

tors of the St. Peter's Colony my heartiest thanks for the generous gifts. If ever the poor missionary of the North stands in need of the support of kind souls, that time is the present time. The fury of the world war has at last brought us also very acute suffering. Fish-nets and lead, which have formed our main means of support, are not to be had except at fabulous prices. Only unshaken confidence in the wise and kind providence of God gives me the courage to look with a steady gaze into the dark shadows of the future. The panum nostrum quotidianum da nobis hodie assumes a concrete form. The dear bread basket hangs high above us now and it requires considerable effort on our part to reach the indispensable. Every alms given us out of love of God brings us closer to it. Had not my charitable friends of the St. Peter's Colony, acquaintances and non-acquaintances, already done too much for us at St. Peter's Mission, I would be tempted this time to stretch forth my beggar's hand and plead: "Please, pretty please, an alms." In order not to become tedious I will not enter into details.

Since I last wrote to you, nothing of importance has happened. A great surprise for our Indians was the arrival of an inspector of the French fur trading company, Revillon Freres, in a two horse-power motor boat. I had the opportunity of taking a short trip in it. In calm weather riding is fast and pleasant. If the water is somewhat ruffled, however, one has the pleasure of sitting in the water, as each single wave throws part of the wet element into the boat; there one must cease calling riding in that canoe a pleasure. It is to be hoped, that the future will bring practical improvements to this new travelling system. This would be so much the more desirable as our exceedingly long trips on the lakes and rivers in summer would be shortened considerably and rendered more pleasant. In such an improved vessel I could make my summer trip to my next mission station, 350-400 miles, in 8-10 days instead of 20 days.

There was no end to the Indian's wonder at the arrival of this little power boat. Most of them know of no other vessel than their bark canoe in the summer, and their dog sled in the winter. After an unusually cold and stormy winter, we had this year also a bad spring and summer. Old Boreas claimed his own against King Sol even in the milder season. Quite naturally our little mission garden suffered considerably under these conditions. Hardly had the potato shoots peeped their tender tops to daylight when they were laid flat. There is little hope for a good crop, but we shall accept with joyous thanksgiving what the Lord may bestow upon us.

Nor was the catch of fish as plentiful as the summer before. This scarcity of fish is felt keenly by our sled dogs. Many of them seem to consist merely of skin and bones. Some seek to stay their hunger by breaking into the huts of the Indians and seizing there what they can. Many a pair of leather shoes has thus disappeared forever down the dogs' abdomen. Articles of clothing made of reindeer skin have taken the same course. One could write a whole chapter on the mischief created this summer by these hungry domestics of the North. We hope and pray that the fall catch of fish will be greater than the summer catch, for usually there is more to suffer from hunger in winter than in summer.

But I must close for this time. Begging a pious memento of the Holy Sacrifice.

I remain
Yours sincerely in Christ,
P. Jos. Egenolf, O. M. I.

St. Peter's Mission,
Reindeer Lake,
Sept. 20, 1918.

Rev. Dear Father:—
I am in immediate receipt of your kind letter of Aug. 24, containing a gift of \$5.00 from N. N. I am really at a loss how to thank you and my charitable benefactors of the beautiful St. Peter's Colony in a befitting manner. The frequent and valuable gifts from my beloved countrymen have spared me many a sacrifice of privation, or have at least made my burdens lighter. God alone knows all and He knows too what grateful remembrances I cherish toward all. Often I commend to God in my poor and feeble prayers my kind benefactors of the St. Peter's Colony, with their temporal and eternal concerns. Since these are the only means I have of outwardly showing my gratefulness, I make use of them with genuine joy. I beg you again, extend them all my sincere thanks for all their gifts.

