GRIP EPIDEMIC STRIKES SALT LAKE

Hundreds of Persons Attacked and Suffering From It.

WHOLE CITY IS SNEEZING

Doctors and Drug Stores Doing an Unprecedented Business.

THE DISEASE IS CONTAGIOUS

Symptoms of It and Its More Dangerous Attendant, Pneumonia—No One Specific Remedy.

The whole city is sneezing; and the whole city has got the grip. Hundreds of citizens are its victims, to greater or less degree. Doctors are kept busy day and night writing prescriptions and visiting patients who are so ill as to require personal attention.

Not since 1889-91, when the epidemic swept the country like a tidal wave has anything to compare with it been witnessed in Salt Lake. Most of those who experienced its health-destroying and vice-like grasp at that time have felt its baneful effects every winter more or less since; for be it understood the grip leaves a long train of ills as a reminder of its visitation.

SYMPTOMS OF GRIP AND PNEUMONIA.

The complications and weaknesses that follow the dread malady are well-nigh innumerable, and the effects upon one person may be wholly different from those on another. But first of all, that which is most interesting to the general public is to know something of the symptoms preceding grip and its more dangerous companion and attendant, pneumonia. Says one of the leading experts of the country:

"The grip is usually ushered in by chills. These are followed by a slight rise of temperature, pain in the head, great bronchial irritation and a troublesome and persistent cough. Associated with these symptoms are pains in the muscles and a general feeling of lassitude.

"In severe forms of the disease the patient is much prostrated and is compelled to take to his bed. In the milder manifestations of the trouble the victim is enabled, under great stress of suffering, to attend to his daily duties, but is very much harassed by a cough, irritation of the bronchial tubes and intermittent headaches.

"The complication of pneumonia usually declares itself by a comparatively sudden increase of all the graver symptoms of the original disease. There is then an extra chill, followed by rapidly rising temperature and progressive difficulty in breathing. The more or less pronounced character of the two latter symptoms indicates the comparative gravity of the second affection."

INFECTIOUS AND CONTAGIOUS.

"Influenza or grip is an infectious and contagious disease due to the influenza bacillus. In cases of influenza, or grip, this organism is present in all the secretions of the nose, throat and bronchial tubes.

"The disease is transmitted from person to person through the taking in of these organisms, either from direct contact or after the secretions have been dried and pulverized and inhaled in the form of dust.

"Grip is as contagious as scarlet fever. There is no cause for alarm if people will only use a little necessary precaution. They should not expose themselves and should keep well clothed."

DEATH'S HARVEST GREAT.

All over the land, especially in the east, has grip been holding victims in its merciless grasp. In New York they have numbered tens of thousands, and other cities have furnished material in proportion. Death's harvest has been heavy, and many distinguished men and women have succumbed to its power.

INTERFERES WITH BUSINESS.

The Salt Lake board of health has no means for making an absolutely correct estimate of those who are stricken with the malady, as reports are not made to it except in extreme cases. Yet it is known that the percentage of people who are suffering from colds in one form and another is very great. The drug stores are doing an unprecedented business in filling pulmonary prescriptions. "Why," said one leading druggist today "everybody in town has got a cold, and unless there is a change pretty soon we will run out of quinine, whisky and cough syrups."

That was perhaps somewhat patronizingly put, but it came very close to expressing the exact status of affairs. There is scarcely a business house or bank in the city whose clerical force is not greatly reduced on account of the prevalence of grip. Then it is manifest in painful frequency among the laboring classes. In not a few instances whole families are down with the disease. It is estimated that one person in every fifteen at least throughout the city is suffering from it. Not many deaths have been recorded here, on account of the lightness of form, yet there is much suffering withal, and the indications are that there will be much more on account of the unfavorable weather conditions of the present, and which have prevailed during the past two or three weeks, the temperature rising and falling with alarming frequency.

INFLUENZA BACILLUS.

