

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis. One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis is Diagnosed Early—Patent Medicines Not to Be Trusted.

- *****
- * Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- * Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- * Don't waste money on patent medicines advertised to cure tuberculosis.
- * Become a fresh-air crank and enjoy life.
- *****

Washington, D. C.—(Special).—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries, Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States. "Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people

can guard. So far as the United States there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.
In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.
The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages."

Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine makers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

Trustee's Sale

By virtue of the authority conferred in me by a "Deed of Trust" executed to me by Louisa Respass, Laura Whitley and Stephen Mizell Trustees, Griffins Primitive Baptist Church, on the 6th day of September, 1905, and duly recorded in the Register of Deeds' office in Martin County, in

Book P. P. Page 27 to secure the payment of a certain bond bearing even date therewith, and the stipulations in said Deed of Trust not having been complied with, I shall expose at public auction, for cash, on Monday, the 23rd day of December 1918, at 12 o'clock Noon at the Court House Door in Martin County, the following property:

Adjoining the lands of John Scott Henry and others, in the town of Williamston on West Filing Street and fully described in above mentioned "Deed of Trust" to which reference is given for a more accurate description. Said property known as Griffin's Primitive Baptist Church (Colored)

This Nov. 19th 1918
L. C. Bennett, Trustee

FARM FOR SALE

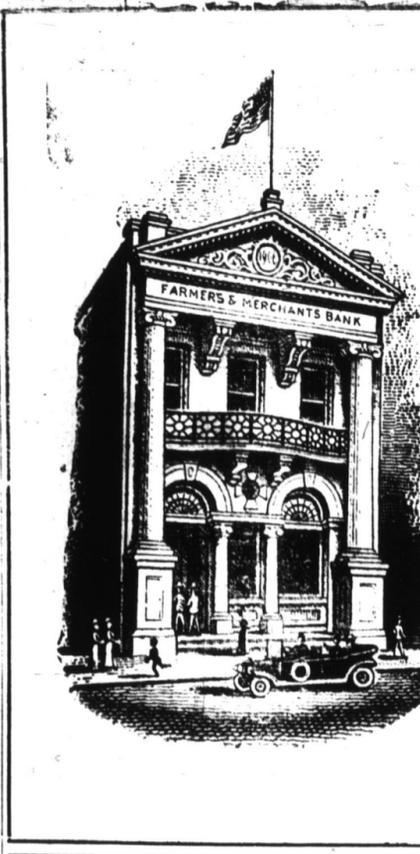
The John A. Purvis Farm adjoining Jule Purvis Farm near Spring Green, 175 acres, 86 cleared; high fertile land; good residence; 3 tobacco barns; good stables; new tenant house; one red mule; all stable fertilizer, one-half barrel paint. This farm is five miles from Everett, five miles from Robersonville and five from Hamilton. Good Farm Splendid locality.
Apply to

Leslie Fowden
Williamston, N. C.

We Carry at all Times a Complete Stock of
Metalic and Wooden Burial Caskets

Latest Designs
ANDERSON, CRAWFORD & CO.

J. E. POPE
Notary Public
Office: Martin County Savings & Trust Company



A WORD TO YOUNG MEN

We wish every young man in this town and county could start a bank account with us. It would not mean much to us but it would mean lots to them. What a recommendation it would be for our town and county could we say to the world that every young man carried a bank account. It would be worth more to the town than to advertise we had the greatest college on earth. Young men come in and let us talk this over with you.

Farmers and Merchants Bank
ASSETS OVER \$800,000.00
Williamston, N. C.

