

MEDICAL SCIENCE'S NEWEST DISCOVERIES ABOUT THE "SPANISH INFLUENZA"

How the First Real Epidemic of the World War Spread from the German Trenches — and Why Science Believes It Has Averted All Danger of Catastrophic Pestilences Such as Have Followed Many of the Great Wars of the Past.

By Dr. Gordon Henry Hirschberg, A.M., M.D.

The first really serious epidemic of disease produced by the great war is that called "the Spanish influenza," which has caused a... The disease generally known as "the bubonic plague" is the great plague which caused the great ravages of past war epochs.

Fortunately our enormous progress in medicine and our material resources for combating disease give assurance that no plague epidemic of such magnitude as those of the past can occur in America at the present time.

How widespread has been the outbreak of Spanish influenza is shown by the fact that our Assistant Secretary of the Navy, Franklin D. Roosevelt, suffered from it, while, at about the time he was recovering the youngest son of the King of Sweden died of it.

The first known advent of the influenza in this country occurred when the Norwegian ship Bergenstjorn arrived at New York on August 12 with twenty-five cases, three of whom died, but there were probably other sources of infection, apart from the report that the German U-boats surreptitiously disseminated the infection in this country.

And now just what happens to the sufferer from Spanish influenza? From observations of one thousand soldiers it was found that from one to three days after contact or approach to others who had the disease a feverish state began.

The disease starts with a chill or chills that may shake the whole room you're in. Severe headaches, with pains in the legs, in the groin, in the neck, in the spine, and in the small of the back are generally present.

Then "that tired feeling," named by doctors "general malaise," takes charge of the sufferer's anatomy. The system reels wretched all over. Fever blisters, those frequent accompaniments of pneumonia, of meningitis and of tetanic malaria, "break out" on the sufferer's lips.

The face becomes flushed, a thermometer tucked under the tongue registers 102 to 104 degrees, and the victim, as well as his doctor knows he's in for it badly.

Spanish influenza "cures or kills" in Liberty motor speed. Within four days the worst is usually over. About the second day the abrupt crisis takes place. On the fourth day the patient is either as well as he ever was, or pneumonia or another complication asserts its dangerous presence.

A thick, tenacious sputum of a whitish mucoid character distinguishes this new disease from the well-known old influenza with its greenish sputum. This also distinguishes Spanish influenza from pneumonia, with its typical "rusty colored tough expectoration."

Failure of intestinal action, a restricted flow of the kidney fluids and a want of appetite play a large role in the characteristic signs and symptoms of Spanish influenza.

If you take close notice of the several differences between this new malady and the old influenza, you will observe that the fever is sharper, higher, but of shorter duration; the total course of the new scourge is briefer; there are fewer stomach or intestinal symptoms in the Spanish influenza, whereas in the previously known influenza, gastro-intestinal disturbances were predominant.

A most important discovery has just been made with regard to this disease. The specific microbe which causes it has been definitely isolated. This is a complete disproof of the assertion in some medical publications that the bacillus was the same as that of the old influenza, or grip.

This interesting discovery is due to the researches of three English army surgeons, Captains T. R. Little, C. J. Garafalo and P. A. Williams, of the Canadian Mobile Bacteriological Laboratory, attached to the British base hospitals.

The last great pandemic of grip, or influenza, lasted three years, from 1889 to 1892. It spread like wildfire over the civilized world during that period. Then several American bacteriologists at work simultaneously and Professor Pfeiffer discovered the grip germ, or influenza bacillus, which has since been confirmed and established as the specific cause of the colds, pains, backaches and other classical symptoms of the old-time grip.

The present scourge, it was soon found, is much more malignant and entirely different from the other. The manner in which the bacterial agent which causes this plague was run to earth is a model of the bacteriological skill, supremacy, efficiency and patience of the English and American medical staffs.

It was recognized that the rapidity with which the contagion spread pretty well pointed to some microbe or bacterium as the guilty party. It was also argued that the causative agent must lurk at least a large part of the time in or near the air passages of the victim.

The coughs, the sputum the pneumonia, and bronchitis complications, the spray from the nose and throat as it came in direct contact with the men or reached them through plates, dishes and linens, seemed to invite bacteriological searches and microscopic studies.

Fortunately for all of us on this side of the ocean, medical science has succeeded in isolating and identifying the germs in just that way at the very beginning of the American epidemic, which is therefore likely to be nipped in the bud.

