LA GRIPPE CONSIDERED.

What Doctors Have to Say of This Peculiar Malady.

The following, on a subject of common interest, appeared in the Topeka Capital of the 13th inst., in the form of New York correspondence:

In Christmas week of 1889 I started out one morning not feeling very well, but by no means counting myself ill. Before the afternoon had passed, however, I was suffering severely with a cold in the head, a pain in the chest and an aching of the bones which reminded me of my experience with Spanish Fort, New Orleans, several years before. In the office I was told by my friends that I had the new epidemic which had played such havoc in Europe and had just made its appearance on this side of the ocean. I went home and went for my doctor. When he came I said:

"Doctor, I have the grip."

"Indeed," replied he, with a smile nearly akin to a sneer, "you has my grandfather's great-grandmother."

Heartedly did not believe in the grip, and said that I only had a bad cold and an influenza. I say he that that was all, but it was the most inconvenient and troublesome bad cold in my experience. During the following year, long after that I was, I did not need to see my doctor at all. In January, however, of 1891, I was attacked precisely the same as the year before. Again I sent for my doctor and again I informed him that I had the grip. This time he did not sneer and talk to me about any of his grandmothers, but put me through a course of treatment and acknowledged that it was the prevailing epidemic that had seized upon me. I mention this experience, because in the first year of the experience of la grippe a great many conservative medical men were skeptical about the prevailing disease being in any wise different from the ordinary colds which almost every winter. But all of them have been obliged to abandon such ideas and to acknowledge that la grippe is precisely what the European doctors said it was when it appeared in Russia in November of 1889, and rapidly spread over Europe and also America.

La grippe is by no means a new disease, but it appears at intervals so long that the great majority of those who live during one of its periods do not survive until another arrives. It is of record that this disease attacked the Athenian army during the Peloponnesian war, 412 years before the Christian era. And from then till this time every now and again it has appeared. In 1847 the disease originated in Asia, spread over Europe and came also to the Spanish colonies in America. In 1857 there was another epidemic of it in Europe, and this time it came to the British colonies in America. The last time it prevailed previous to now was just after the death of President William Henry Harrison in 1841 and the succession to office of the Vice-President, John Tyler. Then it was called the "Tyler grip," out of compliment to the President, whose course was worrying his party associates as much as the disease. Doubtless the people at large. Then it appeared again in December, 1889, came back not within and reappeared this present season. It will be gratifying to know that the previous epidemics nearly ran their course in three years and disappeared, though it has lasted going on five years.

So many persons have had the disease that it would be a waste of space to describe the symptoms of the malady. Probably there is not a family in the United States some member of which has not been a victim. Therefore, in every household la grippe is known when it appears. As to its cause there has been much speculation. The predisposing causes of the disease are unsanitary, filthy conditions, coupled with peculiar atmospheric states. The exciting cause, without doubt, is a germ or bacillus. This germ infects the human system and gives rise to the symptoms that characterize the disease. Dr. Cyrus Edson, the chief inspector of the health department of New York city, has made a special study of the epidemic, and through his official work has had exceptionally good opportunities to observe it. He has become the accepted authority and has written a book, "La Grippe and its Predecessors," which says about all that is to be said on the subject. In speaking of the attack of the germs on the system Dr. Edson has said: "In infecting this, however, it either evolves something that is deadly to its own growth, or it is killed by some protecting influence brought to bear against it by the human organism. Indeed, it is by one or the other of these means that means in behalf of standard cups with all disease germs. Her field everywhere is one of constant warfare."

Medical men have disputed mutly as to whether or not la grippe is contagious. But all agree as to its infectious character. The germs by which it is caused probably have the power of living and multiplying in the air, water or soil outside of the human body. The body is then infected with them through the medium of infected matter. The time that elapses between the reception of the germs in the system and the development of the disease is from eighteen to twenty-four hours.

Dr. Edson recommends the following general directions to be followed as tending to reduce the danger of contracting the disease to a minimum, and he thinks they are specially important to persons convalescing from other diseases and to old persons and young children:

"Warm woolen clothing should be worn next to the skin. A plain, nourishing diet should be taken.

"Meals should be eaten with regularity. Late hours and crowded places should be avoided. Keep indoors as much as possible. Wash in the open air when in doubt. Avoid waiting the feet. On entering a house remove wraps at once. Keep away from persons afflicted with the disease.

