

## 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—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.**

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

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

**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



In the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. 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 influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1847. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1880 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely 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 attention 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 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 colds 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 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 chill, 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 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."

**What causes the disease and how is 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 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 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 stand 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 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.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges 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 medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to follow 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 family, 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 leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous 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 another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

**How can one guard against influenza?**

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

"It is especially important to beware 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 practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

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

## TERRORS OF THE HUN



"I shot down ten of them myself, but it was no use," said a captured German officer recently, telling of his fruitless efforts to make his own men fight when they heard the Canadians were opposite them.

The fierce courage which has made their names so terrible in the Hun ranks is easily discernible beneath the camouflage of smiles on the faces of the Canadians above, on their way to the front in a motor lorry.

Knowledge that their own valor was matched by the determination of their supporters at home doubtless has kept their morale high.

## LETTER FROM CROWN PRINCE TO HIS PAPA

The following was taken from a newspaper published in France and sent to Nevada relatives by a Nevada Doughboy, who is now fighting in France.

**"On the Run Somewhere in France" "Everywhere in France" "All the Time."**

Dear Papa:

I am writing on der run, as der brave and glorious soldiers under my command have not seen der Rhine for so long dat dey have started back dat vay and of course I am going mit dem. Oh, papa, der has been some offel dings happened here in France. First I started in my big offensive which was to crush de fool Americans but de know so little about military tactics dat de will not be crushed just like I vant dem. I sent my men in der fight in big vaves and ven dey got to de Americans dey all said "Boo" as loud as dey could holler. Vei, according to vot you have always told me, de Americans have turned and run like blazes. But vot do you tink? Dem fool Americans don't know anything about war, and instead of running de odder vay, dey came right towards us. Some of dem was singing about "We won't come back till it's over, over der," or some odder foolish song, and some of dem was laughing like fools. Dey are so ignorant. But dey are offel reckless mit der guns and ven dey come towards us it was then dat my men took a notion dey wanted to go back to de dear old Rhine. We don't like de little dirty Marne River, anyhow. And, oh, papa, dem Americans use such offel language. Dey know nothing of kultur and say such offel dings right before us. And dey talk blasphemy, too. Vot you tink dey said right in front of my face? One big husky from a place dey call Missouri, he said—oh, papa, I hate to tell you vot an offel ting he said, "To hell mit der Kaiser!" Did you ever hear anything so offel? I didn't think any body would say such an offel ting. It made me so mad I wouldn't stand and hear such an offel ting so I turned around and run mit de odder boys. Was I right? Vat? And, oh, papa, you know dem breast plates vot you sent us—can you send some to put on our backs? You know we are going de odder vay, now, and breastplates are no good, for de cowardly Americans are shooting us right in de back. Some of our boys took off der breastplates and put dem behind, but de fool Americans are playing "De Star Spangled Banner" mit machine guns on dem plates. Can't you help us? You remember in your speech you said nothing could stand before the brave German soldiers? Oh, papa, I don't believe dese ignorant Americans efer read your speech, for dey run after us just like ve vas a lot of rabbits. Vot

you tink of dat? Can't you send dem some of your speeches right away? Dey don't know how terrible we are. Can't you move my army back to Belgium vere ve von all our glory? My men can vil all the vimmers and children vot dem Belgians can bring us. But dese Americans are so rough and ignorant. We can't make dem understand that we are the greatest soldiers on earth and ven de try to sing "Deutschland Uber Alles" dey laugh like a lot of monkeys. But we are getting de best of de Americans. We can outrun dem. Papa, if we are not de best fighters on earth we are sure de best runners. Nobody can keep up mit us when ve tink of der dear old Rhine, and my army never did tink so much of dot old river. Let me know right away vot to do by return post office July 20 times.

Crown Prince Willie.

**Willies Gets an Answer.**

Potsdam Palace

Dear Son Willie:

Your letter received. The trouble is dot doze ignorant American pigs broke our line of communications so dat Laudendorff couldn't get word to you what our brilliant plan of strategy is. You see ven ve started out take Paris ve made our battle line too long and now ve are going to shorten it up. We found dot doze American pigs could beat us shooting on a short line so ve are going to see vot dey can do on de Hindenburg line, and if dey can shoot too vell enough on dot line we vill go back to de Rhine line and if dot ain't short enough we'll shorten up dot line until it will just stretch across in front of Berlin.

Now, my darling son, some of doze enemies have been trying to sow discord among my faithful troops by spreading de report dat you never lead your army—but stay in der rear. Dot has got to stop right away. On all desse retreats I vont you to lead your army—keep several miles in de lead—den you won't have to come in contact vit dos American pigs. It makes me mad plumb through vat you tells me about dat feller from dot place in Missouri saying "to Hell mit der Kaiser!" Such ingratitude. Why, dots der place ver I send der Bushranger Annie to show dem how to make good old lager peer.

Vot you and Ludendorff and de rest of my sagacious commanders want to do is to keep der Americans on der run. If you can't make dem run away from you, make dem run after you, cause dey is short vinded. Stay in France as long as you can, but if you can't stay any longer, come on home to your loving papa.

Wilhelm

P. S. I didn't say anything about Gott in dis letter, cause de communication is broke and I don't know just what Gott is doing dezeit days.

## SHRAPNEL SHELTER POPULAR PLACE



"Elephant Iron" shrapnel shelters are as numerous along the battle lines as safety stations on metropolitan streets.