As to how the disease is caused one expert says:

"The disease cannot be produced by any other cause than the influenza bacillus. There are many catarrhal affections of the respiratory tract which are improperly called grip, and the distinction between these and true grip is extremely difficult and often impossible in the milder forms. Grip, however, is a much more serious affection, produces much greater depression, and is followed by much more serious consequences.

FIRST APPEARANCE IN 1889.

The influenza, or la grippe, or grip, as the Anglicization has made it, first appeared in the present generation in this country in New York, in December, 1889. For some time prior to that it had been prevalent in Europe, sweeping the continent, with Russia as its entrance pathway. In the domain of the czar it was said to have come from China, where it was endemic, particularly so along the Yellow river lowlands where there were frequent inundations. In this section it was simply looked upon as a marsh fever. The last epidemic previous to that was in 1846-7 or forty years before. As a consequence people were wholly unprepared for it, and it was very severe upon them. Since 1889 the disease has gradually been growing less severe, except at irregular intervals, when it appears to retain nearly all of the force that characterized its earlier ravages.

NO ONE SPECIFIC FOR GRIP.

There is no one specific remedy for grip says a leading physician. "What I would advise," says he, "is to avoid all exposure and adopt regular habits. Be warmly clothed. Those whose skin is not too tender should use wool next to the skin. A cold bath should be taken by the robust in the morning, after [illegible] exercise of some kind. Those not so robust should take exercise and afterward [illegible] be [illegible] about the temperature of the room they are in.

"Avoid getting wet feet, and above all do not come in personal contact with persons suffering from the grip, as the disease is transmitted by the bacillus from direct contact.

"As to treatment, we cannot prescribe for it as we do for malaria by giving quinine. What is called grip has two chief variations. The first, catarrhal affection, may affect the mucous membrane of the nose, and may attack the bronchial tubes, or even the digestive tract. The second attacks with fever, pain in the back and bones, severe headaches and intense prostration. It is extremely difficult to make a distinction even in the milder forms of grip, and the best advice I can give is to seek a physician on the appearance of the first symptoms."

SALT LAKE DOCTORS TALK.

Diverse Opinions Diversely Expressed on the Epidemic.

With a view to ascertaining something definite regarding the ravages of the disease in Salt Lake the "News" has interviewed a number of leading physicians. Most of them call it influenza, but admit that it is here in all its force.

AMOUNT OF SICKNESS APPALLING.

Dr. Richards—"I am convinced that there never was a period in the history of Salt Lake City when there was half the amount of sickness prevalent as there is at the present time. It is simply appalling. I have got the grip myself and have five at home down with it and every call I get I know just what to expect. It is the same old story wherever I go. It is epidemic and atmospheric in its effects and in some cases chronic trouble may be left behind to remind the sufferer of the visitation. There is no general prescription for any disease; doctors have long abandoned that theory; we now treat the symptoms and not the disease. Some of the cases that have come under my observation may have been grip but the Eastern epidemic is much more virulent than is the disease that is now running its course here. A friend of mine, a local practitioner, who had contracted the local so-called grip, went back East where he indulged in the New York species; he said that the la grippe there was an terrible affair and it seemed to him that he had every disease in the category with complications that were racking his nervous system and generally tearing him to pieces. We must be thankful that we are not quite as bad as that, but I would give anything if I could go home for a few hours alone, but my patients [illegible]

DIFFERENCE BETWEEN GRIP AND COLDS.

[illegible]

THIS DOCTOR HAD IT HIMSELF.

[illegible]

LOTS OF BRONCHIAL TROUBLE.

[illegible]

AN AGGRAVATED COLD.

[illegible]

NOT IN THE GRIP BUSINESS.

[illegible]

YOUNG AND OLD SUFFER MOST.

[illegible]

SAYS IT IS THE MIDDLE AGED.

[illegible]

THREE WERE ABSENT.

[illegible]

BEST OF TIDBITS.

[illegible]

IN SOUTHEA[illegible]

Good Crops and Gr[illegible] Prosp[illegible]

[illegible]

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