OFFICERS:
JOHN D. BIGGS, President
C. D. CARSTARPHEN, V-Pres.
R. G. HARRISON, Cashier
GILBERT PEEL, Asst. Cashier
R. W. SALISBURY, V-Pres.
TURNER T. GRIMES, Asst. Cashier
C. D. CARSTARPHEN, Jr., Bookkeeper
ALMA SPARKS, Stenographe

WASHINGTON COUNTY BANK

Plymouth, N. C.
1918

D. O. BRINKLEY, President
M. J. STILLMAN, Vice President
W. B. WATTS, Cashier
CAPITAL \$ 20,000
SURPLUS AND PROFIT \$ 10,000

Dear Friend and Patron
It is now harvesting time and you will soon begin to market your crops. REMEMBER that we will, as always gladly cash your checks on any bank anywhere. And we earnestly solicit you to let us (if you are not already a depositor) add your good name to our evergrowing list of Depositors. If you are a Depositor you have a friend who "Banks" on what you say. He would "Bank" here if you would ask him. Won't you help us to add this good friend of yours to our list of many more at "THE WASHINGTON COUNTY BANK, PLYMOUTH, N. C.?"

If you are not a depositor this is an invitation to come in right now, TO-DAY, and give us a try. It is our aim to please as well as to serve.
It is our constant study to give the people of this community the best banking facilities obtainable. Our efficient working force' directors that direct, experience and equipment makes this possible.
It is our desire to bring home to you how OUR BANK can help you to a greater success in your material affairs. We all make money but only the few save it. Now is the time to save a part of your income by depositing it with us either on checking or Saving account.
We pay 4 per cent Compounded Quarterly on Savings or Certificates of Deposit.
We not only accept your deposits, keep your money safely and render you every possible accommodation that any bank in the community can, but we will take care of your valuable papers and give you our assistance in any business transaction free of charge.
We invite you to make OUR BANK YOUR BANK.
Yours to serve,
THE WASHINGTON COUNTY BANK,
W. B. Watts, Cashier.

Sale of Real Estate At Auction

Splendid Small Farms, The John Manning Farm Subdivided on Jamesville to Plymouth Road, 1-2 mile from Darden Station, N. C., 6 miles from Plymouth, N. C.

Thursday, December 12th, 10:30 A. M.

It is the desire of every man to accumulate wealth. Take a look at the folks in this section who are wealthy. Don't they own a lot of land? You will find that most wealthy people do own a lot of land and they will tell you that they consider the real estate they own one of their best investments. There is nothing better or safer than small farms in this section of North Carolina.
Crops of all kinds are bringing unheard of prices. The demand for food products is so great that you are practically assured a profit on any crops you can raise. You can help meet the demand and at the same time pay for your farm with the high prices that are being paid the farmers for their products. Invest your profits from your 1918 crops as a cash payment on a small farm. The crops each year will take care of the deferred payments and at the same time your land will be increasing in value. It's a fact that the day of the small farm is here. It is to your advantage to buy a small farm at our sale. Make a progressive, conservative investment. You cannot afford to let this opportunity go. So be present at our sale of splendid small farms, Thursday, Dec. 12th, 10:30 A. M.

DESCRIPTION OF THE PROPERTY TO BE OFFERED
Splendid small farms, John Manning farm, sub-divided on Jamesville to Plymouth road, 1-2 mile from Darden, N. C., 6 miles from Plymouth, N. C. Good neighborhood, convenient to stores, schools and churches. Loamy topsoil with a clay subsoil that will produce splendid crops of cotton, corn, tobacco, in fact all crops grown in this section. There is no better tobacco farm to be had in this section. One dwelling in fair condition, with all the necessary barns, stables, shelters, outbuildings, four tenant houses with outbuildings, all of which are in fair condition. Good tobacco barns. Ample cord wood for all farm purposes. Each tract will have a road frontage. Your price on terms of 15 per cent on day of sale, 40 per cent January 1, 1919, the balance in one, two, three, four, five, six, seven and eight years from Jan. 1st, 1919. You get possession of the property on Jan. 1st, 1919. Inspect this property today. It is worth your while. Then do what your good judgment tells you to do and be on hand at our sale Thursday, Dec. 12, 10:30 A. M., and buy a small farm.

Sale Conducted By

ATLANTIC COAST REALTY COMPANY

"The Name That Justifies Your Confidence" Offices Greenville, N. C., and Petersburg, Va.