

St. Pauli News in Detail



ANNUAL MEETING

January 25, 2015

11:30 am
following
worship services

Potluck dinner after to
benefit Hospice

IMPORTANT: Designated persons must submit their organizational reports to Arlo Rude no later than January 12th for inclusion in the St. Pauli Annual Report.

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Greeting and Ushering

Jan. 4	Craig Folkedahl
Jan. 11	Bryan Grove
Jan. 18	Andrew Halvorson
Jan. 25	Jerod Haugen

Sunday Service:

- Light altar candles before service and put out flames after church
- Act as Greeters and hand out bulletins.
- Usher for offering and communion.
- Tidy up pews after church to make it ready for the next Sunday's services.

Altar Preparation: Barb Nelson

CONGRATULATIONS!



Darren and Cassandra Torkelson are the proud parents of a baby boy, Eli Blake, born December 16, 2014 and weighing 7 lb. 7 oz.

Eli is welcomed by beautiful sister Lydia; maternal grandparents Jeff and Kim Gilbert; and paternal grandparents Craig and Sally Torkelson. We welcome little Eli to our St. Pauli family!

* * * * *



January Milestones

Birthdays

Jan. 3	Dolly Davidson
Jan. 13	Noah Haugen
Jan. 17	Erin Rondorf

Anniversaries

Jan. 3	Jim and Jan Strandlie
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St. Pauli Handbook

The 2015 handbooks have been completed. Printed copies are in your church mailboxes.

2014 Christmas Message from Presiding Bishop Eaton

Dear Sisters and Brothers in Christ,

I recall this image from my home congregation: A banner depicting Mary and Jesus in the manger and the backlit silhouette of the cross cast over this scene. It was jarring. The cross on Christmas? I didn't like it.

Christmas can carry so much emotional freight. We must be merry and filled with good cheer. We are driven to get everything perfect by the stroke of midnight on Christmas Eve. We are filled with wistful longing. But what are we longing for?

We long for peace, love and a place to belong. We want to know that someone cares. We want the assurance that all of this means something. And, we try to bring that all about in the weeks between Thanksgiving and Christmas.

The hope of Christmas was fulfilled on Good Friday. The cross is part of Christmas. "Nails, spear shall pierce him through, the cross be borne for me, for you" (What Child Is This?). The cross is *the* Christmas gift, where all of our Christmas glorias are realized in Jesus' glorification on the cross.

We don't have to get everything completely right. We can't. That's God's work and it has been done. So, good Christian friends, rejoice!

Peace,

The Rev. Elizabeth A. Eaton
Presiding Bishop
Evangelical Lutheran Church in America





Theresa Alberg

In Memoriam

Theresa Alberg, mother of St. Pauli member Myles, died peacefully on Saturday, November 15, 2014.

Theresa Evelyn Hammer was born on December 13, 1927 at home on the family farm in Stokes Township, Roseau County, MN the daughter of Henry and Martha (Lindvedt) Hammer. She was baptized on May 6, 1928 at Opdahl Lutheran Church in Roseau County and confirmed on June 11, 1944 at Our Redeemer's Lutheran Church.

Theresa attended Fox School District #46 and graduated from Badger High School in 1946. Following high school, she worked at the JC Penny store in Roseau.

On July 8, 1948, Theresa was united in marriage to Stanley Kenneth Alberg at Our Redeemer's Lutheran Church in Badger. Together they purchased the Hammer family farm near Fox, MN where they had a dairy farm and planted hay and oats for the cattle. To this union six children were born: Myles, Ronald, David, Chad, Debra and Kimberly.

Theresa worked at Roseau Area Hospital & Home for many years and retired from the WIC Program in 1991.

Theresa raised a large vegetable garden and always had chickens. She enjoyed needlework, cards, board games, was a great baker and enjoyed feeding and entertaining her family and friends. Theresa was an active member at Our Redeemer's Lutheran Church in Badger, Moe Lutheran Church in Roseau, and Zion Lutheran Church in Thief River Falls. She and Stanley moved to Thief River Falls in 1986 and Theresa enjoyed working in her beautiful flower gardens.

Theresa was a kind, caring, nurturing, optimistic, loving, patient and compassionate woman with a good sense of humor. Her motto should have been "live, love, laugh" as she did each of these to the fullest every day. Theresa offered unconditional love.

