

**NUMBER NEW BOOKS  
IN PUBLIC LIBRARY**

WORKS OF WELL KNOWN  
AUTHORS ARE RECEIVED.

Many Juveniles Included in the  
List Donation From E. L.  
Perry.

The following new books have been  
shelved by the Pack Memorial Public  
Library since the first of this month,  
the list including a number of juveniles  
it will be noted:

- Fiction.**  
Archie—Pastor's Wife.  
Barclay—Rosary.  
Corell—Theima.  
DeMorgan—Alice for Short.  
Heimburg—Elsie.  
Lane—Nancy Stair.  
Lincoln—Cap'n Warren's Ward.  
Lincoln—Cy. Whittaker's Wards.  
Lincoln—Kestag Coffin.  
Locke—Simon the Jester.  
Thompson—Alice of Old Vincennes.  
Amicis—Italian School Boys Journal.  
Andrews—Each and All.  
Andrews—Seven Little Sisters.  
Andrews—Stories Mother Nature Told.  
Atkinson—Greyfriars Bobby.  
Atkinson—Johnny Appleseed.  
Bailey—Judy.  
Bangs—Jeanni D'Arc.  
Bates—Story of Canterbury Pilgrims (Retold for Children).  
Bolton—Lives of Girls Who Became Famous.  
Boyvet—Sweet William.  
Burns—Story of Great Inventions.  
Burrhoughs—Wonderland of Stamps.  
Cannfield—What Shall We Do Now.  
Cervantes—Don Quixote.  
Coates—His Royal Highness.  
Comstock—A Boy of a Thousand Years Ago.  
Crockett—Red Cap Adventures.  
Curtis—Little Maid of Bunker Hill.  
Curtis—Grampa's Little Girls.  
Doyle—White Company.  
Duncan—Adventures of Billy Top-sail.  
Eggleston—Hoosier Schoolmaster.  
Ewing—Jan of the Windmill.  
Ewing—Lob-lie-by-the-fire.  
Foster—Housekeeping for Little Girls.  
Garland—Captain of Gray Horse Troop.  
Gillie—Story of Stories.  
Gray, Zane—Betty Zane, Border Legion, Desert Gold, Heritage of Desert, Last Trail, Light of Western Stars, Lone Star Ranger, Rainbow Trail, Rider of Purple Sage, Spirit of Border, U. P. Trail, Wildfire.  
Harris—Uncle Remus.  
Hope—Outdoor Girls Series, 8 vols.  
Hope—Bobbsey Twins Series, 11 vols.  
Ingersoll—Book of the Ocean.  
Lee—Quaker Girl of Nantucket.  
Lumming—Some Strange Corners of Our Country.  
Martin—Emmy Lou, Emmy Lou's Road to Grace.  
Montgomery—Anne of Green Gables, Anne of the Island, Anne's House of Dreams, Chronicles of Avonlea.

**EPIDEMICS OF FLU  
WERE BEFORE CHRIST**

SAYS PROMINENT DOCTOR IN  
ANALYZING CASES.

History, Cause, Prevention and Treatment is Outlined By a  
Specialist.

Analysis of the influenza having puzzled the people to a great degree, Dr. S. L. Burton, state medical director, Modern Woodmen of America, of Albuquerque, N. M., read before the New Mexico Medical Society an session last year the following article on this disease. Much information concerning the influenza and subsequent pneumonia has been given through the press, but owing to the continued prevalence of the disease in this section of North Carolina, Dr. Burton's article is reproduced:

**History of the Disease**—The first record of influenza was registered 412 B. C., and history reveals several epidemics of the disease during each century since that time, and I have no doubt influenza will return at intervals in epidemic form until the end of time.

**Symptoms**—Invasion sudden; marked prostration from the beginning; period of incubation 24 to 48 hours; temperature ranging from 100 in the mild to 105 in the severe cases, chills, cough, conjunctivitis, nose bleed, insomnia, pain in head, bones and muscles.