"In a word, avoid exposure and excess; adopt regular habits and live well. On the first symptoms of the disease send for a physician."

JNO. GILMER SPEAR.

The Creede Camp Excitement.

Creede Camp promises to become a second Leadville. The number of people going into this wonderful camp is unprecedented in the history of Colorado, except only during the Leadville excitement. It is estimated that now the townsite is located that there will be ten thousand people in the camp by June 1. The new discovery is only reached by the Denver and Rio Grande railroad, and there is no stagging.

PURE WATER AND CISTERNS.

Well Constructed Cisterns That Insure Water Free from All Impurities.

It is in many localities impossible to bring the water required for the animals of the farm from springs or depend on the supply of the well. A writer in the Ohio Farmer advises, in such localities, a well constructed cistern or a number of cisterns connected together. He says:

Let us look to the roofs of available buildings as the first source of supplying water. Take a roof, say of 40 by 50 feet, including projections, and we have 2,000 square feet of surface. Allowing the annual rainfall in this locality at 40 inches, a building of the dimensions given would catch in a year 52,000 gallons, or 1,000 barrels, which last much better in cisterns than was thought to be allowed to drip into unsweet piles, thus washing their goodness away. A cistern large enough to hold 1,000 barrels would have to be twenty feet in diameter and twenty-three feet deep, but as the rain does not all come at once, and as it is not all used at once, the dimensions need not be quite so

FIG. 1—SIMPLE CISTERN WITH A FILTER.

large. In choosing a site do not make the mistake of building in an inconvenient place just to save a few cents' worth of spouting, but consider the number of steps you may save in a year. To illustrate, Mr. A has a barn to which he drives stock. To save spouting he digs a cistern of the capacity said, 10 rods feet from the stock, to which he carries spouting pulled, say 40 rods per day, all tools per pail and for rain per day—60 rods in six months, when he might have built within fifteen feet.

Having had over twenty years experience in building I like the following plan for general purposes as well as any I have ever tried: Dig a cistern or rather a double one, according to Fig. 1, making one large and deeper than the other, and if possible make as large as needed, remembering that the smaller will help some. Begin at the bottom of one wall and lay one course of brick flatways all around, then another, and so lay the brick up outwards until near the top, then flat, while arching the top. Leave a space of about one inch behind the brick work, and every ten or three courses fill in the space thus left with a thin grouting of sand and cement until the top is reached. As soon as the wall of the first cistern is up to the smaller size, dig the outside walls of both and carry up together. Thoroughly cement the corners at A A, Fig. 1, and also at the bottom, where the filtering wall, B, is to be laid. Lay filtering wall of pieces of broken brick, well bedded and joined with cement, but do not plaster on either side. After the walls are up to the top, and then thoroughly cement the outside walls and bottom with two good coats of cement. Make both inlet and outlet pipes in receiving part of cistern.

In Fig. 1 A A represents corners of reinside wall; B, filtering wall; C D, inlet and outlet pipes. As will be seen by Fig. 2, when the water is drawn from the lowest point of the smaller cistern the better will be empty and can easily be cleaned and all accumulations of dirt removed. Be sure to build deep enough in the earth so as to escape frost.

FIG. 2—SIMPLE CISTERN WITH A FILTER and outlet pipes.

Raw Bone as a Fertilizer.

Bones make valuable fertilizers and enter largely into the composition of the best commercial preparations after being properly treated. In their crude state they must be finely ground in order to make them available food for plants. Even in that condition ground bone must first go through the process of decomposition, just as wood or any coarse vegetable fibre must decay before they can be taken up as plant food. As has heretofore been recommended, wherever there is a small accumulation of bones the quickest way of making them available is to burn them and apply the ashes of the fire to the land. In this there is an inevitable small loss, as compared with the methods of large manufacturers of commercial fertilizers, but for a farmer who wants to realize from their use and with the least trouble to himself, it is usually the best plan.

Vaccinating Horses.

Experiments have been made by the German departmental veterinary surgeons, Peters and Teisch, with the malleins of Koch and Schuchmann of Herr Peters. Both experimentalists are of opinion that when horses affected with glanders are vaccinated it causes a reaction and rising of the temperature, which as a rule would not take place in a healthy animal. Out of ten horses vaccinated and showing these symptoms only one was found to be free from the disease. It ever be detected within six hours from the time of vaccination.