Survivors include her loving children: Myles (Kathy) Alberg of Thief River Falls, Ron (Mary) Alberg of Holt, Debbie (Bert) Erickson of Roseau, and Kim Berg of Fargo, ND; 12 grandchildren: Tammy (Craig) Lenarz, Erica (Ben) Major, Desirae (Steve) Rambeck, Mike (Ellen) Alberg, Tina (Pat) Klemmer-Van Eps, Chance Alberg, Rebecca (Josh) Lacheur, Breann (Francisco) Alberg, Holly (Justin) Hanson, Heidi (Kenny) Asplin, Corey Berg and Chris Berg; 24 great-grandchildren; sister-in-law, Beatrice Hammer of Roseau; and several nieces & nephews.

She is preceded in death by her husband, Stanley in 2004; sons, David in 2010 and Chad in 2002; son-in-law, Curtis Berg in 2006; parents; and siblings: Irene Wallace, Eleanor Gregerson, Lloyd Hammer, Eunice Dean and Phyllis Nelson.

Funeral services were held at 11:00 AM on Friday, November 21, 2014 at Zion Lutheran Church in Thief River Falls with Rev. John Golv and Rev. Ale Tulu officiating. Burial was at the Swedish Cemetery in Badger.

Special Music: Greg Dally & Paula Adamson
Congregational Hymns: "Amazing Grace" & "How Great Thou Art"
Selection: "What A Friend We Have In Jesus"
Pallbearers: Theresa's Grandchildren
Honorary Pallbearers: Theresa's Great-Grandchildren

God Bless the Memory of Theresa Alberg

In Memoriam

***Marlene Stroh, former member of St. Pauli,
passed away at her home on Christmas Day 2014.***



Marlene Stroh

Marlene Stroh died peacefully at her residence on Thursday, December 25, 2014 at the age of 73.

Funeral services were held at 10:30 AM, Tuesday, December 30, 2014 at Redeemer Lutheran Church, Thief River Falls, with Rev. Mark Helgeland and Rev. Ben Carlsen officiating. Interment will be held at a later date at Norman Lutheran Church Cemetery, Bear Park Township, Norman County, MN.

Visitation was held from 5:00 PM until 8:00 PM with a 7:00 PM Prayer Service on Monday, December 29, 2014 at Redeemer Lutheran Church. Visitation was also held one hour prior to the funeral service at the church on Tuesday.

Marlene Myrtle (Raaen) Stroh was born on July 5, 1941 in her family home, rural Gary, MN, the daughter of Arthur and Myrtle (Rice) Raaen. She grew up in the Norman Lutheran Church where she was baptized, attended Sunday school and

confirmed her faith. Her early school days were spent at the Giant Oak country school near her home. She finished her education at Gary High School, graduating in 1959.

Following high school, Marlene moved to Minneapolis to work for Northwestern Bell Telephone Company. While living there, she met her future husband, David Stroh. The couple was united in marriage in Minneapolis on September 22, 1961. They made their home in Coon Rapids, MN, and started their family with the blessing of their children, Nathan and Stacy. In 1970 the family moved to Thief River Falls where they have since continued to make their home and welcome into their family a wonderful daughter-in-law, son-in-law, grandchildren, and their first great-grandchild, Stevie Beth.

Throughout the years Marlene made many friends working for the Consumers Co-op, Swenson Plumbing, the Hearing Center, and Digi-Key.

Marlene will be remembered for her love of music, quilt making, indoor gardening, family camping trips, and family. She had a wonderful personality and silly sense of humor – often playing pranks on her husband and grandchildren with a twinkle in her eye. For the past seven years, Marlene enjoyed wintering in Arizona with Dave and spending time with new friends there.

Marlene's church family was very important to her. As a young woman, she was a Sunday school teacher. Later she was active in the Altar Guild and was always eager to help with various youth fundraising activities alongside her grandchildren.

Marlene is survived by her loving husband, David of Thief River Falls; son Nathan and his wife, Dianne along with their children, Bethany (Matt) Nordby, Tiffany, and Anna all of Thief River Falls; daughter Stacy and her husband Jeffrey Davidson and their son, Chad (Mackenzie Kruta) all of Thief River Falls; special great-granddaughter, Stevie Beth Nordby; brothers, Roger (Vanna), Merlin (LaVonne), and Leland (Linda) all of Fertile, MN; several nieces, nephews, cousins, relatives, and friends.

Preceding her in death are her parents, Arthur and Myrtle; her brother, Donald, and her father-in-law and mother-in-law, Arthur and Adeline Stroh.

