

Specter Of Influenza Looms As Number Of Cases Large This Year

County Health Officer Warns About Disease

The specter of an epidemic of influenza looms again as the reports of the United States Public Health Service reveal that cases of this disease number almost three times as many now as for this same period last year, Dr. Robert F. Young, county health officer, said today.

With mass movements of people taking place from one part of the world to other sections remotely located, the situation becomes ideal for influenza. The history of this disease shows that it returns in epidemic proportions about four times each century, it was stated.

"To condition ourselves for such a possibility we need to use large doses of common sense in our everyday living", Dr. Young said. "We need to eat a balanced diet everyday, making certain that it contains milk; vegetables, green and yellow; fruits, especially citrus fruits; meat, including liver and inexpensive cuts such as beef heart and kidneys (soy beans can be economically substituted for meat); butter, or oleomargarine with vitamin A added; and eggs. Vitamins A and D should be added to our diets during fall and winter months. It isn't necessary to take more than 10,000 U. S. F. Units of vitamin A daily or more than 100 U. S. P. units of vitamin D daily for prophylactic measures. Be sure to ask for the vitamin strength of the product you are buying in order not to buy unnecessarily expensive vitamin preparations. Your physician will prescribe higher doses than those above when indicated.

"Next we need plenty of rest in a room that is properly ventilated. Furthermore, exercise and wholesome recreation out of doors are essential to good health. Loss of sleep is one of the most effective means of reducing our resistance to colds and influenza.

"We should avoid unnecessary exposure to adverse weather conditions. When we speak of someone having 'cold feet' we think of someone who has lost his nerve. We might well think of someone with cold feet, too, as one who has lost his resistance," continued the health officer.

Persons responsible for the maintenance and care of buildings where large numbers of people congregate should see to it that the temperature of these rooms is properly regulated and that there is proper ventilation. This applies to theatre managers, school superintendents and ministers. These men should instruct the janitors or persons directly in charge to see that these duties are carried out to the letter. I personally have been in shows, churches, and schools in this county recently where the rooms were dangerously stuffy; thus promoting the spread of colds and other conta-

gious diseases.

COMMON SENSE NEEDED

"If we take good care of ourselves we will be more apt to weather an influenza epidemic, should one occur. Just common sense will go a long way", he said.

"One final word of warning", Dr. Young continued. "It isn't the influenza that usually kills a person. The complications write the death certificates; therefore, the safest thing to do should one develop what seems to be influenza is to call the family physician and let him do the prescribing.

"There is no 'cure all' for head cold, 'flu', chest colds, chills, malaria fever, and constipation, such as I recently saw advertised in this county. This is malicious advertising and should be investigated according to the Pure Food and Drug Act.

"The temporary 'relief' that one might get from such a concoction would afford only a sense of false security in the patient and thus induce him to be careless and possibly allow a complication such as pneumonia to set in.

"WE ARE AT WAR! Sound bodies are needed now as never before in our history. A common cold reduces our efficiency and takes us out of our jobs where we are needed. Influenza would reduce our efficiency and would jeopardize the part that each one of us must take in our common fight for existence, even more than the common cold. I appeal to every citizen of Halifax County, therefore, to be on the alert for bacilli as well as bullets, and to be ever mindful that a fifth columnist lurks behind the advertisement of every 'quack remedy.'"

Tickel - Holscher

In a ceremony characterized by simplicity and dignity, Miss Susie Pauline Holscher became the bride of Mr. Nathan Vernon Tickel of Roanoke Rapids at nine o'clock on Sunday morning, December 7, at the Trinity Lutheran Church of Rocky Mount. The Reverend John W. Cobb, pastor of the church, officiated, using the ring ritual of the church.

For the wedding the chancel of the church was banked with large ferns. Baskets of white gladioli and fern were used in the sanctuary, and Cathedral candles burned in candelabra.

Nuptial music was rendered by Miss Helen Minges, organist, who played McDowell's "To A Wild Rose" prior to the ceremony. The traditional wedding marches were used, and during the service Miss Minges played Shuman's "Traumerel".

The bride and bridegroom were unattended and entered the church together. The bride wore a lovely model of Royal blue velvet fashioned in the long torso style, with full skirt and bracelet length sleeves. Her hat was of black velvet with a short veil and other accessories were of black. Her only ornament was an antique diamond brooch which belonged to her paternal grandmother and was sent here from Bremen, Germany. At her shoulder she wore a delicate Cattela Trianae orchid.

Acting as ushers were Mr. Marshall Garris and Mr. James K. Hayes.

For her daughter's wedding Mrs. Holscher wore a dress of black crepe and a corsage of Talisman roses. Mrs. Effie Tickel, mother of the bridegroom, was gowned in black and her flowers were also Talisman roses. Miss Essie Holscher, twin sister of the bride, wore pink roses with her black frock.

After the ceremony Mr. and Mrs. Tickel left by motor for Buffalo, New York, and Niagara Falls. Up-

on their return they will live in Roanoke Rapids.

The bride is one of the attractive twin daughters of Mr. and Mrs. Paul Frederick Holscher of Rocky Mount. She was educated in the Rocky Mount schools and has a wide circle of friends in this section of the state.

Mr. Tickel is the son of Mrs. Effie Tickel and the late John Edward Tickel of Roanoke Rapids. He received his education in the Roanoke Rapids schools and is now a prominent young business man of this city.

Attending the wedding from Roanoke Rapids were Mrs. Effie Tickel, Miss Pricilla Tickel, Mr. and Mrs. Wilmer Collier, and Mr. and Mrs. Mitchell Westbrook.

Funeral Services Mrs. Fannie Pugh

Funeral services for Mrs. Fannie Pugh, 78, were held from the Williams Funeral Home here Wednesday afternoon at 3 o'clock. The Rev. Paul H. Fields, pastor of the Rosemary Methodist Church, officiated. Interment was in the local cemetery.

Mrs. Pugh, a native of Beaufort County, died at the home of a daughter here Tuesday morning about 9 o'clock.

Surviving are Mrs. Bennett Berry of Roanoke Rapids, and five grandchildren.



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