**Cause of Influenza**—The bacillus causing the disease has not been isolated, but many bacilli are associated

- Golden Road, Kilmany of Orchard, Story Girl.  
Morse—Jessamy Bride.  
Newell—Hole Book.  
Olcott—Bible Stories to Read.  
Parkman—Boys Parkman.  
Porter—Scottish Chiefs, Thaddeus of Warsaw.  
Spyri—Moni, the Goat Boy.  
Warner—Queechy.  
Renninger—Story of Rustum.  
Seton—Lives of Hunted, Wild Animal Ways.  
Sharp—Scoutmaster of Troop Five.  
Sweatzer—Boys and Girls from Thackeray.  
Towers—Masters of Space.  
Verrill—Pets for Pleasure, etc.  
Warner—Wide, Wide World.  
Wells—Patty Series, 115 vols.  
**Non-Fiction.**  
Bernbaum—Anti-Suffrage Essays.  
Bernbaum—Book of Woman's Power.  
Carroll—Our Nervous Friends.  
Field—12 vols.  
Harrison—When I Come Back.  
Ludendorff—Ludendorff's Own Story.  
Smith—Mother Goose.  
Stevenson—Complete works, 25 vols.  
Waterman—Self Instruction in Civil Service.  
**Rent Collection.**  
Gray—Man of the Forest.  
Knibbs—Ridin' Kid from Powder Mountain.  
The library acknowledges a recent donation from E. L. Perry.

with it, such as the streptococci, pneumococci and influenza bacilli. Contributing cause, a low temperature. Summer heat prevents influenza. The disease spreads over the country along the line of travel, first attacking the population of the cities, and later the inhabitants of the rural districts. It is my observation that the bacilli disappear before or by the time the patient recovers, and is not active after the sickness has continued four or five days. This would establish the infection period to the early part of the attack. Also, in order to contract influenza the victim must be in close proximity to the infected.

**Immunity**—None of the cases I treated during the past epidemic suffered a return of the disease, and I believe that persons at the age of 40 or over, who for some reason were immune in the 1919 epidemic, had previously been the victims of influenza.

**Diagnosis**—The diagnosis is easy during an epidemic but difficult at intervals between epidemics. During the latter period many mistakes are made in diagnosis. The complications are bronchitis, sore throat, weakened heart muscles and pneumonia. The latter complication never develops unless the patient is exposed.

Much has been written in the medical journals concerning influenza during September, March and April

The thought is, why is the disease mild at this time of the year? It is because of the near approach to summer heat. If this is a fact use summer heat in the treatment of the disease during the fall and winter. Such heat may be secured by the use of stoves, steam heat, hot air or hot water. Also it is not rational to treat a patient in the open who has a lowered resistance due to prostration, exhaustion and body fatigue by influenza, and still further lower the resistance of the patient to the unknown and various flora that accompany the disease and which multiply so rapidly under such conditions but are almost eliminated by summer heat.

**Vaccination**—I had very little experience in vaccinating persons who had been exposed to influenza. I only used it for members of the family who were exposed, and so far as I was able to detect I do not believe vaccination protected a single person from contracting the disease. I vaccinated all members of the family except small children, as soon as a diagnosis was made. I persisted in the use of vaccine because the patients usually showed an improvement within 24 hours after its use, and persons who were vaccinated run a milder course than those who refused.

**Treatment**—The patient must avoid exposure to draughts from windows and doors. Keep the room at a uni-

form temperature and the sick covered to prevent the least tendency to chilling the body. Permit bathing only when very necessary for cleansing purposes. Attendants instructed to use the bed pan for kidney and bowel movements and all changes of the gowns, sheets and bedding to be made with patient under cover and all doors and windows closed.

Influenza treated in well ventilated rooms, at a uniform temperature of 70 degrees Fahrenheit, will not develop pneumonia. In a room kept at this temperature the influenza bacillus is clinically destroyed, or influenced by the temperature to the extent that it will not infect the nurse or persons who may be exposed to the germs of the patient.

