

# FIGHTS GOT THE FLU? WHAT TO DO

## SPREAD \* \* \* \* \*

### FLUENZA REST, SUNSHINE AND PROPHYLACTIC

#### DISEASE NOT BAD COLD AS SOME THINK

Caused by Highly Energetic Germ of Very Rapid Incubation.

#### HOW TO DODGE 'FLU'

Keep feet and clothing dry. Avoid crowds. Protect your nose and mouth in the presence of sneezers. Gargle your throat three times a day with a mild antiseptic if only salt and water. Don't neglect a cold. Keep as much as possible of the sunshine. Don't get "scared."

By J. H. DICKWORTH.  
BOSTON, Sept. 24.—Spanish influenza, rapidly spreading throughout the country and whose focus of infection is in Boston, where some 1,000 cases have been reported.

It is a patriotic duty to keep well. All sick persons add to the country's burdens. Everybody should be on guard against "flu" and become thoroughly familiar with symptoms and prophylactic measures.

Known also as Spanish fever and as grippe, Spanish influenza, regarded France in the fourteenth century and has frequently laid England low. It is even referred to in works of ancient physicians.

After talking with Health Commissioner Willard at the laboratory at Harvard medical school and physicians at the hospital where hundreds of victims are treated, I am under authoritative description of the cause and effects of this dread disease and ways to avoid it.

#### Nature of Germ.

Spanish influenza has nothing to do with a bad cold. Being a highly infectious disease caused by a particularly virulent germ, it is a pandemic disease. It is one of the most swiftly spreading maladies because of its rapid incubation of the germ. The minute, disc-like bacillus is found in the mucus or in pain. Under the microscope it is seen that such bacillus is stained at the poles, a clear band remaining in the middle. In this respect it resembles the plague bacillus.

It is found in the blood, though here it is comparatively inactive, and in enormous numbers in the bronchial mucus, whence it is coughed up to renew its pernicious work. This germ forms toxins or poisons which continue on the rampage long after apparent recovery. It exerts such a general devastating effect on the tissues that other dangerous micro-organisms which ordinarily are held in check by foot and catarrh, pneumonia and similar conditions develop. It particularly attacks overworked and weakened organs such as the heart and lungs. For this reason, rest, nutrition, warmth and tonics are important factors in its treatment.

#### Symptoms of Disease.

What does it feel like to have Spanish influenza?

"Just like the ordinary grippé," says Dr. Edmund Wilson, acting superintendent of Boston city hospital.

"When the germ gets to work the patient is suddenly taken with severe pains all over. There is vertigo and nausea, and sometimes actual vomiting of bilious matter. Frontal headaches of special severity are experienced. Pains in the eyeballs are increased by the slightest movements of the eye. There is a general feeling of misery and weakness and great depression of spirits. The patient may give way to weeping and suffer from insomnia and occasionally delirium. In some cases catarrhal symptoms may develop, such as running at the eyes, sneezing and sore throat. The glands in the throat and neck may swell and there may be spitting of bright blood from the pharynx, often tonsillitis appears. There is a hard dry cough of a convulsional kind, worst at night and high fever. Spanish influenza is just a new name for old-fashioned grippé."

## UNCLE SAM'S ADVICE TO INFLUENZA VICTIMS

Specially Prepared for The Kansas City Post. By the United States Public Health Service.

No other communicable disease which assumes epidemic proportions spreads so rapidly or attacks indiscriminately so large a proportion of the population as does Spanish influenza, therefore, while statements that 8,000,000 persons have been attacked in Spain alone may be exaggeration, it is probably true there has been a wide prevalence of the disease.

Past epidemics have been characterized by profound prostration out of all proportion to the intensity of the disease; hence it is not improbable that the disease has impaired for a time the efficiency of the German army, as reported.

The present outbreak appears to be characterized by a peculiarly sudden onset, the victim being struck down with dizziness, weakness and pains in various parts of the body, while on duty or in the street, though a sharp rise of temperature to 103 and 104 degrees, complaints of headache, pains in the back and photophobia. The throat feels sore, there is a congestion of the pharynx and in some instances lar-

yngeitis and bronchitis. Something also similar to trench fever is sometimes found in the influenza patient.

The fever generally falls in three or four days and the patient recovers rapidly. Few fatalities are reported. When there is death, it is usually from acute bronchitis, with terminal failure of the right heart.

There was an epidemic of this disease in 1889 and 1892 in Great Britain.

#### TREATMENT

—Rest in bed, warmth, fresh air, abundant food, Dover's powder for the relief of pain. The convalescent requires careful nursing to avoid serious consequences.

