

forehead, and bridge of his nose. If the bleeding becomes alarming, and if a doctor cannot be found, pack the nostrils as tightly as possible with gauze or cotton. If the bleeding is coming from the front of the nose, this will stop it, but if it is coming from the back it will run down his throat, and the packing will have to be removed. Another good procedure is to put pressure against the base of the nostril, by placing two fingers beneath the upper lip, and pressing upward.

The vomiting is not usually troublesome, and can often be relieved by a mustard plaster over pit of stomach.

Should a convulsion occur, it would probably be due to high fever. It occurs most frequently in children, and is controlled by putting the child in a hot bath, temperature of water about 110 degrees.

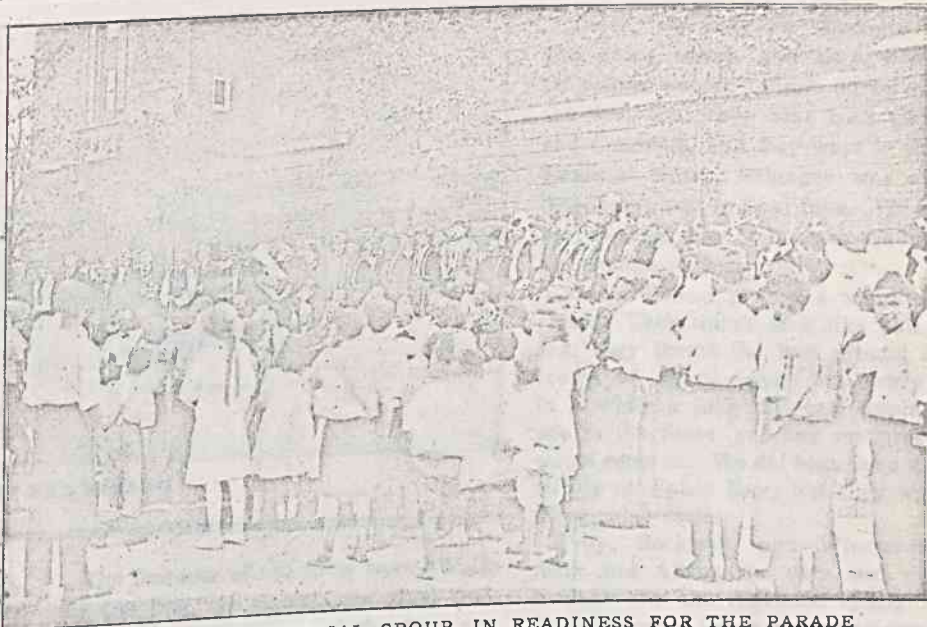
The diet should be light, principally liquids, and should be given at regular intervals.

Under preventive treatment, we will consider first the rules to be observed in regard to the patient. The linen and utensils used by the patient, and the hands of the nurse after attending him, should be thoroly disinfected. Soiled linen taken from the bed of the patient should be put in a tub containing disinfectant, and left there for thirty minutes. Carbolic acid and formaldehyde are the best disinfectants to use. The dishes and utensils can be put in these same solutions. When caring for a patient, the nurse should have her sleeves rolled up, and when she has finished she should immerse her hands in a disinfectant such as bichloride of mercury.

Everything in the room which will not be of service should be removed. After recovery, the room is fumigated with a formaldehyde candle, and kept closed for twelve hours.

The attendant should gargle her throat two or three times a day with some antiseptic gargle, and take a daily walk in the fresh air. It is best not to put the hands to the face while nursing.

Science as yet has not discovered a remedy or procedure that will prevent the well from taking influenza. If the above rules, as regards the patient and nurse, are carried out, the likelihood of contracting the disease will be greatly lessened, and the spread of the disease almost stopped. The two most important things for a normal individual to do are: To keep himself in the best of health, and to stay away from influenza patients.



D. O. K. K. CEREMONIAL GROUP, IN READINESS FOR THE PARADE

You may ask how an individual may keep himself in the best of health. This should be nothing new, as we should try to do this at all times. Regulate your mode of living, and that will greatly help in that direction. Eat three meals a day at regular intervals, and sleep eight hours at night. The food should be well cooked, nourishing, and easily digested. Once or twice a month, take a laxative. When the weather permits, take daily walks in the fresh air, and have plenty of ventilation in the room while asleep. Do not expose yourself unnecessarily in bad weather, and when such is the case protect yourself. Do not allow a cold to "hang on," so to speak, but treat in the beginning with a hot foot bath, hot drinks, and a laxative. A cold is easily cured the first night, but the longer it runs the harder it is to relieve. Avoid larger gatherings, and gargle your throat two or three times a day. If you are run down or below par, get a tonic to build you up. If you have any trouble or complaint, see a doctor, and take treatment for it, and get yourself in the best possible condition. Then if it is necessary for you to nurse influenza, rigidly adhere to the rules laid down for the nurse, and the odds are greatly in your favor.

W. T. RAINEY, M. D.

### Dokies in Badin

An event of more than usual interest was the ceremonial of the D. O. K. K., given by Bagdad Temple, No. 213, of

Asheville, N. C., on Tuesday, September 16. Our brothers from many other Lodges joined with Tallassee Lodge, No. 233, Knights of Pythias, of Badin, and made this ceremonial a great success.

Brothers from ten other Lodges were with us on this occasion.

The degree team of Bagdad Temple, and the other brothers of Bagdad Temple who came with them, were met at Salisbury by the brothers of Suez Temple, No. 73, and were brought from there to Badin by automobile. Upon their arrival in Badin, life began to show itself from a different angle, especially to the forty-odd Tyros. The various stunts that these Tyros were made to do was very amusing to the onlookers, and such as those who were called upon to perform will long remember.

The parade, which formed on Falls Road at 6 p. m., was a very pretty and creditable affair. This was headed by the Bagdad Temple D. O. K. K. band of twenty-seven pieces, which furnished good music all along the line of march, which was somewhat more extended than has been usual in Badin.

Immediately after the parade, the line of march was directed to the pavilion, where a very inviting spread of good things to eat, fried chicken, potato salad, pies, cakes, coffee, etc., awaited. The manner in which these were "demolished" proved how much they were appreciated and enjoyed by each and every one present. The ladies who prepared them are due much credit.

The real benefit of this ceremonial, and likewise the fun connected therewith,