

Wildcats Soon to Return Home.
 E. A. Bryan in Charlotte Observer.
 The Wildcats, the soldiers of the Thirtieth division, are breaking away from the British and may turn homeward soon. They have a glorious fighting record. Marshal Foch, General Haig, General Pershing and others, of high military rank, have praised them.

The North Carolina boys are with the Thirtieth. People here often wonder if their comrades, the British, recall that the great grandfathers of the Southern "Wildcats" were the men who made Cornwallis hop about Charlotte, and peppered the British at King's Mountain. It is an old saying that when brothers fall out and fight the mix up is a nasty one. The Americans and British fought during our revolution but they stood side by side in beating the Kaiser out of Belgium. No division comes from Europe with more laurels than the Wildcat.

The composition of the Thirtieth, as announced by the war department follows. The 59th and 69th infantry brigades, consisting of the 117th, 118th, 119th and 190th infantry artillery regiments. It is probable that the 3rd division also operated as an infantry organization in the long Poundy drive; and that the units own artillery.

The Thirtieth consists of North and South Carolina and Tennessee boys. A few New York boys are also in the division. The Thirtieth of the armistice is a very happy group. The Carolina people have been so much worried about the boys on the other side. Many have wanted to see if their sons' names were in casualty lists. It is understood that more than 1,500,000 letters came in from soldiers in France this week. These communications will carry glad news to many North Carolina homes.

The North Carolina "Wildcats" come from the best fighting stock. A casual perusal of the names will show that they are the descendants of the men who won at King's Mountain and other southern battle grounds. A wildcat of wildcats is Lieutenant Alexander Taylor, son of Dr. Isaac M. Taylor, of Morganton. When he went to war he dropped his work in Tennessee, volunteered and trained at Camp Sevier. He has been in real battle within the last few months. In a letter to his father recently he said: "I know you have seen in the papers what our division did, for it is in all of the papers and we have been complimented by everybody nearly, General Pershing, General Haig, Marshal Foch and all the rest. This division is made up of the finest fighting men in the world. So it is."

People Do Not Get Influenza From The Sick.

It is established on good authority that since Sept. 1 up to date we have 350,000 cases of influenza in North Carolina, and that 250,000 of these cases were contracted from well people. This is more than twice as many as were contracted from sick people. We all know that one is much more liable to be bitten by a snake hidden in the grass than by one in the open where it can be seen. The same reason is true with many diseases. One is not so liable to get influenza, scarlet fever, whooping cough, measles, diphtheria, and many other diseases from sick people as from well people who carry the disease germs in their mouths.

When the news gets circulated around in a community that some one has a contagious disease, most people get afraid and stay away from him. The few people who do go to see him usually wash their hands and use other precautions before leaving

the sick room. Sick people are confined to a limited area and come in contact with few people, therefore they can't spread disease very widely. But listen! the fellow who gets the disease is infected from one to several days before he comes down. Between the time he gets the disease germs in his mouth and the time he gets sick is the most dangerous period. During this time the infected person, not suspecting how dangerous he is, goes into crowds at theaters, dances, moving picture shows, on rail road cars, and in other public places, and there he scatters the disease germs.

People should know these facts and they should also know that they may present carry the disease germs in their mouths who never have the disease. People must always be on guard if they hope to prevent getting and spreading diseases. They should always use separate drinking cups, dishes, and towels, as have them boiled before using them after another, and they should hold a handkerchief over the mouth and nose when coughing or sneezing. When an epidemic disease is present in the community, stay away from public meetings.

In analyzing the requirements for the prevention of disease, the methods narrow themselves down to individual effort, and the sooner the people, individually, realize their responsibility in disease prevention the better it will be for the people, collectively.

Report all cases of whooping cough, measles, diphtheria, and scarlet fever promptly, and you will be instructed how to prevent their spread.

J. W. Jones Co. Physician.

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 Recognized 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 one can estimate 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 85,000 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 fakers. 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."

S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

Common Colds Highly Catching.

"It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent.

Suitable Clothing Important.
 "Still another factor in the production of colds, pneumonias and other re-

spiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice.

Could Save 100,000 Lives.
 "I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."



COUGHS, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY

Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

Saw Mill For Sale.

Any one wishing to buy a good saw mill and engine—twenty horsepower all in good condition, call on or write Smith Hagaman and W. F. Reese, administrators of W. G. Reese, deceased, Villas, N. C.

TO IMPROVE YOUR DIGESTION.