While the screech of shells passing overhead tells the doughboys above that they are "departures" (that is, friendly shells) they may take their ease in the open. When a Boche shell, known familiarly as an "arrival," is heard howling towards them, however, they roll underneath in a jiffy, and are protected from fragments of high explosive shell as well as from shrapnel.

## LISTENING-IN BY SIGNAL CORPS MEN

**REMARKABLE DEVICES BY USE OF WHICH GERMAN MESSAGES ARE CAPTURED.**

### WIRES FAR AWAY TAPPED

**Student Army Training Corps Plans Changed to Conform to Lowered Draft Ages—Soldiers Want Lemon Drops and Soluble Coffee.**

The listening-in service of the signal corps of the army is one of its interesting activities. Information of the enemy and his movements is always of use, and sometimes of great importance.

The signal corps operates numerous listening-in stations close to or within the enemy's lines, at which by means of devices recently perfected, it is able not only to intercept any radio message but also to determine accurately the location of the radio instrument which transmits it. This information as to location is transmitted to the artillery, which proceeds to put the radio station out of business.

German telephone wires have been made to divulge their secrets, though such wires are well within German territory where it is impossible to tap their lines. This is accomplished by one of the most ingenious instruments that has been produced. By means of it our signal corps man can sit in his dugout on the front line with a receiver to his ear and hear any telephone message well within the enemy territory, even though several thousand Huns may intervene between him and the nearest point to the telephone wires being used by the enemy.

The signal service of the army came into existence with development of the telegraph during the Civil war, and was expanded greatly in the Spanish-American war. It was then a mounted organization, mobile as cavalry, and used largely to serve the needs of the cavalry. It developed practically a perfect system for open warfare.

A new system had to be originated for trench warfare and experts began the study of this problem and the use of telephone and telegraph lines and the radio as soon as the present war started. Signal corps men were among the first units sent to France after the United States entered the war. The French system of signaling has been adopted in part, but with many purely American innovations. The whole fighting area within ten miles of the front lines is a mass of lines of information. There is the wire net, or telegraph and telephone; the radio; the visual, or searchlight and firework, and the messengers, runners and motorcyclists.

Plans for the student army training corps have been changed by the war department to conform to the lowered draft ages. The war department will utilize the plant, equipment and organization of the colleges to maintain a reservoir of officer material for training as officers and technical experts from which it will be possible to meet the enlarged needs of the various branches of the service.

The length of time during which men will be trained in the colleges will depend on the needs of the service. As fast as one group of trained men is drawn from the colleges into the service their places will be taken by a new quota obtained by voluntary induction or through the draft. In this way the educational facilities of the country will be used to maintain a constant supply of men who are trained to meet the needs of the army.

Under the regulations selected young men who are physically fit for military service, who are eighteen years of age or over, and who have had a grammar school education may be induced as volunteers into the army and enter upon a course of special training. Those who have had only a grammar school education will enter ordinarily special training detachments to be trained along mechanical lines of military training. Those who prove in the course of their mechanical training that they are officer material may be transferred to a unit in one of the colleges to be prepared to enter a central officers' training camp.

Young men who have had a high school education will be allowed to enter the college for more advanced training as officers and as technical experts of various kinds, according to their experience and abilities. Those who show promise under this training will be kept in college until qualified to enter an officer training camp or be sent directly into the service as technical experts; those who do not show promise under the training will be sent either to noncommissioned officers' schools to the nearest depot brigade or to detachments where men are trained according to their technical or mechanical abilities.

Do not use galvanized utensils in making preserves, jellies or fruit juices, say department of agriculture experts. Some of the zinc with which the vessels are galvanized may be changed to salts of zinc, which will give the product an acrid and astringent taste and render it unsuitable for human use.

Mexican laborers in Texas have developed the taste for cottage cheese. Government experts have taught them how to make it. The result is a saving in meat.

Lemon drops and coffee are popular with the army. There is such a demand for lemon drops that the quartermasters corps is having difficulty in obtaining the desired quantity and quality. About 200,000 pounds of lemon drops are used each month at the present time, or about 15 per cent of the amount of candy furnished the army.

The lemon drops being supplied the army are made of pure granulated sugar and flavored with an emulsion made from the rind of the lemon. The extra sour lemon drop is the favorite with the soldiers. It has the thirst-quenching quality of lemonade. The formula was prepared specially, and is being followed by the candy manufacturers supplying the army.

The entire output of all factories in the United States making soluble coffee is being purchased by the quartermasters corps for the army, but it is not sufficient to meet the demand; new companies are being organized and large capital is being expended to insure a largely increased output.

Soluble coffee is used in the front line trenches, where it is not possible always to have hot water because it cannot be brought up from the rear and fire to heat water causes smoke which invites the fire of the enemy. The men can make good coffee from the cold water which they carry in their canteens.

Increasing needs of the military forces for woolens has brought an order from the woolens section of the war industries board stopping the manufacture of woolen or worsted hand knitting yarns, and calling for reports as to stock held by the manufacturers, and wholesale and retail merchants.

The Red Cross is buying up these stocks at a nominal profit to the holders for use in its war work. A much greater supply is required, and the Red Cross will take up stocks of yarn suitable in quality and quantity as rapidly as they are offered.

Large manufacturers, wholesalers and retailers reported their stocks on hand promptly, but many small merchants throughout the country have failed to report to the woolens section, and reports have been received they are continuing to sell to their customers. The war industries board has no desire to penalize those who have reported their stocks of yarn for the benefit of those who have not so reported, and asks for immediate replies from those who hold un