The new bacillus is not in the blood. Cultivation of it is impossible from this source. It is lucky that so demoralized a bug does not penetrate the delicate fluid tissue of man. Then its malignancy would perhaps be tenfold.

However, when the bacteriologists explored the discharges and excretions from the nose, the pharynx and the throat, lo and behold; their pioneer work was at last rewarded.

Spread upon glass and examined under a magnification of 1,200 times, a new microscopic living world opened up before their astonished gaze. A veritable beehive of trembling, vibrating bacilli almost as round and as small and resembling the diplococci of meningitis loomed up beneath the high magnifications of the microscope. O diplococci is a type of microbe in which two disc-like shapes are attached to one another.

At the poles or opposing ends of this myriad of tiny germs their torpedo, blunt noses were fattened out to make them almost biscuit shaped. In no "clusters" of these bacteria were there any of the well-known Pfeiffer bacilli of influenza or any double cocci of pneumonia.

The newly discovered germ has characteristics peculiarly its own. These are described in technical reports in the London Lancet for July and the British Medical Journal for August 10, 1918.

As a rule there are so many bacteria that are superficially at first glance exactly alike that a mere inspection of them on glass test tubes under the microscope without planting them in various small test tubes of different soils would fool even experts into believing that they are similar and indistinguishable. On this account it is that bacteriologists must use a great many other tests to convince themselves and their skeptical conferrers and enemies that they have a new and a different germ.

It is done in this way. When they find and isolate a bacterium and under the microscope it resembles even when stained blue or otherwise dyed the diplococci of pneumonia or meningitis—both of which also look alike—they "put iodine on its tail," as it were. If it "takes," it is so differentiated into one of two groups which take or do not take iodine. Then it is planted in gelatine. It either grows and melts the gelatine or it does not. Thus another group is found.

Then potato, moss, soils, gar, banana, blood serum and other soils are used until a whole series of facts are found about a germ which show it to be different from all hitherto discovered ones.

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Thus it is with the new germ. The medical gentlemen determined that it has none of the earmarks of any bacillus that has ever been "brought into captivity." This bacillus we have found grows with extreme reluctance upon the various "media" or fields on which most other micro-organisms thrive. It hankers after blood. It thrives and grows best on blood serum media, although it does not grow in malinuous blood.

There is a luxuriant, rich, abundant sprouting of the malicious bacillus in this serum, which explains why Spanish influenza clings so tenaciously to the lips, the tongue, the mouth and the gums of its victims and its "carriers."

The physicians and scientists of the Allied countries are seriously considering whether or not the germs of this disease have been intention of weakening their opponents. No definite conclusion has been reached on this point, but the charge cannot be hastily dismissed, as the German Government has already been convicted of employing disease germs against civilians in Rumania.

The disease was first observed by army doctors to be raging in the German trenches on the Flanders front in the wet weather last spring. From the front it passed to the weakened interior population of German civilians first noticed its ravages there they called it Spanish influenza. It is significant that intercourse between Germany and Spain by U-boat and in other ways had been particularly frequent. From these two centres its world-wide spread has started.

That the influenza germs have been secretly scattered in this country by German U-boats is a charge difficult to prove, but their gas attacks on crews of our light-ships and lighthouses furnishes character evidence against them.

It is scientifically demonstrated that the germs increase in virulence with the number of persons they pass through, until finally the system acquires immunity against them through infection.

Treatment for the disease is simple. Surgeon-General Blue, of the Public Health Service, summarizes it as follows: "Rest in bed, fresh air, abundant food, free action of intestines, with Dover's powder for the relief of pain. Every case with fever should be regarded as serious and kept in bed."

In order to guard against infection it is necessary to keep the mouth and nose clean and healthy by means of some mild antiseptic and to treat all colds promptly. A wash composed of one teaspoonful boracic acid, one teaspoonful bicarbonate of soda and one teaspoonful of common salt will be found very useful in keeping nose and throat clean.

The disease is spread by "droplet infection," that is, by little drops swarming with germs scattered by infected persons who sneeze, spit and cough in public places. One sneeze in a street car may infect a whole city.

It is therefore very comforting to know that Health Commissioner Copeland, of New York, has called a meeting of theatrical managers and others with a view to enforcing the laws against spitting in public.