Casketbearers: All of Marlene's nieces and nephews

Special Music at the prayer service: Gene Lunsetter ~ "Softly and Tenderly" & "Just as I am"

Special Music at the funeral service:

Marlene's Granddaughters ~ Bethany, Tiffany, and Anna ~ "Go Rest High on That Mountain"

Gene Lunsetter accompanied by Greg Dally & Paula Adamson ~ "The Old Rugged Cross," "Jesus Loves Me - Oh How He Loves You and Me," "Will the Circle be Unbroken"

Congregational Hymns: "How Great Thou Art" ~ "On Eagle's Wings" & "Here I Am Lord"

God Bless the Memory of Marlene Stroh

Minutes of the Church Council

NOVEMBER 20, 2014

The St. Pauli Church Council held its monthly meeting on Thursday, November 20, 2014 at St. Pauli Church. Members present: Pastor Carl Hansen, Evie Johnson, Arlo Rude and Barb Nelson. Meeting was called to order by Chairman Rude at 7:00 p.m.

Pastor Carl Hansen opened the meeting with prayer.

Agenda was presented by Rude. Transfer of money was added to New Business. Motion to accept by Nelson, seconded by Johnson, motion carried.

Secretary's Report

Secretary's Report presented by Barb Nelson. Johnson made a motion to approve, Rude seconded, carried.

Treasurer's Report

Treasurer's report was presented by Evie Johnson.

Expenses for October 2014: \$ 2,116.25

Income for October 2014: \$ 3,169.00

Account balances as of October 31, 2014:

Checking: \$ 26,303.18

Investment savings: \$ 35,818.16

Mission Grant savings: \$ 1,000.83

Edward Jones: \$ 41,107.47

Total: \$ 104,229.44

St. Pauli Cemetery Association:

Expenses for tax exempt application \$ (400.00)

Donation: \$ 40.00

Balance as of October 31, 2014: \$ 19,720.13

Motion by Rude to accept, seconded by Nelson, motion carried.

Pastor's Report

We continue to enjoy the new organ. Thanks to Faye for her work in bringing a joyful noise to the Lord from the instrument and also to the congregation.

Pastor Carl will be preaching at the joint Thanksgiving service on November 26th at 7:00 pm at Redeemer in Thief River Falls.

Sharon McCollough is scheduled for open heart surgery on November 24th in the Cities. Please keep her in our prayers.

Pastor Carl is planning a trip to Texas immediately after Christmas to spend some time with his Kevin and family. Following Chelsea's birthday celebration on January 19th, he will be driving back to Thief River Falls. He plans to be here in time for the annual meeting.

We have been using Setting 8 of the ELW liturgy for the past year. Do you think we should continue or should we try to use another setting? Comments are welcome. Thanks again for the privilege of serving as a perpetual

interim pastor of St. Pauli. It is a delight to be in partnership with you as we serve the Lord in and through the congregation's ministry.

Other Reports

WELCA: November meeting was canceled due to the weather.

Board of Education: Valarie Torstveit is going to direct the Christmas program again this year. It will be held on December 21st during the morning service.

Old Business

Septic system blanket: Someone has pulled the staples out again. Rude has repaired. We may need to put a camera back there if this type of mischief continues.

New Business

Year end financial review: We are running real close to budget this year.

Transfer of funds: Rude made a motion to transfer \$10,000.00 from the general fund to a CD for 2 years. Nelson seconded the motion. Carried.

The meeting closed with the Lord's Prayer.

Adjournment: The meeting adjourned at 7:45 p.m.

Respectfully submitted,
Barb Nelson, Church Council Secretary

Historic Minutes of the St. Pauli Congregation

Editor's Note: The March 25, 1919 meeting has the first mention of a basement being built under the church.

25 March 1919

A special congregation meeting was held in the church on 25 March 1919 at 2 o'clock P.M.

The meeting was opened with hymn song and prayer by Pastor Grimsrud. Thereafter he told about the reason for this meeting, namely to discuss the building of a basement under the church. [*Illegible*] building committee [*illegible*] and puts the church in repair and borrows money if necessary to perform the work. And it was decided that the members of the congregation [*do something about transport*].

Ole Odegaard, secretary

8 December 1919

The congregation held its annual meeting in the church on 8 December 1919 at 10 o'clock A.M.

The meeting was opened by Pastor Grimsrud with hymn song and prayer. Thereafter the report of the secretary was read and accepted.