Today is the 20th of September and we have already had several snow storms. Outside of this there are other signs of approaching winter. The several species of small birds that make our hermitage somewhat musical in summer have flown southward, and all nature has donned her winter costume. This is a warning for us to prepare for the approaching winter. The gathering in of the few sacks of potatoes which good and kind Providence has deigned to bestow upon us, then the renewal of the coat of clay plaster about our log cabin, and finally, the fall fishing, will be our main occupations before the advent of winter. Year in year out the same thing repeats itself, excepting here and there a slight change in the time of the work. One might be inclined to think that the repetition over and over again of the different duties are apt to render the life of the missionary a monotonous one, but this is a false impression. Every year almost everything appears new to me and I perform these duties with the same delight and love with which I performed them 13 years ago. The missionary life with all its duties becomes ever dearer and dearer to me. Soon will come the missionary journeys with their many vicissitudes. Every year I get to see new scenery, for our Indians, like the reindeer, wander along all possible paths. Should time permit next winter between stops, I shall relate more to you.

Again, with sincere thanks and hearty greetings, etc. . . .
I remain
Yours sincerely in Christ,
P. Jos. Egenolf, O. M. I.

INFLUENZA

Some Interesting Facts about its History, Prevention and Treatment

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.

SYMPTOMS

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 eyeballs and behind the eyes, general physical depression, and temperature rising to between 101 and 104 degrees.

HOW TO PREVENT IT

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 chlorotone 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 wineglassfull of cold water makes an excellent antiseptic gargle. The anti-microbial 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 7½ grains of quinine in ½ ounce of whisky 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.

HOW TO TREAT IT

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.

WHAT TO EAT

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 water, the 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.

PRECAUTIONS

AGAINST INFLUENZA

- (1) The sick should be separated from the healthy. This is especially important in the case of first attacks in the household.
- (2) Discharges from the nose and mouth should not be allowed to get dry on a pocket handkerchief or inside the house, office or factory. They should at once be collected in paper or clean rags and burned. If this cannot be done, they should be dropped into a vessel containing water.
- (3) Infected articles and rooms should be cleansed and disinfected. Use disinfectants everywhere. Wash the hands frequently.

(4) Those attacked should not, on any account, mingle with other people for at least a period of ten days from the commencement of the attack. In severe cases, they should remain away from work for a longer period.

(5) Special attention should be given to cleanliness and ventilation. Warm clothing should be worn, the feet should be kept dry and all unnecessary exposure avoided.—Commission of Conservation, Ottawa.

The Awful Scourge of Influenza

A vivid picture of the havoc wrought by the Spanish Influenza is conveyed in a letter recently received from one of the monasteries in the United States. The letter was dated on Tuesday, Oct. 15th, and says:

"The Spanish Influenza has a firm grip on this section. Both Monastery and College are one great Hospital with 85 Students, 9 Fathers, 11 Brothers and 7 Clerics and Novices as patients. Sunday we lost one Cleric from pneumonia following influenza. We have two more serious cases. All the others are out of danger, barring complications. It is an awful scourge. I never saw anything like it.

Sunday was our worst day with three pneumonia cases on hand and the few men who were up and around, worn out and exhausted by want of rest day and night for over a week. We tried to get help from the outside, but failed. To-day the situation is decidedly better and we feel that the worst is over."

A similar picture is unveiled by the following description in the Ontario Journal of Kitchener, Ont., in its issue of Oct. 16:

"The horror of the dreadful visitation which has hovered over this community since the beginning of the month overshadows everything else. Grip, the malady, at which we were accustomed to laugh, is the ruthless ruler, before whom all must bow their heads."

Six to eight deaths every day for the best part of a week, hundreds and thousands stricken, whole families bedridden and none able to help them, schools and churches closed, several large factories forced to shut down,—that is exactly what the grip, under its new name, Spanish influenza, has accomplished in our city.

The few of us that have so far escaped, stand aghast at the havoc wrought. What help can be given is willingly rendered. But what little can be done! Dozens of physicians, hundreds of nurses would have been necessary to make a successful fight against the malady and its companion, a most virulent type of pneumonia.

Priests and ministers labored all day long, and often for the greater part of the night, giving assistance to the sick and consolation to the dying. Never has this community experienced anything like this visitation, and it is to be hoped that Providence may soon bring brighter days."

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