

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in Origin—Germ Still Unknown—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.

Washington, D. C.—(Special.)—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

In the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called "Spanish" influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917."

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found

that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication."

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze. If you don't you'll spread disease."

MANY PROMINENT MEN COME OUT FOR TANLAC

Mayors, Judges, High Officials, Bankers,
Lawyers, Doctors and Editors Indorse It

FEEL IT THEIR DUTY TO TALK

They Come Forward and Unhesitatingly Tell Suffering Humanity What Celebrated Medicine Has Done for them.

It is seldom, indeed that men of prominence, especially men holding high public office, willingly express their indebtedness publicly to a proprietary medicine. Many prominent men, however, including supreme court judges, mayors of our leading cities, prominent state and county officials, bankers, lawyers, doctors, editors, leading educators, government officials and even ministers of the Gospel have deemed it their duty to come forward and tell the people what Tanlac has done for them.

These well-known men of affairs have recognized in this medicine a new discovery and a scientific triumph in the medical world. It is a well-known fact that these splendid indorsements have been given Tanlac time and time again and they will continue to be given just as often as new tests of its powers are made; and it also explains why numbers of the big drug firms of the country are ordering it exclusively in carload lots.

Doctor Prescribes it.

Dr. J. T. Edwards, of Fayetteville, Ga., one of the best known members of the medical profession in the state of Georgia, makes a statement that will undoubtedly produce a profound impression through out the South.

"In my thirty years of actual practice as a licensed physician in the state of Georgia," says Dr. Edwards, "I have never seen anything to equal Tanlac as a medicine to produce results. I have no hesitancy in recommending this medicine and I am prescribing it for my patients almost every day."

Professor C. T. Clotfelter, prominent educator and principal of the High School at Ben Hill, Ga., says: "I was in such bad physical condition that I feared I would have to give up my duties. I suffered from rheumatism, sluggish liver, nausea and terrible bilious headaches. I have taken three bottles of Tanlac and I feel better than I have felt in years."

Noted Texan Talks.

Hon. Archie R. Anderson, sheriff of Harris County, Texas, is unquestionably not only one of the best known, but one of the most popular men that ever held office in Texas. He served the people in this important office for 15 consecutive years.

"I had the worst form of indigestion, suffered all the time from gas on my stomach and was continually belching up undigested food," said Mr. Anderson. "I suffered with neuralgic pains of the worst sort and nothing seemed to help me except in a temporary way.

"I began to feel better after taking my first bottle of Tanlac and have just now started on my third. I'm a different man all ready."

H. W. Hill, president of one of the leading banking institutions of South Pittsburg, Tenn., and one of the most successful

NOTED EX-MAYOR RECOMMENDS IT.

Former Mayor Frank V. Evans, of Birmingham Ala., Makes Strong Statement.

One of the latest additions to the large and rapidly growing list of prominent men who have publicly indorsed Tanlac for the good it has done them, is the name of Hon. Frank V. Evans, former Mayor of Birmingham. Mr. Evans is one of the best known men in public life in Alabama today, being at one time editor of one of the South's great newspapers, the Birmingham Age-Herald. He was also examiner of public accounts of Alabama. In telling of the benefits he had derived from Tanlac, Mr. Evans said:

"For years I suffered with gastritis and indigestion in the worst form. I was habitually constipated and had pains in my shoulders and headache continually. My appetite left me almost entirely and everything I would eat hurt me. Finally I got to having awful attacks of acute indigestion, palpitation of the heart and smothering spells. For a long time I would have one or more these spells every night and I would wake out of my rest, sleep gasping for breath.

"I bought a bottle of Tanlac and to my great surprise and gratification I began to feel relief after the first few doses. I kept taking the medicine and now my recovery is simply the talk of Birmingham."

bankers and business men in Tennessee, said:

"I suffered from rheumatism and other ailments for many years and Tanlac has done me more good than anything I ever tried. I now wake up in the morning feeling fine.

"I'm telling all my friends about Tanlac and am recommending it to them, regardless of their age and trouble."

Dr. G. W. De LaPerriere, of Winder, Ga., is not only one of the best known physicians and druggists in the state of Georgia, but is also a man of extensive property and wide influence, ranking as one of the leading citizens of that entire section. He has been in the drug business in Winder for 25 years.

Recently Dr. De LaPerriere writes:

"Our people are much enthused over the beneficial effects of Tanlac and I desire to say that it is the most wonderful seller I ever had in this store."

Other prominent men who have indorsed Tanlac are:

Professor Elmer Morris, of Dover, Tenn.; Professor W. A. Wood, of the Central Graded Schools, Winder, Ga.; C. C. Cooper, president of the Georgia Hotel & Cotton Oil Co., Lawrenceville, Ga.; Hon. S. S. Shepard, member of the Atlantic City council; Hon. George Samuel Rife, Chief of Police in Macon, Ga.; Hon. C. G. Lavender, register of Williamson County, Tennessee; Dr. H. B. Brown, 482 1/2 Charlotte Ave., Nashville, Tenn.; founder and president of the Tennessee Protestant Home for Girls; John F. Carroll, cotton mill superintendent, of Chattanooga and Atlanta.

Tanlac is now sold exclusively in Salisbury by the Smith Drug Co.; in Cleveland by J. A. Lyerly, in Granite Quarry by the Brown Drug Co. and in Spencer by the Rowin Drug Co. Adv.



Max William Low, son of Engineer William V. Low of Asheville, and grandson of Mr. and Mrs. J. C. Low of Salisbury, died Tuesday, at his home in Knoxville, Tenn., of pneumonia following influenza. The remains were brought to Asheville, his former home for interment. He is survived by his parents, three sisters, two brothers, a wife and three small children.