#### SOURCES OF INFECTION

—Secretions of the throat and nose passages, conveyed on handkerchiefs, towels, cups and messager or other methods. Infected persons should be kept separate as much as possible from those not infected. Beds should be screened. There is no practical quarantine, and disinfection can be only general. Attending nurses may wear a gauze mask. During the epidemic, persons should avoid crowded assemblages, such as street cars and working places. Treat as a bad cold.

#### Measures of Precaution.

Precautionary measures are simple. Keep away from infected persons. The sick should be separated from the healthy. Sputa should be received in vessels containing disinfectants. Promiscuous spitting and coughing should be absolutely prohibited. Antiseptic gauze masks should be worn by all attendants on a case. Public towels and drinking cups should be avoided and great care exercised in handling clothing and all articles that have come in contact with the stricken.

Only by loyal and intelligent cooperation of the general public can the epidemic of Spanish influenza be prevented from spreading throughout the country and hampering our war work. Do your bit.

## HAS SEEN ACTIVE SERVICE IN FRANCE, NOW IN ENGLAND



—Photograph by Bauer.  
**RANSOM E. TOWER.**  
Ransom E. Tower, son of Mr. and Mrs. W. G. Tower, 3820 East Seventeenth street, is now in England. He was a member of the old Third regiment and has been in active service since March 27, 1917. Mrs. Margaret Tower, his wife, lives at 1244 Denver avenue.

## COWGILL FAVORS HOG RAISING TO REMOVE GARBAGE

### Mayor Is Dissatisfied Over Failure of C. Rhea to Live Up to Contract.

Mayor Cowgill is in favor of the city going into the hog raising business in order to dispose of the city's garbage. The mayor is dissatisfied over the failure of C. Rhea, who holds the contract to remove the city's garbage, to live up to his agreement for which the city is paying him \$7,900 a year.

The mayor's office during almost the entire summer has been besieged with calls from irate citizens whose garbage has stood in cans for many days without being removed.

In many sections of the city the people have been forced to resort to burying garbage, or burning it, and in a number of instances during hot weather, garbage has been thrown in alleys and allowed to rot. Health officials declare this has brought about a very unhealthy condition in some neighborhoods.

W. Perry Motley, president of the hospital and health board, declared several months ago the board intended to hold up the money due Rhea because of his failure to collect the garbage. However, Vernon Greene, assistant city comptroller, said today all

## STYLES IN BICYCLES WILL BE LIMITED

### Industries Board Takes Action as Steel Conservation Measure.

WASHINGTON, Sept. 24.—Elimination of certain styles and patterns of bicycles, ordered today by the war industries board, will result in the conservation of at least 2,500 tons of steel. The program announced by the board is the result of a conference with bicycle manufacturers and will go into effect October 1.

Certain styles of racing models, all juveniles and the manufacture of metal tanks, stands, spring steel clips, rivets, tool boxes, bags and tools will be cut off.

Color styles are limited to six varieties and nickel finish on frames and forks is discontinued. No more rubber, nickel or aluminum grips will be permitted.

## MONEY LENDER LEFT AN ESTATE OF \$7,259,344

NEW YORK, Sept. 24.—The total value of the estate of Daniel H. Tolman, with a national reputation as a chattel mortgage lender at high rates, who died intestate on February 12, has been placed at \$7,259,344.

The taxable estate in this state amounts to \$182,000, virtually all of this amount being invested in chattel mortgages.

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## Offer.

### Our '55th Anniv

of merchandise of all kinds in c  
If saving money is an obje  
of them means a saving to you.

Women's Blouses of splendid qu  
crepe de chine in white with col  
stripes. Made in tailored styles and  
unusually good at \$3.98 each.

Third Floor.

The Babies' corner also has A  
versary specials. Children's gray c  
chilla coats, well lined, ordinarily  
for \$7.95 each. Chambray ging  
Greepers trimmed with handstitchin  
special \$1.48 each. Plaid Gingi  
Dresses, special for \$2.98 each. Sw  
er Sets, consisting of coat, leggi  
cap and mittens, in rose, white, c  
inal and oxford—special \$5.95 set.

### Linen Writing Paper Fro the Stationery Section

is another anniversary special.  
white, blue, gray, pink, buff, violet  
Box of 70 sheets, 35c. Envelopes  
match, 18c package or 2 packag  
for 35c.

Walnut Street Floor.

Women's Corsets—two differ  
models in this sale. A pink broche c  
tom made Corset, ordinarily \$6.00  
\$3.50 each. Madame Irene pink  
white coutil Corsets, ordinarily \$5.  
special for \$3.50.