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GENERAL NEWS

THIS IS ANOTHER "GASLESS SUNDAY"

CHICAGO, SUNDAY, OCTOBER 6, 1918.

PART TWO

BUY LIBERTY BONDS "TILL IT HURTS"

BATTLE INFLUENZA MICROBES, NOTED PHYSICIAN WARNS

GERMS BREED LIFE DISEASES, GUARD VICTIMS CITY IS TOLD

Dr. William S. Sadler Calls Attention to Danger of Tuberculosis Following Spanish Influenza.

TREATMENT RULES ARE GIVEN

Infection of Private Paramount; Infection Whisker Rapidly Over Cities and Continents.

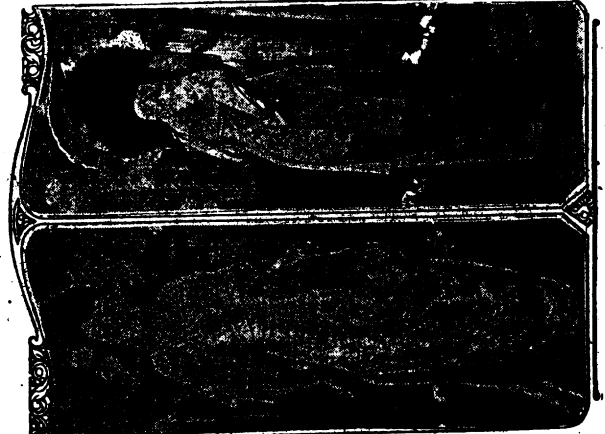
THE nation is in the grasp of a Spanish influenza epidemic of unprecedented public health. From coast to coast reports show decided and serious cases being fought the disease, which in many cases has caused many deaths. It will only have health departments of larger cities issued warnings to the public to check its spread. The health authorities of the United States are well advised.

Dr. C. St. Clair Drake, Illinois state director of health, says: "We are now in the midst of a Spanish influenza epidemic of unprecedented public health. From coast to coast reports show decided and serious cases being fought the disease, which in many cases has caused many deaths. It will only have health departments of larger cities issued warnings to the public to check its spread. The health authorities of the United States are well advised."

By William S. Sadler, M. D.

While common colds are undoubtedly the most frequent of infectious diseases, as an epidemic, Spanish influenza stands out as a disease that has never been seen before. It is by no means a household word. Spanish influenza is an acute infectious disease accompanied by high fever. It spreads with extraordinary rapidity, from town to town, from continent to continent, and is notorious in that it indiscriminately attacks such a large percentage of the population.

Too Many Clothes—And Often Too Few—Will Give IT to You!



Doctor Sadler says one of the predisposing causes of Spanish influenza is wearing too much clothing, and the opposite extreme—wearing too little clothing—and the consequent exposure and chilling which inevitably follow. "Women attend fashionable functions at night with their upper extremities scantily clad," says the doctor. "It is little wonder they contract Spanish influenza. On the other hand, the habit of wearing thick furs over some portions of the body—about the neck for instance—should be avoided, except in the severest cold weather. Clothing should be equal in weight all parts of the body kept warm."

The nervous symptoms of influenza, in addition to the pain already described and the profound and extraordinary prostration, may extend to the point of producing delirium, and in one form of the disease there may result an actual meningitis.

In rare cases the poisons of the germs seem more to affect the bowels, in which cases there is nausea, vomiting, colic, diarrhea, or even jaundice.

Spanish influenza is the great disease of dangerous complications. While it spares most of its victims, and they appear to be fully recovered, it occasionally leads to death by pneumonia, the uremia, undulant fever, or by permanently crippling one or more of the internal organs.

Don't Crowd; Open Windows Along Do's and Don't's

HERE are some "safety first" suggestions formulated by Doctor Sadler, which, if followed, will tend to minimize greatly the danger of contracting Spanish influenza:

- 1—Avoid needless crowding.
- 2—Avoid needless greetings.
- 3—Smother your coughs and sneezes—others do not get the germs which you would throw away.
- 4—Your nose, not your mouth, is the door to breathe through—get the habit.
- 5—Remember the three "C's"—clean mouth, clean skin and clean clothes.
- 6—Try to keep cool when you walk and warm when you ride and sleep.
- 7—Open the windows, always, at home at night, at the office when practicable.
- 8—Help by sneezing and coughing your food well.
- 9—Your face may be in your own hands—wash your hands before eating.
- 10—Don't let the waste products of digestion accumulate—drink a glass or two of water on getting up.
- 11—Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person and not washed.
- 12—Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your pirate.
- 13—When the air is pure breathe all of it you can—breathe deeply.
- 14—If you think you are coming down with influenza, have your doctor make a blood count. As a rule the white cells are not increased in influenza.
- 15—When first stricken with the disease take a very hot bath or shower, take a very hot steam or hot blanket pack—have a good sweat.
- 16—Use a preventive nose spray.
- 17—Use a good one the following: Camphor, 60; Menthol, 20; Eucalyptus, 20; Liquid vasoline, 50.
- 18—Use in hand sanitizer should have an individual one.
- 19—Diluting the throat, may sometimes help—half alcohol and made up water.
- 20—Last, but not least, don't get scared. Don't live in constant fear of influenza. Keep cheerful and be optimistic. Influenza is not an insurmountable disease, but a good amount of mind will help you better to resist and fight it.
- 21—Do this for every case: (a) Keep the feet very cold; (b) Keep the feet and legs as warm as toad.
- 22—Keep cold cloths on the head.