Kissing is another prolific method of infection, and this practice should be stopped except in cases where it is absolutely indispensable to happiness. Kissing between members of the gentle sex can certainly be abolished without hardship. Army doctors have found the "gauze face mask" very useful in preventing infection. This is made with three or four layers of gauze in the shape of a rectangle five by seven inches, covering the mouth and nose and secured by a band over the ears and round the back of the head.

Miraculous destruction of Sennacherib's army of 185,000 men before Jerusalem, described in the Bible, believed to have been caused by bubonic plague.

Athens depopulated by typhus in 430 B.C. as a sequel to the Peloponnesian War.

Rome ravaged by plague from 81 to 96 A.D. after cruel persecution of Christians by Emperor Domitian.

During another plague outbreak in Rome 590 A.D. thousands fell dead in mourning procession passing through the streets.

1294 A.D. first great outbreak of "Black Death" or bubonic plague in medieval Europe—brought there from the East.

Seventy-five million people killed in Europe by "Black Death" in thirteenth and fourteenth centuries, while "Hundred Years War" raged between England and France.

Another great outbreak of plague in Europe in seventeenth century after the "Thirty Years War," ending with the famous "Great Plague" of London of 1665, described by Defoe, when the city was nearly deserted by all but ghosts and robbers, when nobles abandoned their palaces and merchants their stores.

In 1721 plague depopulated Marseilles, so that there was no one to bury the dead, and 20,000 bodies littered the streets.

Plague attacked Napoleon's army in Palestine in 1798.

number of bungalows in Saskatoon. With his many activities Mr. Dunning has not neglected farming. He formerly owned a farm of 800 acres near Kenaston on which he erected modern farm buildings. He sold this farm last fall for \$42,000. Mr. Dunning has one hobby: his faith that Saskatoon is going to be the biggest city in the West.

There does not seem any legitimate reason or excuse for raising the price of butter in Canada, because of the commanding by the Government of the output of Canadian creameries for the next few weeks, those concerned will have to face well-founded charges of profiteering. The Government is merely taking over the creamery butter manufactured in Canada between now and the 9th of November. There is available for use in Canada 18,000,000 pounds which is considered ample for domestic use. There will be no scarcity of butter in Canada and the boosting of prices appears as nothing more or less than profiteering of the worst type on the part of the wholesaler.

The rice crop in Louisiana is more than 1,000,000 bushels greater than last year.

INQUEST INTO CADET'S DEATH

Jury This Morning Visited Scene of Tragedy at Mohawk.

At Deseronto yesterday, Dr. Vandervoort conducted an inquest into the death of Cadet Arthur Richardson, of Mohawk Camp, R. A. F., who was found dead in an excavation outside a building at the camp.

The inquest was not completed as the jury went to visit the scene of the fatality this morning.

Evidence was put in to show that this excavation was for the purpose of draining the furnace room and was 16 feet deep. In the bottom was some water. It is thought that the cadet in passing from the office to the sleeping quarters took the path instead of the walk. This had been cut into by the excavation and a detour path had been made. It appeared that Richardson had followed the old route and fallen in.

When found his head was almost entirely under water. An autopsy showed about a cup of water and a leaf in his stomach but no water was in the lungs. This led to the inference that Richardson had not been drowned but had got a strangling gulp of water and that becoming almost instantly unconscious had suffocated. Crown Attorney Carnew conducted the examination of witnesses.

Constable Trulich went to Hamilton yesterday and secured three men wanted here for alleged theft. The Hamilton police had put them under arrest and the constable arrived here this evening with them. They are Maurice Scild, Jos. Solid and S. Braskey, and the charge is the theft of a portable engine over a value of about \$500, the property of Mrs. Ann J. Thompson of this city. The engine was part of a mill used in getting out lumber in North Hastings by the Thompson Co. of this city.

Major R. J. Panton, representing the Soldiers at court today while Mr. W. Carnew appeared for the crown. A cash bail was accepted with recognizances and the men were bailed out as in the absence of Magistrate Masson the case was not ready to proceed. Messrs. Porter, Butler & Payne are representing the owner of the engine, Messrs. H. F. Ketcheson and J. B. Walmesley acted as magistrates.

