

Facts about the Spanish Influenza.

Dr. G. H. Sumner, Secretary of the Iowa Board of Health, speaks about this timely topic as follows: People are wondering now in these strenuous times what is now coming upon us, when we read in the newspapers about the oncoming of the disease, Spanish influenza.

Influenza has been known in the past as la grippe, grip epidemic catarrh, and catarrhal fever. It is an acute, infectious and contagious disease; sporadic (scattered, occurring in isolated cases), epidemic (common to many people; a prevailing disease), pandemic (a widespread epidemic; associated with catarrhal inflammation of the respiratory and sometimes of the digestive tract, muscular pain, disturbances of the nervous system and debility (weakness) out of all proportion to the intensity of the fever and the catarrhal processes, and a tendency toward serious complications and sequels (a disease which follows; an additional disease). There are no characteristic anatomic lesions (injuries) that can be observed, such as a tubercle or other changed conditions in organs that can be seen.

The disease was almost unknown until the appearance of the widespread epidemic of 1889-1890.

Spanish influenza is induced by an extremely small, nonmotile micro-organism, the bacillus (germ) of Pfeiffer which is readily obtained from the sputum (spittle). The manner in which it produces the disease is not well understood. One attack seems to predispose to subsequent attacks. It usually occurs in epidemics along the lines of traffic.

In studying the symptoms, it may be said that there may be a period of a few days during which the disease is starting (incubation period), but often the beginning (onset) is sudden, with a chill or chilliness followed by fever reaching 101 to 103 degrees Fahrenheit, a quick compressible pulse, severe shooting pains in the eyes and forehead, and neuralgic pains in the joints and muscles. These very characteristic symptoms are followed by chilliness along the spine, pain in the throat, hoarseness, deafness, catarrh of the nose, sneezing, injected watery eyes and dry irritative cough. The tongue is usually furred; anorexia (absence or a loss of appetite), nausea (sickness at the stomach; a desire to vomit), epigastric (over the stomach) distress, vomiting, and sometimes diarrhea are present. The symptoms usually group themselves so that an attack may be said to be of the catarrhal, gastro-intestinal (stomach and bowels), or nervous type, according to which group predominates. Any of these symptoms may be greatly exaggerated, causing the affection to simulate other fever diseases. Depression and weakness disproportionate to the symptoms are almost constant.

In mild cases the temperature falls on the fourth or fifth day by crisis (turning point in a disease), and convalescence (the period of recovery after a disease) promptly begins, in the absence of complications. Complications and relapses are common and frequently prolong the disease over several weeks.

In order to recognize the influenza, the sudden beginning, marked general catarrh, the severe pains and pronounced prostration should be borne in mind. In the presence of an epidemic there will be but little difficulty. Isolated cases may be mistaken for acute bronchitis, typhoid fever, dengue (pain in the bones), and an eruption like that of measles or cerebro-spinal fever, but the presence of the cardinal (principal) symptoms will serve to make the distinction.

Racial Food Prejudices.

"Much of the complaint which comes from the prison camps of Europe about insufficient rations," says John Walker Harrington in an article: "Wherein Food Madness Lies", published in the Eve Post Magazine, "may be traced to the failure of the commissary to provide viands which are pleasing to racial likes and dislikes. The German prisoners in England complained, without ceasing, about the poor food. Investigation showed that they objected most to the bread which was white.

"It's inhuman to give a man such anemic stuff as this!" exclaimed one Teuton, brandishing a loaf of the white bread of the country. The black bread of Germany certainly does more good from a fuel standpoint. The persistence with which the prejudice in favor of this mill-fatigued product continues is remarkable, and this, too, in the land in which old Sylvester Graham fought so valiantly for the bread which bears his name to this day, and narrowly escaped with his life from a mob of butchers who feared that their craft would be forever ruined.

British prisoners in Germany, accustomed to their own brand of baking, protested against eating the German war bread, which contained whole wheat and rye and some potato meal, a loaf probably three times, as good for them as any oven product they might have had at home.

To them sausage was anathema, while to the Teutonic taste the choicest cuts of the "roast beef of Old England" would have seemed tame as compared with linked nourishment long drawn out. The Kilties would have before them visions of bannocks and parritch by their ain fireside, and probably not all the meat dumplings of Bavaria nor all the apple strudel in Austria would be welcome to their Caledonian palates.

Nationalities have little respect for each other's food preferences. The English once looked with scorn upon the French frog-eaters, and the idea of eating snails has not been sympathetically received even in this country, where lobsters and oyster crabs are not rejected. There are lands, indeed, where the periwinkle, the snail of the sea, is as welcome as are our flowers in May. The pig's foot is regarded as a sum of coarseness in diet by the same nation which considers calf's foot an inestimable delicacy. The Eskimo will devour ten pounds of blubber or of walrus meat at a meal, and look askance at the explorer who eats strange substances which he takes out of tin cans. Baked elephant meat may represent to the jungle all that is good in life, while preserved peaches may be a compound direct from the spirits of darkness, even though they be as wonderful as those described by Frank R. Stockton, and have "big holes in the middle all full of juice."

