



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 eye-balls 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 preventative. One grain of sulphate of quinine mixed with (but not dissolved in) a wineglassful 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 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.

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 cold water, the whipped whites of from 2 to 4 eggs, flavoured 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.

A Victory Loan Catechism

Q. What is the Victory Loan, 1918?
A. It is Canada's second Victory Loan and fifth war loan.

Q. What is a Victory Bond?
A. It is the promise of the Dominion of Canada to repay the lender the sum named upon it at the time stated.

Q. What security stands behind this bond?
A. The entire assets and wealth of the Dominion of Canada.

Q. When was the last Victory Loan raised?
A. In November, 1917, when \$420,000,000 was subscribed.

Q. What became of that money?
A. It has been used to prosecute Canada's part in the war and to finance and carry on great industries at home.

Q. For example?
A. Millions were spent in raising, equipping and sending forth the Canadian reinforcements.

Q. How was the money spent at home?
A. In many ways. The British Government was given large credits and out of these, great orders were placed in Canada for munitions, wheat, spruce, salmon, and other things needed by the army.

Q. Why did Great Britain need these advances from Canada?
A. They were needed to offset Britain's advances to Canada in army expenses overseas.

Q. How does the Loan affect the people of Canada?
A. Without it our war effort would collapse, our industries would suffer a great breakdown, our manufacturers and farmers alike would lose their foreign market.

Q. What has the Loan done for the farmer?
A. It has bought the greater part of the wheat crop, and provided a market at good prices for his dairy and animal products.

Q. What would have happened to these products without the Loan?
A. Most of the wheat would have been unsold, the price would have been greatly reduced, and the cheese and bacon would have been a drug on the market.

Q. Has the Loan established any new industries?
A. It has revived ship-building and created new and bustling ship-yards on the shores of the St. Lawrence and the Great Lakes. It has brought into being great plants for the making of aircraft.

Q. What do these mean to the country?
A. The employment of thousands of well-paid men and women and their development into highly skilled workers.

Q. Does the Loan reach widely in the distribution of the money?
A. It reaches virtually everybody in Canada. All the great industries are benefited, while the financial and mercantile classes all reap their share as middlemen.

Q. Why is it necessary to raise the Loan in Canada?
A. Because there is no other place to raise it. Our Allies are burdened to the limit, and we must carry our own load.

Q. Why is Germany fighting?
A. To dominate the world and crush civilisation under her cruel militarism. General Von Bernhardt wrote years ago: "Our next war will be fought for the highest interest of our country and mankind. World power or downfall will be our rallying cry."

Q. Why is Canada fighting?
A. To save herself and civilisation from this dastardly attack on the world's liberty.

Q. What part has money in this fight?
A. While armies of men are indispensable, no country can make war without "silver bullets."

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