

HENRY EVANS ON GOVERNMENTAL ENCROACHMENTS

Henry Evans of New York, president of the American Eagle, the Continental, and the Fidelity-Phenix, estimates that the business of fire and marine insurance "gives employment directly and indirectly to at least 250,000 persons," commenting partly as follows:—

"There are 66,000 fire insurance agents alone in the United States, and they will realize, if the officials in Washington do not, that their calling is not having fair treatment; that while in other lines there is profiteering, the insurance business, with its clean record since the war and its past record of standing in the breach when great cities have been destroyed, paying hundreds of millions of dollars to loss claimants (thus preventing panic in the business world), is the one line of business that is threatened with dismantlement and gradual destruction through the weakening of the whole structure, so allowing foreign competitors to get control of this essential line of trade.

"I have stood for the American agency system, and I warn the American agents that if they want to maintain that system they must get busy, getting civic organizations to adopt resolutions demanding that the insurance business be upheld rather than destroyed, seeing that letters are written to Senators and Congressmen setting forth the facts and demanding that the men who are trying to put over this wrong be stopped.

"The insurance companies have investments aggregating hundreds of millions of dollars, they pay heavy taxes to the Federal Government as well as the States, they are doing their full duty in serving through the National Board of Fire Underwriters, etc., the best interests of the people, helping to protect our war material, food and other essential plants from fire, and they and all the men working for them are rightfully indignant that they should alone be picked out to harm and, it may well be, destroy."

INFLUENZA

Influenza, which is now sweeping over Canada from one end to the other, is a very old disease. It was known in ancient times, and as early as 1510 it over-ran the whole civilized world. For centuries it has periodically swept over various parts of the world. The last great world epidemic was in 1889-1890, when it was generally known by the French name of la grippe. The disease has always travelled from east to west.

The symptoms are similar to those of a heavy cold, more or less severe headache, cold in the head and throat, fits of sneezing, flushed face, chills, aches and pains in the back and limbs, pains in the eye-balls and behind the eyes, general physical depression, and temperature rising to between 101 and 104 degrees.

As it is such an old disease, doctors have naturally learned a great deal about its prevention and treatment. The first principle of prevention is to keep away from those infected, and the second, to build up the germ-resisting parts of the body by eating nourishing foods, dressing comfortably, getting lots of sleep, and by living in the open air and in bright, well-ventilated rooms as much as possible. The mouth, throat and nose should be systematically and frequently disinfected by antiseptic inhalations,

sprays and washes. Such preparations as chloretone and listerine are well adapted for this purpose.

In fighting previous epidemics, doctors found quinine a useful preventive. One grain of sulphate of quinine mixed with (but not dissolved in) a wine glass of cold water makes an excellent antiseptic gargle. The anti-microbic properties of quinine are well known and its use as described above at once relieves the symptoms of sore throat, which result from the strain of the fight between the white blood corpuscles and the invading germs in the tonsils—the body's first line of defence. Quinine is also given internally with success as a preventive. In one of the more recent outbreaks in Europe, an experiment was tried in which the men of one squadron of a regiment of cavalry were each given $7\frac{1}{2}$ grains of quinine in half-ounce of whiskey daily for 22 days, whilst those of the other squadrons were given none. The latter squadrons had from 22 to 44 cases each of influenza, whilst the squadron treated with quinine developed only 4 cases. Inhalations of oil of eucalyptus, thymol, oil of mountain pine and the like are also valuable as preventives.

When a person is struck by influenza, only one course lies open. That is to take to bed with the least possible delay and call a doctor. Rest, warmth and quiet are three sovereign remedies of the primary disease, and the best preventive of its more deadly complications, of which pneumonia is the most frequent. While there is no specific for influenza, yet there are many drugs which play a useful part in relieving it, such as quinine, aspirin and various tonics, anti-neuralgic, antiseptic and heart medicines, to be prescribed by the physician in charge.

The dietetic rules which apply to any fever apply equally to influenza. Liquid foods at first, solids a little later on in a gradually ascending scale from lightly boiled fresh eggs to chicken, roast joints, etc. Water, cold or hot, may be sipped or "egg water" may be given. This excellent dish is prepared by blending with a pint of cold water, the whipped whites of from 2 to 4 eggs, flavored with salt or cinnamon. Then the animal broths may be given. There are many cases in which even the lightest foods are spurned with loathing and common sense must be used in adapting diet to the particular case in hand.

FIRE PREVENTION LEAGUE FORMED IN BRITISH COLUMBIA.

British Columbia has followed the example of Ontario and formed a Provincial Fire Prevention League. At the organization meeting the following resolution was passed:—

"Whereas for some years past there has been great loss of life and property by fire in this province, involving needless waste of our resources, and a continuance of such loss is a matter of the gravest concern, particularly at the present juncture, when food, material, and supplies of every kind are necessary for the successful prosecution of the war:

"Be it therefore resolved, that an organization be created under the title of the "British Columbia Fire Prevention League," whose objects shall be:

- (a) To awaken the people of this province to the serious waste and loss caused by fire;
- (b) To prevent the occurrence of fire;
- (c) To inculcate the necessity for more careful habits on the part of the public;
- (d) Generally to adopt any means for the attainment of these ends."