A Loss to the Poor.

What a sorrowful husband is that poor man Bellefleur now, who has lost the invalid coat to buy the coffin in old Vienna, saying his wife wasn't used to that sort of business and he wished to spare her the trouble.—Lewiston Journal.

According to the latest judgments of British physicians, the bacillus supervirulus functions in the cause of the grip. No wonder it is so bad.

Mrs. Stephen B. Elkins, wife of the new secretary of war, will be a rare and dainty addition to Washington society.

A BOX HOUSE.

The Materials of Some Use for the Minimum of Cost.

(Scientific, 1891, by American Press Association.)

Here is a suggestion for a low cost, free from dwelling, which illustrates how an attractive, convenient and comfortable little house may be erected for a very small amount of money. In the country or small villages the printed costs but little or no expense, where such might be made to take hours a standard dollar yearly. Suppose, by the cost, we have a lot for $100, in six years he would have saved sufficient funds to purchase a dwelling. It is safest to use materials to avoid buying the money from some building and loan association or a

FIRST ELEVATION.

building association, and, as a rule, the investment plan, where secured, although it may cost something for the necessary and interest for the loan of the money, has the advantage of saving and an incentive to save in order to pay for payments as they fall due.

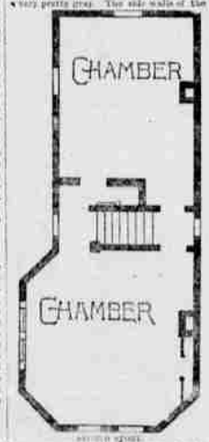
A lot twenty feet deep will give an entire width to the building, leaving a convenient passage to the side. In the selection of cities where land is more nearly a lot twenty feet deep would answer the requirements, as one foot could be taken off the width of the building and still leave good sized rooms.

There is no other under the sun of which designs are here given, and the building can be made more for the funds expended. Cost three cedar posts imported and grooved boards are scarcely called necessary.

FIRST STORY.

In the first story are two large rooms, with the stairways and a small hall between. The space under the stairs can be utilized as a closet, or passageway to the cellar in cases where the owner can afford the extra expense of the excavation and foundation walls. The entrance is more easily at the side and is protected by a porch, which is formed by extending the roof out over the door. The front room has an oriel front, with large windows which afford an unusual amount of light, as well as a commanding view of the street. The living room is provided with a sink and portable range. In the second story are two chambers with closets for each.

The roof of the building is left the natural color of the wood, which becomes a very pretty gray. The side walls of the



SECOND STORY.

house are painted in two coats of white and and finished off without stains. The blinds are painted green. The effect is very pretty. This house can be built complete for $600, exclusive of lot.

D. W. VINE.

The St. Louis Globe-Democrat advises Cleveland not to "interfere for a fricking," in the words of a famous Tennessee orator.

W. J. Scanlan, the popular and brilliant young Irish comedian, was the guest of Barney Campbell and John McCullough and other famous actors, and was elevated with pleasure, the result of hearing Ireland's claims at both ends.

"August Flower"

For Dyspepsia.

A. Bellanger, Propr., Stove Foundry, Montegny, Quebec, writes: "I have used August Flower for Dyspepsia. It gave me great relief. I recommend it to all Dyspeptics as a very good remedy."

Ed. Bergeron, General Dealer, Lauzon, Levis, Quebec, writes: "I have used August Flower with the best possible results for Dyspepsia."

C. A. Barrington, Engineer and General Smith, Sydney, Australia, writes: "August Flower has effected a complete cure in my case. It acted like a miracle."

Geo. Gates, Corinth, Miss., writes: "I consider your August Flower the best remedy in the world for Dyspepsia. I was almost dead with that disease, but used several bottles of August Flower, and now consider myself a well man. I sincerely recommend this medicine to suffering humanity the world over."

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History of the Bancroft Sale.

The History of the Bancroft Sale, compiled by Andrew Jenson, and lately published in the DESERET WEEKLY, has now been issued in pamphlet form, and can now be had at the DESERET NEWS office at 25 cents per copy. 4&8

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