the town suffered hardly at all.

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