The pastor spoke and said that God in mercy had been good to us, even if there had been war and pestilence, but otherwise it had been good. Then he complained that there had been no religion school, but he hoped that they would have it the coming year and, if possible, have Sunday school. Thereafter, Carl Alberg and wife and children, and Ed Vigen and wife were admitted into the congregation.

Then it was decided to hold two months of school if possible in the church; if not, then a month in the eastern and one month in the western school houses.

The following officials were elected:

Ole Helgesen, trustee for 3 years

Ole Odegaard, secretary for 1 year
C. Oien, treasurer for 1 year
J. Kval, C. Oien and T. Stene as *lignings* (apportionment) committee
Ole Valsvik, H. Wiken and J. Kval, school committee
Building committee, same as before
N. Nilson, sexton with salary for the same fifteen dollars

Thereafter the treasurer's report was read and accepted. It was decided to raise the pastor's salary \$125.00, so that the salary for the coming year will be \$325.00.

It was proposed and supported that C. Oien and John Kval would work with Pastor Grimsrud to get more members to join the congregation.

Then it was decided at a suitable occasion to have a festivity for new members, and as a committee for the same were elected Borgie, Odegaard and Viken. As delegated to the district meeting were elected C. Oien and O. Valsvik, and as substitute H. Wiken and L. Lokken.

Ole Odegaard, secretary

Historic Minutes St. Pauli Lutheran Church Women (L.C.W.)

4 November 1965

The regular meeting of the St. Pauli L.C.W. met at the church November 4. There was general serving.

Meeting opened with hymn, "I Need Thee Every Hour." Scripture and prayer by Rev. Winter.

Secretary's minutes read and accepted. Treasurer's report given and accepted.

Letter was read from Fergus Falls Hospital asking for gifts and donations for Christmas. Motion was made and seconded that offering of next meeting be given for Lutheran Vespers. Motion made and seconded that we bring gifts for Fergus Falls hospital at next meeting.

Next meeting at Gustafsons on December 9th, this being our annual meeting.

Business meeting closed.

Program: Hymn "This is My Father's World"
Scripture and prayer: Bonnie Folkedahl
Skit: "A Thankoffering Skit" with the following taking part: Gertie Thune, Bonnie Folkedahl and Ellen Torkelson.
Duet: "This is My Father's World," Inez Mathson and Faye Johnson.

Hymn: "Now Thank We All Our God"

Offering meditation and prayer: Faye Johnson

Doxology sung. Lord's Prayer prayed and table blessing sung.

Ellen Torkelson, Secretary

Historic Minutes of the St. Pauli Young People's Society and Luther League

5 September 1926

The St. Pauli Young People's Society held met at the church Sunday evening, September 5, 1926.

The meeting was called to order by the president.

The following program was rendered.

Two songs by audience.

Reading and explanation by Rev. Grimsrud.

Song by audience.

The minutes of the last meeting were read and accepted.

The following program committee was elected: Hulda Torstveit, Anna Valsvik and Oscar Odegaard.

A motion was made and seconded that the next meeting be held in two weeks.

Song: Mrs. Carl Finstad.

Recitation: Beatrice Lokken.

Song: "Rock of Ages" pantomized.

Song: "Tell Mother I'll Be There" by Gust Gustafson.

The meeting adjourned.

Lunch was served by Mrs. Snetting, Mrs. Valsvik and Mrs. Helgerson.

The proceeds were \$25.25.

Gilma Helgerson, Secretary

WAR and PESTILENCE

Editor's notes: Pastor Grimsrud's comments in the December 8, 1919 annual meeting posted in this newsletter issue refer to America's involvement in a war (World War I) which ended on November 11, 1918 and the flu epidemic.

On the heels of World War I had emerged an influenza epidemic, commonly called "Spanish Flu," which killed more people than had died during the entire war. According to the National Archives, "World War I claimed an estimated 16 million lives. The influenza epidemic that swept the world in 1918 killed an estimated 50 million people. One-fifth of the world's population was attacked by this deadly virus. Within months, it had killed more people than any other illness in recorded history.

It is an oddity of history that the influenza epidemic of 1918 has been largely overlooked in the teaching of American History. Documentation is ample, so I herewith present this overview.

From the National Archives

The plague emerged in two phases. In late spring of 1918, the first phase, known as the "three-day fever," appeared without warning. Few deaths were reported. Victims recovered after a few days.

