

that during a period when some cities and towns were almost overwhelmed by the epidemic, with high death rates, other communities no more than 20 miles away had few cases and needed no help.

Cold or wet weather that keeps peo-

ple at home might lessen their chances of catching influenza from outside sources but might, another authority points out, increase the chances of the disease sweeping through the family if one member were attacked.

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five-year median for the same week in December is 2,742.

Seeking further information on the course of the epidemic, the Public Health Service has asked 40 large cities of the nation, with populations totalling about 27,000,000, to report weekly deaths from influenza and pneumonia combined. Replies from about half the cities received so far indicate that the influenza-pneumonia mortality is about 50% higher than for last year and about twice as high as the three-year average.

Most of the reports stated that the disease was of a mild type. From Detroit came a report of 10% to 15% absenteeism due to influenza. The health officer of Wilmington, Del., estimated about 6% of the population affected. Baltimore reported a city wide infection.

States reporting the largest number of cases were: Kentucky, 5,416; North Dakota, 4,331; Texas, 2,921; Iowa, 2,337; and Virginia, 1,649. No other states reported more than 1,000 cases for the week.

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Special color charts have been devised that enable the farmer to tell whether his *alfalfa* is healthy or not, and to diagnose the disease or insect pest that may be troubling it.

The high *explosives*, TNT, picric acid and tetryl, are made in whole or in part from bituminous coal.

PUBLIC HEALTH

## What To Do for Flu

Six important things everyone should know about influenza include the fact that it is caused by a virus, that patients should stay in bed.

► IF an influenza outbreak occurs in your community, here are some things you need to know about the disease:

1. It is caused by the kind of ultra-microscopic germ called a virus. Viruses, with about one exception, are not susceptible to attack by any of the sulfa drugs, though your doctor may give you a sulfa drug to take care of any other germs that follow the influenza virus invasion of your body. Efforts to develop a vaccine against the influenza virus have not yet proved completely successful.

2. The viruses of influenza (there are two known and one or more unknown influenza viruses) are spread on the nose and throat discharges and breath droplets from the influenza patients. If you keep out of crowds, you are less likely to pick up the virus from influenza patients who are still up and about instead of being home in bed.

3. Influenza in the past has very often been followed by pneumonia. It is important, therefore, to call a doctor, especially if you have a severe attack of influenza, so that treatment will be started promptly for the pneumonia if that is developing.

4. Influenza patients should stay in bed. Usually they feel too sick to want to be up, but it is not good sense to "keep going till you drop." By staying in bed you avoid drafts, pneumonia and other germs to which you are easy prey during an influenza attack; you conserve strength for fighting the influenza virus, and you avoid giving the disease to others. This last is a patriotic duty in wartime.

5. Your doctor will advise you about drinking plenty of water or other fluids, about diet, and will prescribe whatever medicines he thinks advisable to make you more comfortable. It is better not

to take any remedies except the ones your doctor orders.

6. Stay in bed as long as your doctor says you should, even though you feel perfectly well. The general rule is a full 24 hours in bed after the temperature is normal, if not longer.

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PUBLIC HEALTH

### Mortality from Influenza 50% Above Last Year

► REPORTED cases of influenza rose throughout the nation during the week ending Dec. 11 to a total of 23,724, the U. S. Public Health Service announced. Previous week's total was 4,487, and the



**EXPERIMENTAL ROLLING**—An operator at the hot mill of the research laboratories of the Aluminum Company of America is shown rolling a test ingot of aluminum. The company is celebrating this month the twenty-fifth anniversary of the founding of the research laboratories.