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Men's Suits. We are now buying Men's Suits for Next Spring—\$25.00 is the best price, and they are not much at that. BUY NOW! We are still showing \$15 and \$20 Suits. These prices are done when our present stock is exhausted. We are advising our Customers to buy now—buy Two Suits if you can. Our prices from \$15 to \$30 are very little over four years ago, and are considerably below present Wholesale Prices. We are giving you a "tip". OAK HALL

Better Apple Crop Than Was Expected. Niagara Pear Crop Medium, Grapes About 60 Per Cent. of Last Year. Ottawa, Oct. 10.—Despite extremely unfavorable weather conditions in all Provinces but British Columbia the condition of the Canadian apple crop is better than it was a month ago, according to the October report of the Dominion Fruit Commissioner. All parts of Ontario report a very satisfactory development of the fruit, and a better crop is anticipated than was thought probable. In British Columbia the total output will be approximately the same as last year. "We do not estimate of the Nova Scotian crop, which will be in the neighborhood of 400,000 barrels." The quality of the Annapolis Valley crop will be better than anticipated. The Niagara pear crop is only medium, but there has been a heavy crop in all parts of British Columbia. The Niagara grape crop is not likely to exceed sixty per cent. of last year.

From Sergeant to Major 21st. Jack Fee, Well Known Athlete, of Ottawa, Made Rapid Rise. Three years ago next month Jack Fee, of Ottawa, enlisted in the 21st Battalion under "Brig-Gen. W. S. Hughes, and attained the rank of Sergeant. Now word has been received that he has been promoted to the rank of Major, and is on duty with the 21st in France. Major Fee was wounded after three months in France. He was then promoted to the rank of Lieutenant. Twelve months in hospital in France and England followed and then he was sent back to his battalion. Last spring he was made a captain and as the wives of most of the men in his majority, before the war Major Fee was well-known in athletic circles in Ottawa, and also in Kingston.

Soldiers' Wives Save for Husband's Return. People in the Western suburbs of Toronto have known hard times but the great majority have "stuck it out" and succeeded in keeping their homes. Now wages are high, many of the men working on munitions and other kinds of war work. One finds many examples of thrift among these people. A man who drives a coal wagon has built a house worth \$3,000 which, as the result of seven years' work, he now owns clear. His wages just now are \$22 a week but were not above \$14. He has a wife and family, the former being thrifty generally, are who, starting with nothing, got ahead very quickly. Another man worked for small wages as assistant in a butcher's shop. He managed to build a house, sold it to advantage four years ago, rented a store and went into the butchering on his own account. His business grew and he built a big store which he now owns outright. He is on the high road to real affluence.

Officer Suffered For Disobedience. An officer of the R.A.F. at Long Branch took a spin on the Hamilton Highway a week ago Sunday, and his experience has rather turned him against motoring on "galeless" Sundays. He accumulated troubles including punctured tires, a face decorated with a rotten apple and an arrest for speeding. His defence was that he was in a hurry to attend a church parade, and the magistrate after warning the officer that his greatest offence was not speeding but disobeying the government, dismissed the case.

Paper For Farmers. A daily paper in the interests of farmers is to be published in Toronto. The Farmers' Publishing Company, Limited, has been incorporated for that purpose. The capital of the company is to be \$500,000, there being 20,000 shares at \$25 each. The head office will be located in Toronto and the provisional directors are John Z. Fraser, county of Brant; John N. Kernighan, county of Huron; Arthur A. Powess, county of Durham; J. J. Morrison, secretary of the United Farmers of Ontario and York, and George A. Brodie, county of York, all of whom are registered as farmers.

Correctly Diagnosed. "I have read of the beauty of the Italian sunsets, but I do not find it easy to believe that Italy can show anything more exquisite than the sunsets Oakville has enjoyed during August," says a lady, who is quoted in the News. The lady's case is easily diagnosed. She is in love, and "has bought each of the children a \$50 it bad."

Doll Was Buried With Professor. A doll, which had been in the possession of his wife since babyhood, was buried in the coffin with Prof. Edward Ernest Adrian Le Maire, of the College of the City of New York last Wednesday. Mrs. Le Maire had the doll when her mother and father were victims of an epidemic of cholera in the island of Martinique 65 years ago, and it was her most prized possession. When she died, in 1914, she requested that it be buried with her. Her request was not fulfilled, but Prof. Le Maire insisted before he died that the doll be placed in the coffin with him.

A Thrifty Family. Here is the case of a returned soldier who has been back from the front a year. He now has a job downtown, his wife is working, and so are his eldest son and daughter. In the year he has been back the family has transformed its one storey frame house into a two-storey cement one and built a cellar. They have thus got together a property worth \$3,000 in a year and have done all the work with their own hands after doing their regular day's work.

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