It is partly food prejudice which keeps back the work of the melting-pot in these United States. The various elements of our population are followed from all quarters of the globe by their dietary idiosyncrasies all done up in queer-looking bottles and cans and flat cases. Hence they are no such peas as sons of Gaul in this country as those grown in France, and no such mustard pickles can ever be such as were bottled in Soho Square by purveyors to the King."

Priests in Army.— There are now more than 750 priests under the jurisdiction of the Rt. Rev. Patrick J. Hayes, Bishop in Ordinary for the Army and Navy and Auxiliary Bishop of New York. Bishop Hayes recently sent six priests to serve the American army in Siberia.

Glossary of War Terms.

To enable those of our readers who have been accustomed to read the war reports only in the German language to better understand the English terms which probably give them the most trouble, we herewith present a short glossary of these terms in two languages.

- Advance Vormarsch
Agony Todeskampf
Aim Ziel
Airdrome Flugzeugschuppen
Airplane Flugzeug
Airship Luftschiff
Aix-la-Chapelle Aachen
Ally Verbündeter
Alsace Elsaß
Ambassador Gesandter
Announcement Bekanntgebung
Archduke Erzherzog
Armistice Waffenstillstand
Assassin Attentäter
Asia Minor Kleinasien
Atrocity Greuelthat
Austria Oesterreich
Baltic Sea Ostsee
Bavaria Bayern
Belgium Belgien
Black Forest Schwarzwald
Black Sea Schwarzes Meer
Blow Schlag
Boundary Grenze
Brittany Bretagne
Bruges Brügge
Brussels Brüssel
Cabinet Ministerium
Carinthia Kärnten
Central Powers Zentralmächte
Chancellor Kanzler
Chateau Schloss
Cologne Köln
Colonel Oberst
Commander Kommandant
Condition Bedingung
Conflagration Brand
Count Graf
Courland Kurland
Crimea Krim
Crown Prince Kronprinz
Cruiser Kreuzer
Danube Donau
Delay Verzögerung
Desert Wüste
Destruction Zerstörung
Doctrine Lehre
"Drive" Offensive
Duke Herzog
Dunkirk Dünkirchen
Dwina Düna
Dwinsk Dünaburg
Egypt Ägypten
Emperor Kaiser
Empress Kaiserin
English Channel Ärmelkanal
Equipment Ausrüstung
Estonia Estland
Famine Hungersnot
Flemish Flämisch
Flier Flieger
Foreign Minister Minister d. Äußern
Forest Wald
Fortress Festung
France Frankreich
Franconia Franken
Fribourg Freiburg
Geneva Genf
Genoa Genua
Gorizia Görz
Government Regierung
Grand Duke Großfürst, Großherzog
Greece Griechenland
Great Britain Großbritannien
Guard Wächter, Gardebolbat
Hague Haag
Hamlet Weiler
Hangar Flugzeugschuppen
Hate Haß
Heir presumptive Thronfolger
Howitzer Haubitze
Hungary Ungarn
Imperial kaiserlich
Indemnity Entschädigung
Issue Ausgabe, Ausgang
King König
Lake Constance Bodensee
League Bund
Liege Lüttich
Lithuania Litauen
Littoral Küstenland
Livonia Livland
Lorraine Lothringen
Louvain Löwen
Machinations Machenschaften
Machine gun Maschinengewehr
Malines Mecheln
Mayence Mainz
Mediterranean Mittelmeer
Meuse Maas
Moselle Mosel
Moravia Mähren

Mortar Mountain Berg
Mulhouse Mühlhausen
Munich München
Mutineer Meuterer
Mutiny Meuterei
Naples Neapel
Nation Volk
Navy Marine
Negotiations Verhandlungen
Netherlands Niederlande, Holland
Nurse Pflegerin
Observer Beobachter
Outskirts Ausläufer
Palatinate Pfalz
Peace Frieden
Peasant Bauer
Petrograd Petersburg
Physician Arzt
Plain Ebene
Plateau Hochebene
Poland Polen
Policy Politik
Pope Papst
Port Hafen
Position Stellung
Prague Prag
Prince Prinz, Fürst
Principle Grundfatz
Private gemeiner Soldat
Protection Schutz
Prussia Preußen
Queen Königin
Raid Ueberfall
Ravine Schlucht
Reject verwerfen
Reparation Genugtuung
Repulse zurück schlagen
Restitution Zurückgabe
Restoration Wiederherstellung
Retreat Rückzug
Return Zurückgabe, Rückkehr
River Fluß
Rhine Rhein
Royal königlich
Ruler Herrscher
Russia Rußland
Saverne Zabern
Saxony Sachsen
Selfdetermination Selbstbestimmung
Sentinel Wächter
Shell Granate
Silesia Schlesien
Sinking Verlenkung
Squadron Geschwader
Strait Meerenge
Stretcherbearer Krankenträger
Styria Steiermark
Thuringia Thüringen
Transylvania Siebenbürgen
Treaty Vertrag
Trench Schützengraben
Trench-mortar Grabenmörser
Trentino Südtirol
Treves Trier
Valley Tal
Venice Venedig
Vessel Schiff
Vienna Wien
Village Dorf
Vistula Weichsel
Vogels Vogelen
Warsaw Warschau
Wood Gehölz
Ypres Ypern