When the disease surfaced again that fall, it was far more severe. Scientists, doctors, and health officials could not identify this disease [that] was striking so fast and so viciously, eluding treatment and defying control. Some victims died within hours of their first symptoms. Others succumbed after a few days; their lungs filled with fluid and they suffocated to death.

The plague did not discriminate. It was rampant in urban and rural areas, from the densely populated East Coast to the remotest parts of Alaska. Young adults, usually unaffected by these types of infectious diseases, were among the hardest hit groups along with the elderly and young children. The flu afflicted over 25 percent of the U.S. population. In one year, the average life expectancy in the United States dropped by 12 years.

The flu prevented day-to-day operations from going smoothly. Officials advised all persons to wear face masks, even indoors. Many believed that a person could contract the disease by handling documents and equipment.

On September 25, 1918, Rupert Blue, the Surgeon General, announced to the Associated Press that the first cases of influenza had been discovered in Minnesota. The head of the Minnesota State Board of Health, Henry Bracken, was surprised to hear this and he quickly sent a telegram to the Surgeon General for evidence that influenza was indeed present in the state.

But within two days of his sending the telegram, Bracken heard from his own employees that at least one case of influenza had occurred in Wabasha.

By September 28th, reports of cases poured into Bracken's office. Minneapolis, North Branch, and the village of Wells, in southern Minnesota, all reported cases. Soldiers stationed at Fort Snelling and sailors staying at Dunwoody Institute were infected. Student recruits who were boarded at the University of Minnesota became ill as well.

Less than a week after the first report drifted into the state health board, more than a thousand cases of "The Spanish

Flu" were reported in Minneapolis alone. The University of Minnesota decided to postpone the start of its fall semester, at least until the epidemic had died down. Edward Slater, a physician working at University Hospital in Minneapolis, became ill with influenza and then died on October 6th. His was one of the first reported deaths from influenza in the state. Two days later, the Red Cross mobilized to aid those who had succumbed to the virus.

On October 8th, the Minnesota State Board of Health met to discuss the situation. Bracken sought to reassure his staff. "I think we are in rather good shape to handle the epidemic," he told them. "Congress has appropriated a million dollars for the handling of communicable diseases [and the] U. S. Public Health Service and the American Red Cross are lined up."

Local health officials did not share Bracken's optimism. On October 11th, H. M. Guilford, M.D., the head of the Minneapolis Department of Health, ordered all schools, churches, theaters, dance halls and billiard parlors to be closed for the duration of the epidemic. Noting that there were 2,000 cases in Minneapolis alone, Guilford said, "I do not want to be alarmist, but the disease is not controllable by ordinary measures."

In northeastern Minnesota, wild fires had forced massive evacuations of the population. The fires, which killed several hundred people and destroyed thousands of homes, further drew on the state's already stretched medical resources. Worst yet, the massive evacuations ensured that the disease spread throughout the state as refugees brought influenza in to the state's rural and urban communities.

The following is from: flu.gov/pandemic/history/1918

How did physicians and scientists understand influenza in 1918?

During the mid to late 19th century, physicians and scientists had begun to understand that diseases are caused by microorganisms. This was a radical departure from traditional medical theories which had held that diseases were caused by miasmas or an imbalance in the body's humors.

Building on this new understanding of disease, scientists and physicians achieved incredible successes, identifying fifty causative agents of diseases ranging from typhoid,

tuberculosis, cholera, plague and malaria between 1880 and 1920.

In 1918, most physicians and scientists mistakenly believed that influenza was caused by a bacteria, not a virus. Called *Pfeiffer's bacillus*, this bacteria had first been identified as the cause of influenza by Robert Friedrich Pfeiffer, a leading German scientist. Although Pfeiffer had failed to provide definitive proof that this bacillus actually caused influenza, few scientists questioned his claims.

In the midst of the pandemic, however, this theory came under attack. Researchers performing autopsies on influenza victims reported, over and over again, that they had failed to locate the bacillus. Attempts to infect healthy patients with influenza by injecting them with Pfeiffer's bacillus also failed to cause influenza.

Although they were unable to locate the cause of influenza, scientists and physicians did understand that influenza was spread through contact with droplets from the nose and throat of an infected person during coughing and sneezing.

What happened when patients contracted influenza in 1918?

Most early 20th century physicians were familiar with influenza and its symptoms. Diagnosis, however, was often difficult as physicians frequently confused the disease with another viral infection, the common cold. In 1918, diagnosing influenza became even more difficult because an especially virulent form of the disease had erupted.