Dr. C. St. Clair Drake Tells Just How to Make Face Masks and Also How They Should Be Worn

Turn in edges 1/4 in. on sides and one end. Fold twice, unturned end in, making a 7 1/2 inch square.

Cut strip of gauze (44-40 mesh) 8 in. wide by 23 in. long.

Cut off corners diagonally opposite, turn in raw edges, and stitch firmly all around.

Take up a 1-inch dart 1 1/2 inches long in each of the 4 sides. Sew 14-inch tapes to opposite uncut corners.

Because of a flood of queries as to how to make effective face masks, for use in guarding against contagion, and especially in preventing infection when attending victims of Spanish influenza, Dr. C. St. Clair Drake, director of the Illinois Department of Health, yesterday prepared formal directions. These are presented herewith. As doctors and nurses have been stricken by dozens, all hospital attendants have been ordered to wear masks when treating "flu" sufferers. Many masks in use proved ineffective, because made from gauze with meshes too large to catch and strain out the bacilli from the fine spray issuing from the mouths of victims when they cough and sneeze. Experiments have demonstrated that the finer spray, with its contagion, is dangerously infective at distances as great as from fifteen to twenty feet. Masks should be changed three times daily and thoroughly sterilized after each change.

INFLUENZA OR A COLD? HOW TO TELL

By William S. Sadler, M.D.

- SYMPTOMS OF SPANISH INFLUENZA.**
1. ONSET: Sudden, without warning or previous hint. Strikes as by an unseen hand.
 2. CHILLS AND FEVER: Definite chills and marked fever. More or less sudden appearance of both.
 3. PROSTRATION: Profound, sudden and continued out of all proportion to the other symptoms.
 4. CORYZA: Watery discharge beginning at once, little or no recognizable dry stage preceding its appearance.
 5. SORE THROAT: Not such an early symptom, especially if tonsils are diseased. May begin with slight tonsillar soreness.
 6. HEADACHE: Not so profound, eyes not usually in forehead or more to back of the nose. Not always present. May be general.
- SYMPTOMS OF A COMMON COLD.**
1. ONSET: Not so sudden; usually passes through a warning stage.
 2. CHILLS AND FEVER: Chills rather than definite chills; fever not so marked or absent; so-called "inward fever."
 3. PROSTRATION: Not so profound; merely a general weakness, just a general "good-for-nothing feeling."
 4. CORYZA: Comes on gradually, preceded by a dry stage lasting from a few hours to several days.
 5. SORE THROAT: Usually an early symptom, especially if tonsils are diseased. May begin with slight tonsillar soreness.
 6. HEADACHE: Not so profound, eyes not usually in forehead or more to back of the nose. Not always present. May be general.

40,000 CASES OF INFLUENZA IN CHICAGO; YOU MAY HELP

Medical Men Base Their Figures on Reports Made to Health Department.

NO CAUSE FOR PANIC SEEN Public Urged to Follow Simple Rules for Cure and Avoiding Contagion.

Based on Health Department reports, experts estimate that there are from 40,000 to 50,000 cases of influenza in Chicago today. Some doctors yesterday placed their figures as high as 60,000 to 80,000. In these figures include, or even include, the influenza which is being reported by the individual citizen as follows: the preliminary rule laid down by the municipal and state health officials.

These rules in brief are the avoidance of coughing and sneezing into public places, and the wearing of masks and the use of face masks at once call a doctor and see that isolation precautions are enforced in the family.

1,000 NEW CASES IN DAY. Returns for the twenty-four hours ending yesterday were reported to the Chicago health department, with thirty-seven deaths as well as 319 cases of pneumonia, with sixty-four deaths.

These compared with 74 new cases reported yesterday, together with 212 new pneumonia cases and thirty-seven deaths.

For the period from Sept. 30 to yesterday inclusive, a total of 115 cases of both diseases had been reported. Medical investigators based their estimates on these, holding that the death rate in such cases is not less than 1 per cent and that invariably less than one-half of all such cases are formally reported to the department.