Killed by a Comma

A Kent Urban council has surely reached the limit of "war economy" by forbidding the use of punctuation marks in all official documents, with the result that the reports of its proceedings are published without even a comma. But the absence of punctuation may prove perilous. Was not that notorious Hill 70 on the Western front "taken" by a missing comma? Worse still, a bishop, for want of a comma, was once temporarily killed. The present Bishop of Bath and Wells, when he held the see of Adelaide, found what he thought was a dead sea serpent near Coffin Bay, at a time when an influenza epidemic raged in that district. He was pardonably proud of his "discovery," which was wired to England in a portmanteau telegram which ran: "Influenza prevalent numerous deaths Bishop Adelaide found dead sea serpent sixty feet Coffin Bay." A news agency thought the last six words a separate message, and announced the death of the Bishop.— Westminster Gazette.

Saving the Forests of Ontario from Fire

Great strides towards effective forest fire protection were made in Ontario in 1917 under the Provincial Forestry Branch, notwithstanding that the transfer of authority over this work was not made until a relatively late date. About 1,100 men were engaged in this important work, including fire rangers, inspectors and head office supervision. The organization is to be further extended during the coming season, and the supervision will be stricter. Increasingly efficient results may be expected from year to year, as the men become better trained and incompetents are weeded out.

A total of 1,110 fires were reported, of which 68 per cent occurred before July 1. Of the fires attributable to railways, 60 per cent occurred along the National Transcontinental. Settlers clearing land were charged with 91 fires, and neglected camp fires with 154.

The total area burned over was 384,164 acres, of which 19 per cent was timber land, 39 per cent open land, 20 per cent young forest growth, and 21 per cent barren. The total amount of timber damaged was estimated at about 15 million feet, in addition to 91,246 cords, mostly pulpwood, and 781,685 ties.

Material progress has been made in the construction of permanent improvements, such as lookout towers, trails, telephones and portages. A beginning has also been made in securing the disposal of logging slash where this constitutes a danger to life and personal property, as is frequently the case in the clay belt. Some 3,500 permits were issued for the burning of settlers' clearing slash. This means a very great reduction in the danger of fire escaping and causing damage, to say nothing of loss of life.

Ontario has now definitely taken its place alongside the other governmental agencies throughout Canada that are adopting up-to-date methods of organization and policy for the reduction of the enormous forest fire losses which have proved so costly in the past.

Canadian News

Saskatchewan

REGINA.—Saskatchewan leads in Red Cross donations for the year ending September 30, last, according to word just received from Canadian headquarters. Saskatchewan raised \$1,133,000, the only province in Canada to reach the million dollar mark.

— Since September 1, six persons have been either burned to death or have died from the effects of burns, according to A. E. Fisher, provincial insurance commissioner.

WILCOX.— Harry Larson of Wilcox was arraigned at Milestone before a justice of the peace, on the charge of stealing a purse containing \$60 and a gold watch from a lady who had formerly been a friend. He was fined \$100, and went to Regina to raise the money, and while there committed suicide.

NEPTUNE.— John Pederson of Neptune, a prominent member of the Grain Growers' Association, was fined \$500 for using seditious language to a discharged French-Canadian soldier who worked for him harvesting.

Alberta

— Word was received that E. Nash and E. Harrington, two convicts who escaped from the Edmonton penitentiary two months ago, had been recaptured by officers of the penitentiary force at their camp in the brush near Barryeard, thirty miles west of Westlock. When the officers appeared, Nash was shot. It is understood that his wounds are not mortal.

STETTNER.— Sheriff J. P. Grigg, who has been lingering some time with Bright's disease, died in the Stettler hospital.

Ontario

— The "Canadian Forward," published at Toronto and edited by T. Bainbridge, has, under censorship regulations, been forbidden circulation. Circulation is also forbidden to "A reply to the press lies concerning the Russian situation," published by the Alberta provincial executive committee of the socialist party of Canada.

KITCHENER.— The "Ontario Journal," which of late was the only German language paper published in eastern Canada was issued on Oct. 9 in the English language. This first English issue contained only four pages.

OFFICIAL WEATHER REPORT FOR MÜNSTER, SASK.

Table with columns: DATE, 1918 (Maximum, Minimum), 1917 (Maximum, Minimum), 1916 (Maximum, Minimum). Rows list dates from Sept. 1 to Sept. 30 with corresponding temperature data.

Remarks for the Month of September 1918. Highest temperature: 80 (on Sept. 7); lowest temperature 15 (on Sept. 30). Average temperature: Highest 61.70, lowest 32.40. The highest average temperature during the Month of Sept. 1917 was 68.25, the lowest 37.33.