Early symptoms of the disease now included a temperature in the range of 102 to 104 degrees. Along with this high temperature, patients also experienced a sore throat, exhaustion, headache, aching limbs, bloodshot eyes, a cough and occasionally a violent nosebleed. Some patients also suffered from digestive symptoms such as vomiting or diarrhea. Most patients who experienced these symptoms made a full recovery.

Many patients recovered only to suffer a relapse. Their temperatures, which had fallen, rose again and they now experienced serious respiratory problems. In some cases, these patients also experienced massive pulmonary hemorrhages. After death, pathologists found these victims to have swollen lungs and oversized spleens.

Because patients experienced symptoms not traditionally associated with influenza, physicians found the disease especially difficult to diagnose in 1918. In the early stages of the pandemic, many physicians and scientists even claimed the influenza patients were suffering from cholera or bubonic plague, not influenza.

Preventing Influenza

Before the advent of antibiotics in the 1940s, practitioners had only a limited ability to treat diseases. Moreover, even if antibiotics had been available in 1918 (they were not), a viral disease such as influenza could not have been treated by these drugs.

As a viral infection, influenza can be prevented by a vaccine and during the early weeks of this pandemic, many people

believed that a vaccine against influenza was forthcoming. Although vaccines have been developed before scientists have ascertained the exact cause of a disease, medical researchers' failure to ascertain and isolate the influenza virus did not bode well for the development of an influenza vaccine at this time.

During the fall of 1918, researchers from the Public Health Service began looking for a vaccine and were joined by researchers in many other countries. These researchers developed a range of vaccines which were then tested in communities all over the world. None of these vaccines proved effective.

While researchers placed their hopes in vaccines, many politicians and physicians came to believe that the spread of the disease could be contained by quarantines and bans on public gatherings.

Across the United States, cities and counties also began to require or recommend that citizens wear gauze masks. Unfortunately, while masks are highly effective at preventing diseases caused by bacteria, they are less effective in providing protection against viral diseases. As a result, even in communities where the wearing of masks was made mandatory, influenza could not be contained.



Typist wearing face mask, New York City, October 16, 1918

Public officials also sought to limit influenza by banning spitting in public places and demanding that those who sneezed covered their mouths.

Treating Influenza

Confronted with a widening pandemic, physicians and scientists now began thinking about ways to treat and cure influenza. Here again, limited understanding of the disease meant that many of the treatments advocated by both physicians and laypeople were ineffective.

Practitioners and patients used a variety of remedies, many of which could be found in their local drugstores. Patent medicines, that is medicines whose ingredients were secret and trademarked, were still very popular. Among these medicines, Vicks Vapo-Rub, atropine capsules (belladonna), and a host of other treatments were especially common. In terms of curing or even

treating influenza symptoms, these remedies did little to nothing.

Monday, December 9, 1918.

HOW TO USE VICK'S VAPORUB IN TREATING SPANISH INFLUENZA

The Influenza Germs Attack the Lining of the Air Passages. When VapoRub is Applied Over Throat and Chest the Medicated Vapors Loosen the Phlegm, Open the Air Passages and Stimulate the Mucous Membrane to Throw Off the Germs.

In Addition, VapoRub is Absorbed Through and Stimulates the Skin, Attracting the Blood to the Surface and Thus Aids in Reducing the Congestion Within.

CALL A PHYSICIAN—GO TO BED—STAY QUIET—DON'T WORRY

There is no Occasion for Panic—Influenza Itself Has a Very Low Percentage of Fatalities, Not Over One Death Out of Every Four Hundred Cases, According to the N. C. Board of Health. The Chief Danger Lies in Complications Arising, Attacking Principally Patients in a Run Down Condition—Those Who Don't Go to Bed Soon Enough, or Those Who Get Up Too Early.

Spanish Influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has

strong, stay in bed four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS.

In order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and covered with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates the skin, attracting the blood to the surface and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE.

Although most physicians no longer believed that diseases were caused by miasmas or an imbalance in the humors, many practitioners did resort to treatments which were derived from these medical theories. These treatments included causing patients to sweat by wrapping them in blankets or cupping them to remove excess blood.

Home remedies were also popular and many people wrote to the Public Health Service recommending treatments they had developed. A "sure cure" for influenza was proposed by a woman in Missouri who claimed that her secret remedy consisted of water, salt and coal oil. She offered the remedy to the government for a reward. No such reward had been offered, but she was not the only person to believe that a reward would be forthcoming.

