

"FLU" PLAGUE FOLLOWS WAR

The Spanish influenza epidemic which has raged throughout practically the entire world may be the "plague and pestilence" which tradition says always follows war. Modern sanitation and hygiene have done much to free the world from the dominion of plagues, but in time of war even science is thwarted.

A formidable weight of medical opinion holds that the influenza epidemic which has swept Europe and America during the last 18 months is due to the filthy conditions of trench life, the millions of rats and vermin bred at the front, and the unburied dead on the battlefields. Certainly this war would be different from all those ever fought if it did not bring pestilence in its wake.

It is hardly probable that the 1848 cholera epidemic caused the number of deaths that influenza has done. The toll during the three months, Sept. 1 to Dec. 1, was 350,000 persons. All other pestilences in history have had their first start in the far east. Egypt and Ethiopia were the plague-breeds of the ancient world, China and Turkey of more modern times. The latest theory is that influenza or "pneumonic plague" as many physicians call it is no exception. According to Dr. James King of the army medical corps, the disease was imported from China, through the coolies used on French battle fronts. The disease has been no respecter of climates. It has raged in frozen Russia and Alaska, in dry Arizona, in damp heat, like that of Italy, and in damp cold, like that of the Great Lakes region. Tropical Porto Rico and Hawaii have not been spared, nor the dry, bracing northwest. Influenza is not unknown in history. It is reported to have swept Europe in 1557, 1580 and 1593. In 1591 it raged through Germany, alone, stopping abruptly at the Rhine, and three hundred years later, in 1891 it swept Germany again.

Pestilence seems always to take those in the prime of life and influenza had been no exception. In the epidemic from which this country is now suffering, statistics show that 80 per cent of the victims are under 40 years of age, and 60 per cent of them under 35 years of age. The death rate in army camps has been about twice that among civilians.

Modern science is not leaving influenza to range uncombated as did the plagues of a few centuries ago. Dr. E. C. Rosenow of Rochester, Minn., declares that a successful serum has already been discovered that will reduce the influenza mortality by more than 90 per cent.

Red Cross relief helps to minimize grief.

Food Will Win the World

FOOD IN EUROPE

- FAMINE CONDITIONS
- FOOD SHORTAGE APPROACHING FAMINE POINT
- SERIOUS FOOD SHORTAGE
- SUFFICIENT PRESENT FOOD SUPPLY
- BUT FUTURE SERIOUS



"Our point of view has now been changed from a war necessity to a humanitarian appeal, in all food conservation efforts," said Federal Food Administrator E. F. Ladd, when asked regarding the future work of the Food Administration. "In a cable recently received from Mr. Hoover by the Food officials he stated that the pressing demand for food to keep Europe from one of the worst famine disasters of history is obvious but the definite program must await further conferences abroad."

"When the American people fully realize the predicament of millions of people in Europe, when the picture is presented to them in all its startling reality, there will be a spontaneous and instantaneous demand on the part of the American public for their relief. Some agency must carry on that relief work. Just what will be done and how it will be done is yet to be worked out but the work that is now placed before the Food Administration workers is to acquaint the public with the facts of Europe's needs and to prepare them for voluntary co-operation in saving vast numbers from starvation, as distinguished from the enforced regulations which were necessary as a war measure, but will no longer bring about the desired ends."

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TOWN HAS HISTORIC PAST

Ilfracombe, Popular English Summer Resort, Has Been Well Known Through Many Centuries.

Ilfracombe is rapidly becoming popular as a summer resort—or, as the English call it, a watering place. It is set on a steep hillside, surrounded by "the seven hills," on the beautiful Devonshire coast. From the near town of Hallsborough Ilfracombe shows a mass of white cottages, clinging desperately to the hillside to keep from tumbling into the Atlantic ocean.

Many people think that Ilfracombe is a modern town, in spite of its quaintness, because it has such an up-to-date air. But Ilfracombe is a skillfully camouflaged antique, having been a harbor of some note "way back in the twelfth century. This attractive townlet has been afflicted with a great variety of jaw-breaking names during the centuries of its existence. Its names range all the way from Aelfringcombe and Ilfordcombe to Alfredscombe, and, at last, Ilfracombe. But the good folk round about Ilfracombe just call it "Combe."

In 1344 Ilfracombe was one of the 45 English ports that sent representatives to the council of shipping, and in 1646 it was captured by Fairfax. They say there were some hot skirmishes at that time in what is now known as "Bloody Meadow." Some cannon balls of that period found here corroborate this tale.

In these olden days wrecks near Ilfracombe were frequent, and pearls and other valuable treasures of the Indies were often sold to advantage by the fisher folk to merchants in neighboring towns.

SEA BUFFALO "GOOD EATING"

Other Things Beside the Beefsteak, to Which the Nation Is Attached, May Be Made of Use.

Sirloin of sea buffalo is much esteemed in San Francisco and other Pacific coast cities, where meat of this highly valued animal is coming to market in such quantities as to lower the cost of living by keeping down the price of beef and mutton.

Sea cows and sea horses have long been familiarly known, but most folks would confess themselves unacquainted with the sea buffalo. If they saw one, they would call it a whale; and no wonder, for that is the sea buffalo's other name.

Some people might be prejudiced against eating whale meat, but sea buffalo steak sounds good. It is good—quite equal, in fact, to the best beefsteak, and hardly distinguishable from the latter. In the market, sea buffalo tenderloin (boneless "filet") costs only 15 cents a pound; other cuts are cheaper.

The gray whale (common in Pacific waters) furnishes most of the meat. A 60-foot specimen will yield as much butcher's material as 70 head of cattle.

First Quakers.

The first Quakers to land on American soil were Mary Fisher and Ann Austin, who reached Boston in 1636 after a long voyage from England by way of the West Indian island of Barbados. The two women caused great consternation to the Puritans, and George Bishop, in an address to the magistrates, said:

"Two women arriving in your harbor so shock ye, to the everlasting shame of you and of your established order, as if a formidable army had invaded your borders."

The Quaker sect, or Society of Friends, was founded by Fox in 1648, about eight years before the first members reached America on July 11, 1656. Later George Fox visited America. The part played by William Penn and other Quakers in the early history of Pennsylvania and New Jersey is familiar to all students of history.

Can Shyness Be Cured?

What is the remedy for shyness? What is the shy man to do in order that he may be shy no longer?

The remedy is simple, and is to be found by consideration of the cause. The shy person is shy in the presence of strangers only. Let him have no opportunity of meeting strangers, and let the opportunity be abolished not by abolition of the meetings, but by abolition of the strangeness. In other words, shy persons are those who in early life had not practice and no experience in meeting strangers, and so having the attention of strangers directed to them and attracted to them. If the meeting with strangers becomes customary it loses its strangeness.

As a Gentleman!

Little brother accompanied his mamma on a visit to some friends in Chicago, and included in the entertainment of the visitor was a luncheon at one of the fashionable cafes. Little brother was taken along because there was no place to "check" him.

"Now, brother," said mamma, "you see this beautiful place and all these lovely ladies—you are the only man present, and I want you to be very polite and act just like your father would if he was here."

"Well," said brother, "I guess I'll take a cigarette."

Enterprise.

"How far can you travel on a gallon of gasoline?"

"Not as far as I used to," replied Mr. Chuggins. "But I'm hoping to reduce the expense by developing a by-product. The gasoline is so oily and the roads are so rough that with a little care we ought to make every trip yield a good churning of axle grease."

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