

SPANISH INFLUENZA, ORIGIN, SYMPTOMS, NATURE, CAUSES, TREATMENT COURSE, RESULTS.

(By United States Public Health Service, Robert Blue, Surgeon General).

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 in the head, eyes, back and 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 the 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 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 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 low.

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 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.

Do People Die of It?

What is the Course of the Disease?

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 cases a very small red-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 labor pneumonia. Still others have been caused by streptococci, and by other 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 car-

ried 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 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 diseases of all kinds, it is important that the body be kept strong and able to fight 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-round 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 can not be over emphasized.

Where crowding is unavoidable, as in street cars, care should be taken to keep the face 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.

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

EVANGELIST REESE HELPS REV. DRAKE WITH REVIVAL.

(From Evangelist Reese)
I have just aided in a revival at Nebo, Rev. T. A. Drake, pastor. It was a great pleasure to be with him, since he was a citizen of this county, and pastor of churches here and clerk of the Carolina association for several years. He has done a fine work at Nebo and nearby churches. This meeting resulted in sixteen additions to the church, fifteen of whom were by baptism.

Several of those who came for baptism were men of mature years, and there were some old ladies, one almost seventy years.

The church was thoroughly enlisted, and moved up from one-fourth time preaching to one-half time, and is going to pay the pastor more for half time work than the four churches for a full time.

The church also presented the pastor with a purse of \$35. I am to help Brother Drake in other meetings as soon as the influenza epidemic is over.

WE HAVE THEM ALL.
Tobacco, Peppac and all other Tonics at Hunter's Pharmacy. 10-15-3tc.

Bonds Build Ships. Buy Liberty Bonds.

GIRL DISPLAYS AMERICA'S WAR SPIRIT

Story of How a Young Girl Sank a U-Boat and Saved Her Soldier Friend.

Her name is Lillie Frill. She sells lace in a large department store in one of North Carolina's middle size towns. Last summer when the draft law went into effect, Jim, her beau, one of the boys in the store, marched away to war. Lillie wept for a day or two, of course. Any girl would have wept.

But Lillie didn't weep long. A new thought came to her. If Jim was glad to go and fight for his country why should she not be glad to fight too. She laid aside tears and began to think what she could do. The opportunity came. She organized the clerks in the store into a War Savings Society, and she and they began to sell War Savings Stamps along with laces and the other articles of their departments. They bought them too. Part of their salaries each week was converted into the little green stickers.

Lillie had been told that War Savings Stamps would not only send ships over the seas to France, but that they would furnish money to manufacture depth bombs that would shatter the biggest U-boats afloat in the Atlantic Ocean. She knew that U-boats were lurking for the transport that carried Jim and other American soldiers across, and she reasoned that if every American girl would buy and

sell War Savings Stamps that all of them could make it possible for the Government to manufacture the depth bombs that would destroy the U-boats and put the whole German submarine business at the bottom of the sea.

"Anyway," said Lillie, "I'm going to destroy one. I can sell enough of War Savings Stamps to enable the Government to manufacture one bomb that will sink a submarine. I can do this much for my country and Jim," she said.

Lillie Frill did it. She's doing it yet. Though she is a little girl, blond and slender and not very pretty, she is not only putting up a good fight herself but she is leading a whole band of fighters. The entire store force through her influence is fighting the German U-boats system every day, and you have already heard how they are winning.

The Lillie Frills of America who have bought and sold War Savings Stamps for the purpose of destroying German U-boats are to be congratulated on the success of their program. Not only Jim crossed the seas safely, but nearly every one of Uncle Sam's boys have had the same good luck, thanks to the Lillie Frills of America.

—Adapted from Guy Hubbard's.

WHO WILL WISH TO HANG HIMSELF?

Saddest Chapter of History Records Judases Who After The War Went Out and Hanged Themselves.

Some one is going to wish to hang himself after the war is over. How do we know? It is a principle as old and true as life. Shakespeare gave expression to it when he made Henry IV wave his hand to a delinquent soldier, after an important battle had been fought, and say, "Hang yourself Crillon. We have fought at Arques and you were not there." Historians say that if all the tragedies of wars could be written, the saddest chapters would be those which recorded the victims of relentless remorse—the Judases who went out and hanged themselves, because their God and their country called and they did not go.

There are four occasions on which a man who did not answer his country's call at a time of need will wish to hang himself when the war is over. The first of these will be when the soldiers return, battle scarred but victorious and happy, and when he will be called upon to face them and answer in his soul what he did to help to bring them back safe and triumphant. As they will march for the grand review before the President, and then before the Governor, and later through the streets of his own little town, when millions will thrill and shout their throats hoarse with praise and acclamations, then will he hate himself. Down in his heart he will wish that he were hanging from a tree over a cliff.

