U. S. HEALTH BUREAU TELLS OF EPIDEMIC

History of Spanish Influenza and Methods of Prevention and Treatment Given.

PAMPHLET IS PUBLISHED.

All known available information in the possession of [illegible] experts regarding [illegible] made public in a pamphlet issued from Washington, D. C., by the surgeon general of the United States public health service. Simple methods relative to the prevention, manner of spread and care of patients are dwelt upon.

The pamphlet announces that the disease now [illegible] in this country and called Spanish influenza resembles a very [illegible] kind of cold accompanied by fever, pains in the head, eyes, ears, back or other parts of the body, and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering; some of the patients, however, develop pneumonia or inflammation of the ear, or more grave and many of these complicated cases die. Whether the present Spanish influenza is identical with the epidemics of influenza of earlier years is not yet known.

Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Martinique, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia, and thence over practically the entire civilized world. Three years later there was another outbreak of the disease. Both times the epidemic spread widely over the United States.

SPANISH ORIGIN DOUBTED.

Although the present epidemic is called Spanish influenza, there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917.

There is as yet no certain way in which a single case of Spanish influenza can be recognized; on the other hand recognition is easy where there is a [illegible] Europe of M[illegible] and Dr. Morse over, it is [illegible] of ordinarily [illegible] the general [illegible] of over [illegible] sion are [illegible] as [illegible] a [illegible] of the influenza [illegible] only [illegible] spread through the country [illegible] by or an extension of a dose influenza.

SYMPTOMS DETAILED

In [illegible] case a person [illegible] with a chill, the [illegible] sick [illegible] the head [illegible] eyes, ears, head or back [illegible] more or less. Many patients [illegible] some vomit. Most of the [illegible] complain of fever [illegible] and with this comes a [illegible] when the temperature rises [illegible] in most cases the pulse [illegible] relative.

In [illegible] one [illegible] by the fact [illegible] the eyes [illegible] of the [illegible] may be [illegible] and [illegible] gestion [illegible] the doctors say. There may be [illegible] from the nose or throat [illegible] may or may not [illegible] There is often a cold [illegible] but [illegible] may not be marked; nevertheless the patient [illegible] and feels very sick.

In addition to the appearance and the symptoms as already described examination of the patient's blood [illegible] and the physician in recognizing Spanish influenza, for it has been found that in this disease the number of white corpuscles shows little or no increase above the normal [illegible] possible to do [illegible] tory investigations [illegible] made through the National [illegible] and the United States [illegible] laboratory will [illegible] which, [illegible] cases of [illegible] can be recognized.

HOW IT SPREADS.

Ordinarily the fever lasts from three to four days, and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication.

Bacteriologists who have studied influenza epidemics in the past have found in many cases a very [illegible] germ called after its discoverer Pfeiffer's bacillus. In other cases of apparently the same kind of sickness there were found pneumococci, the germs of lobar pneumonia, and others have been caused by streptococci and by other germs with long names.

No matter what particular kind of germ causes the epidemic, they now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of [illegible] expelled by coughing or [illegible] and the like. By one who already has the germs of the disease. They may also be carried about in the form of dust coming from dried [illegible] from coughing and sneezing or from careless people who spit on the floors and on the sidewalk. As in most [illegible] catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others.

It is very important that every person who becomes sick with [illegible] go home at once and go to bed. This will help keep away [illegible] cations, and will, at the same time, keep the patient from scattering the disease far and wide. It is highly necessary that no one be allowed to enter the sick room with the patient. In fact, no one but the nurse should be allowed in the room.