I have treated my patients, from the beginning of the attack for pneumonia, giving every four hours a capsule containing ammonia carbonate, quinine and strychnin, alternately with syrup of hydriodic acid. To eliminate, I administer calomel at the onset of the disease, followed with salts every two or three days. I use influenza vaccine in all except children, keeping in mind that I am treating a simple disease, which, in a large number of cases, has the pneumococcus bacillus, that will cause pneumonia if the patient is exposed to a cold atmosphere. The patients are given a liquid diet until the tempera-

ture subsides; at that time the diet is gradually increased to normal. I make my patients go to bed and remain there for three days after the fever subsides. All are required to remain one week longer in a room at a uniform temperature of 70 degrees Fah., by which time the patient has made a complete recovery. It is necessary to furnish the nurse with a weather thermometer to carry out the above treatment successfully. I treated 400 cases of influenza on these lines, with no complication of pneumonia, no deaths, and having had but two calls at night and no consultations during the epidemic. I am convinced that pneumonia is prevented by this treatment, and that, clinically, the influenza bacillus is killed or so influenced by the heat, that persons coming in contact with the bacillus will not be infected. This latter has been verified by the co-operation of the school superintendents and managers of public places where people meet, with the result that influenza disappeared in our community by the first of February. The theory is also substantiated by the fact that epidemics of influenza of the past have subsided in the United States when the temperature of our country reaches summer heat. It is safer to attend school and church, if the buildings are well ventilated and heated at an even temperature of 70

degrees Feh., than to walk the streets of a city.  
Complications and Sequella—The complications are bronchitis, sore throat, weakened heart muscles and pneumonia. The latter complication never develops unless the patient is exposed.

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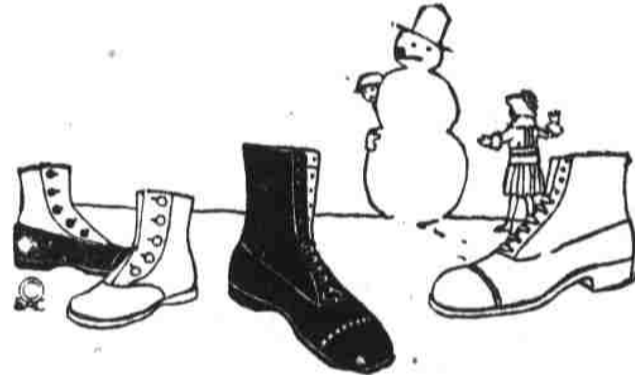
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without making you sick, you just go back and get your money. If you take calomel today you'll be sick and nauseated tomorrow; besides, it may salivate you, while if you take Dodson's Liver Tonic you will wake up feeling great, full of ambition and ready for work or play. It's harmless, pleasant and safe to give to children, too.

**The Fiftieth Anniversary**

Just fifty years ago this winter Dr. Pierce gave to the world his famous "Favorite Prescription" for the distressing weaknesses and complaints of women. For many years he had been in the active practice of medicine and his speciality was the diseases of women. Later he desired to give this to the public, and he received a trade-mark protection from the United States patent office for this medicine which is an herbal, "temperance" prescription with all the ingredients printed on the bottle wrapper. In his every day practice in the early days he also used a tonic and alterative for the blood, which was so universally beneficial that he determined to place this medicine in the drug stores of the United States, where it could be readily procured by the public. This he called his "Golden Medical Discovery," which he had prescribed many years for the stomach, liver and blood. Both these medicines met with instant success, and during the past half century have sold in greater quantities than any other proprietary medicines. Neither of Dr. Pierce's medicines contains alcohol and both are herbal extracts of native medicinal plants. For the past fifty years forty-eight million bottles have been used by the American public, and they are today the standard tonics for men and women. They are now put up in tablet as well as liquid form, and sold by every druggist in the land. A trial package can be obtained by sending 10 cents to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y. Write Dr. Pierce's if you want free confidential medical advice, or a free booklet on any chronic disease.