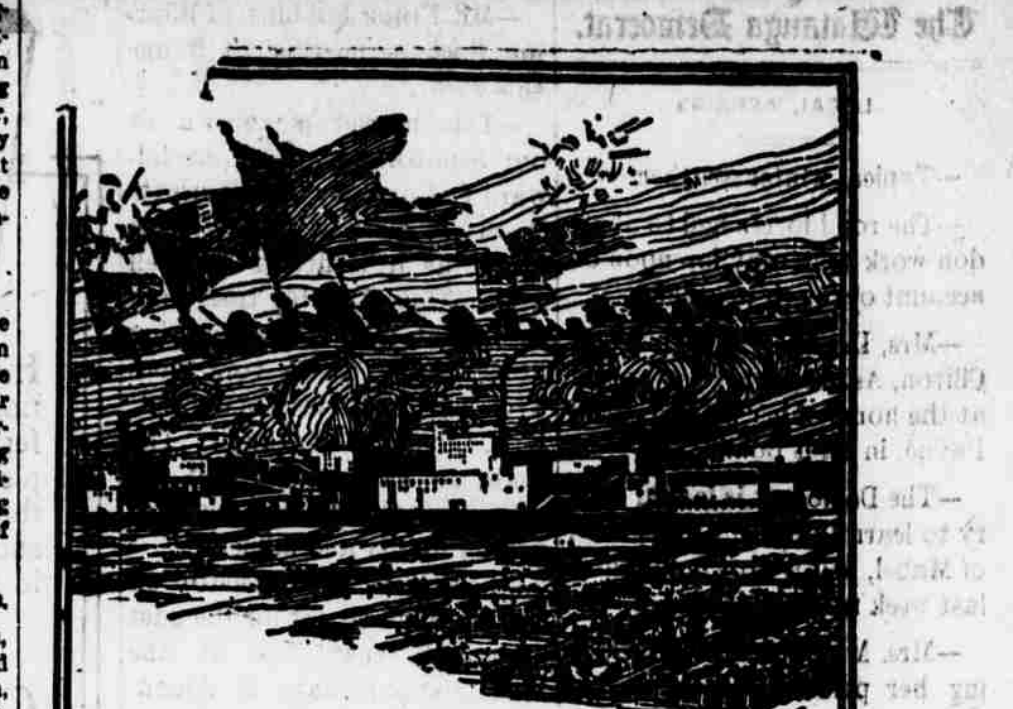
"For years my digestion was so poor that I could only eat the lightest foods. I tried everything that I heard of to get relief, but not until about a year ago when I saw Chamberlain's Tablets advertised and got a bottle of them did I get the right treatment. Since taking them my digestion is fine."—Mrs. Blanche Boxer, Indiana, Penn.

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Some industries have been able to get in step with war demands more quickly than others.
 In many cases mighty plants have sprung up—but at a prodigious cost.
 The packing industry was able to adapt itself to unheard of demands more quickly, perhaps, than any other industry. And this was because the vast equipment of packing plants, refrigerator cars, branch houses, etc., had been gradually developed to its present state of efficiency, so that in the crucial hour it became a mighty international system for war service.
 And how had this development taken place?
 Not by making vast inroads into the capital wealth of the country, but largely by using, from year to year, a portion of the profits, to provide for expansion.

Swift & Company's profits have always been so tiny, compared with sales, that they have had practically no effect on the price of meat (amounting to only a fraction of a cent per pound).

And yet the owners of the business have been content with reasonable returns on their capital, and have been able, year after year, to put part of the profits back into the business to provide for its expansion.

These fractions of tiny profits have been repaid to the public many fold in the form of better service, and better and cheaper meat, and made it possible for Swift & Company to meet, undaunted, the sudden cry for meat for overseas.

Could any other method of financing a vital industry involve less hardship to the people of the country? Could there be a better instance of true "profit-sharing" than this return in added usefulness and in national preparedness?

Swift & Company, U. S. A.

CALLED HER FAMILY TO HER BEDSIDE

Six Years Ago, Thinking She Might Die, Says Texas Lady, But Now She Is a Well, Strong Woman and Praises Cardul For Her Recovery.

Royse City, Tex.—Mrs. Mary Killman, of this place, says: "After the birth of my little girl...my side commenced to hurt me. I had to go back to bed. We called the doctor. He treated me...but I got no better. I got worse and worse until the misery was unbearable...I was in bed for three months and suffered such agony that I was just drawn up in a knot... I told my husband if he would get me a bottle of Cardul I would try it... I commenced taking it, however, that evening I called my family about me... for I knew I could not last many days unless I had a change for the better. That was six years ago and I am still here and am a well, strong woman, and I owe my life to Cardul. I had only taken half the bottle when I began to feel better. The misery in my side got less... I continued right on taking the Cardul until I had taken three bottles and I did not need any more for I was well and never felt better in my life... I have never had any trouble from that day to this."
 Do you suffer from headache, backache, pains in sides, or other discomforts, each month? Or do you feel weak, nervous and fagged-out? If so, give Cardul, the woman's tonic, a many days unless I had a change for

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