Lawrence Perry Brooks, 10 years of age, died of pneumonia Monday at the home of his parents, Mr. and Mrs. T. M. Brooks of Spencer. The remains were taken to Silver City, their old home, for burial.

Arthur William Lippard, 9 years of age, died at the home of his parents, Mr. and Mrs. E. A. Lippard in Salisbury, Tuesday, October 22nd of pneumonia following influenza. The funeral was held at the residence Wednesday conducted by Rev. Byron Clark of the First Presbyterian church and the interment was in Chestnut Hill cemetery. Mr. Lippard a popular city mail carrier is quite sick with influenza.

Mrs. Lillie Myrtle Parks, 27 years of age, wife of J. A. Parks, died at her home on East Thomas street, Salisbury, last Wednesday, of pneumonia following influenza. The funeral was held Thursday at the home conducted by Rev. J. L. Kirk of the Baptist church, and the interment was in Chestnut Hill cemetery.

Mrs. Ellen Nifong, 30 years of age, died at her home in East Spencer last Wednesday of pneumonia following influenza. Surviving is the husband and several children. The funeral was held at the home and the interment was in Chestnut Hill cemetery.

Harold Nash, three years of age, son of W. P. Nash, died on the 22nd of October at Maryville, Tenn. The remains were brought to Salisbury and interred Thursday.

Mrs. Esther Crainshaw, 38 years of age, wife of Charlie Crainshaw, died October 23, at her home near Kappapolis of pneumonia following influenza. The funeral services and interment were held at Center Grove E. L. church Thursday, conducted by Rev. C. A. Brown. The husband and ten children survive and eight of these now have influenza.

Mrs. E. M. Torrence, 40 years of age, died at her home, at the Kessler Mill in Salisbury, Friday afternoon of pneumonia following influenza. The funeral was held at the residence Saturday afternoon conducted by Rev. C. M. Short of Park Avenue Methodist church and the interment was in Chestnut Hill cemetery.

Miss Maria Beard, a former and well known maid lady of Salisbury, died at

A Beautiful Woman.

Do you know that a beautiful woman always has a good digestion? If your digestion is faulty eat lightly of meats, and take an occasional dose of Chamberlain's Tablets to strengthen your digestion. Price 25c.

her home at Hillsboro, Monday. The remains were brought to Salisbury and the interment was in the Lutheran cemetery. The services were conducted by Rev. Milne of St. Luke's Episcopal church. Miss Beard was a relative of P. B. Beard, Miss Callie Beard and others of this city.

Miss Edwiana White, 21 years of age, daughter of Mr. and Mrs. H. Z. White, died at their home on Fulton Heights early Friday morning of pneumonia following influenza. Miss White was a splendid young woman and was known and loved by a large circle of acquaintances and friends. She is survived by her parents, five sisters and one brother. The funeral was held at the residence Saturday afternoon conducted by Rev. C. A. Owens of the First Baptist church and the interment was in Chestnut Hill cemetery.

The Strong Withstand the Heat of Summer Better Than the Weak

Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking GROVE'S TASTELESS CHILL TONIC. It purifies and enriches the blood and builds up the whole system. You can soon feel its Strengthening, Invigorating Effect. 60c.

Very Interesting.

"But most interesting is his fact. This wonderful remedy (quinine) for fever, one of the few absolute specifics that man possesses, he world owes to Catholic priests. And because Catholicism discovered it, bigoted Protestants in Great Britain refused to give it a trial, saying that it must be cursed. That we call very interesting." Washington (D. C.) Times, Sunday, Aug. 12, 1917.

Remarkable have been the transformations wrought in human bodies by modern surgery. Faces shattered by shells have been restored to almost former perfection, a nose has been replaced, ears restored, etc.

Indigestion, Constipation or Biliousness.

Just try one 50-cent bottle of LAX-FOL WITH PEPSIN. A Liquid Digestive Laxative pleasant to take. Made and recommended to the public by Paris Medicine Co., manufacturers of Laxative Bromo Quinine and Grove's Tasteless Chill Tonic.

President Graham of the University Dead.

President Edward Kidder Graham, of the State University, died Saturday of pneumonia following influenza. President Graham, a leading educator of the State, was 42 years of age and is survived by one child his wife having died several months ago. He was a native of Charlotte, son of Professor Alex. Graham. The funeral services were marked with simplicity and beauty, in complete harmony with the life of President Graham, was conducted by Rev. W. D. Ross of the local Presbyterian church.

Grove's Tasteless Chill Tonic

restores vitality and energy by purifying and enriching the blood. You can soon feel its Strengthening, Invigorating Effect. Price 60c.

Lee Hart of Woodleaf Loses Leg.

Lee Hart, a prominent and well known farmer of Woodleaf, was seriously injured Saturday afternoon when the automobile which he was driving was struck by a train at the grade crossing. The machine was partly demolished and a boy in the car was unhurt. Mr. Hart was brought to Salisbury on the western train and taken to the hospital. It was found necessary to amputate a leg.

Piles Cured in 6 to 14 Days

Druggists refund money if PAZO OINTMENT fails to cure itching, bleeding or protruding Piles. Instantly relieves itching Piles, and you can get mental sleep after the first application. Price 60c.



A SKIN LIKE VELVET
smooth, clear, free of wrinkles.

Use the exquisitely fragrant cream of the beauty flower of India and be completely on your complexion. Your dealer has E. L. C. or will get it.

CRÈME ELCAYA.