Influenza peaked during the fall of 1918. During the winter and spring, the disease continued to be widespread but the number of cases did decline. By the summer of 1919, influenza had all but disappeared from the state.

Legacy of the Pandemic

All of the influenza deaths caused a severe disruption in the economy. Claims against life insurance policies skyrocketed, with one insurance company reporting a 745 percent rise in the number of claims made. Small businesses, many of which had been unable to operate during the pandemic, went bankrupt.

Research on the Pandemic in the 1920s

In the fall and summer of 1919, Americans called for the government to research both the causes and impact of the pandemic. In response, both the federal government and private companies, such as Metropolitan Life Insurance, dedicated money specifically for flu research.

In an attempt to determine the effect influenza had in different communities, the Public Health Service conducted several small epidemiological studies. These studies, however, were conducted after the pandemic and most PHS officers admitted that the data which was collected was probably inaccurate.

PHS scientists continued to search for the causative agent of influenza as did their fellow scientists in and outside the United States.

But while there was a burst of enthusiasm for funding flu research in 1918-19, the funds allocated for this research were actually fairly meager. As time passed, Americans became less interested in the pandemic and its causes. And even when funding for medical research dramatically increased after World War II, funding for research on the 1918-19 pandemic remained limited.

Forgetting the 1918-1919 Pandemic

In the years following 1919, Americans seemed eager to forget the pandemic. Given its devastating impact, the reasons for this forgetfulness are puzzling.

It is possible, however, that the pandemic's association with World War I may have caused this amnesia. While more people died from the pandemic than World War I, the war had lasted longer and caused greater and more immediate changes in American society.

Influenza also hit communities quickly, and often it disappeared within a few weeks of its arrival. As one historian put it, "the disease moved too fast, arrived, flourished, and was gone before...many people had time to fully realize just how great was the danger." Small wonder, then, that many Americans forgot about the pandemic in the years which followed.

It was not until 1933 that the influenza A virus, which causes almost every type of endemic and pandemic influenza, was isolated. Seven years later, in 1940, the influenza B virus was isolated. The influenza C virus was finally isolated in 1950.

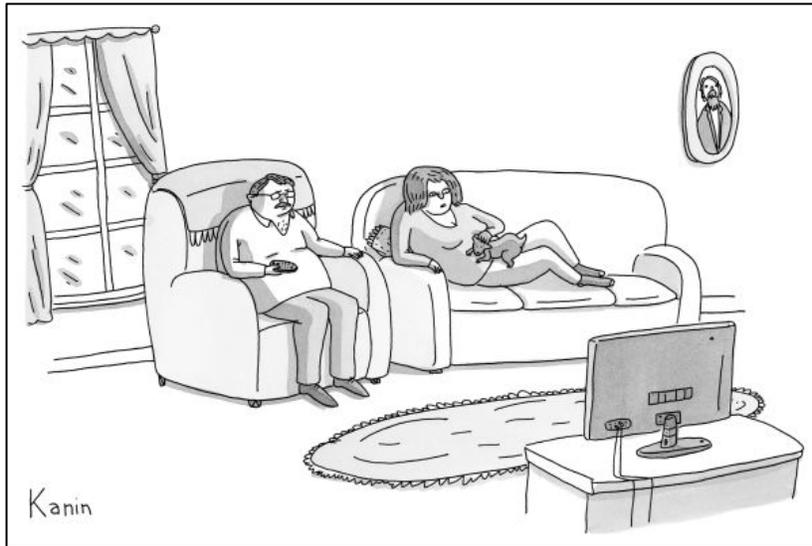
Influenza vaccine was first introduced as a licensed product in the United States in 1944. Because of the rapid rate of mutation of the influenza virus, the effectiveness of a given vaccine usually lasts only for a year or two.

By the 1950s, vaccine makers were able to prepare and routinely release vaccines which could be used in the prevention or control of future pandemics. During the 1960s, increased understanding of the virus enabled scientists to develop both potent and purer vaccines.

Mass production of influenza vaccines continue, however, to require several months lead time.

The Back Page

Reprinted from *The New Yorker*



"At some point, there's only so high you can raise the volume before you admit you're never gonna understand what British detectives are saying."



"I've finished my New Year's resolutions, and now I'm going to get a running start on yours."