Another occasion on which such a man will be called to face another generation,—it may be his own children,—who when they have asked every question concerning the war, will look with great expectancy into his face and ask, What did you do to help win the war? Rather than disappoint one of these little ones, he would rather that a millstone were about his neck and that he were drowned at the bottom of the sea.

Then there is public opinion that he will meet face to face day after day as long as he lives. He may heap deeds upon deeds of patriotism, but he can never live down the ignominy brought upon himself and his posterity by refusing to heed his country's call. No attempt that he may make as an effort to declare his patriotism or redeem his record of dishonor will be accepted by merciless public opinion. Nothing he can say or little that he can do will atone for the charge that his country called and he was not there.

And yet the greatest of all his accusers will be his conscience. He will seek to hide from this by day and flee from it by night, but its ever accusing finger will be present. Forget it, he can not. His spirit will ever din into his ears the condemning voice, saying, "A great battle was fought for God and right and you were not there. Go hang yourself!"

Who is the Man?
The man who will want to hang himself after the war will belong to one of three classes, traitor, slacker, profiteer—three words of the most ignominious meaning in the English language today.

If his crime be that of a traitor it does not necessarily mean that he crossed the seas and betrayed the movement of troops, or gave out other information that aided the enemy. On the other hand, it may mean, and most likely does mean, that he was one whose fortune it was to remain at home, but who refused to support his Government by complying with its various requests, which hindered its program, prolonged the war and cost the lives of thousands of American soldiers; or he criticized the Government which gave rise to enemy propaganda and furthered its spread so as

to benefit the enemy; or he worked for personal aims first, which withheld the support from the Government that gave the advantage to the enemy.

If his crime be that of a slacker it may not mean that he resisted the draft and refused to serve in some branch of the army or navy, only, but it may mean that he refused to serve at the smaller tasks at home to which he was called. Perhaps it did not suit his convenience to comply with War measures,—to observe meatless and wheatless days, to consume less coal, to refrain from unnecessary expenditures that he might have money to loan the Government by buying Liberty Bonds or War Savings Stamps, or, perhaps, he was called on to give of his time and services, and sacrifice personal pleasures and desires for a time, none of which he has the record of doing.

And if it should be for the reason that he was a profiteer,—made money out of the war,—it is likely that it means that he drove hard bargains with the Government and took advantage of the country's exigencies, or that he competed with the Government in using for private gains the labor and material needed for fighting the war, or that he refused to lend his money to the Government by buying War Savings Stamps and Liberty Bonds for the reason he preferred to use it in private investments which, he said, would net him bigger dividends.

Is it any wonder when a man reads his credit sheet after the war is over and finds there no statement of any personal service rendered, no gifts or loans of money, no instances of inconvenience or sacrifices made for his country's cause,—is it any wonder that he will wish to go out and hang himself?

As to Credit—Do We Deserve It?
If we save and thereby better our financial position and at the same time help our Government win the war, are we deserving of credit?

When Uncle Sam asks us to save to help win the war he asks us to do ourselves a great favor; and yet, simply because the need is great and the appeal urgent, and because the nation pleads with us to do this simple thing, we are prone to look upon it as a great favor to the country, and to stick feathers in our hats and go strutting around because we granted it. It's patriotic, all right. It helps the country—not only now, but later; not only for the war, but for the trial of national fiber that comes after the war—but it helps us even more.

And it is so easy, so much more helpful to ourselves than to the country, so small a thing to do compared with what our boys in arms are doing that it really is a joke to pin roses on ourselves for doing it.

Lest We Forget to Do Our Part.
"Please God, our love of life is not so priced as love of right. In this remembrance of our country's valor, we who will edge the wedge of her assault, make calm acceptance of its hazards. For us, the steel-swept trench, the stiffening cold—weariness, hardship, worse. For you, for whom we go, you millions safe at home—what for you? We shall need clothes for our bodies and weapons for our hands. We shall need terribly and without failure supplies and equipment in a stream that is constant and never-ending. From you, who are our resource and reliance, who are the help and hope of that humanity for which we unite and strive, must come these things."

(Signed) CITIZEN SOLDIER,
No. 288 (Unidentified District) National Army.

KENTUCKY HOME ADDS TO KITCHEN FACILITIES

The Kentucky Home has enlarged and remodeled its kitchen, which will also have several modernized features to it.

The new addition, embracing the old kitchen, is about 40x60 feet and has been built with the view to facilitating in the service of the kitchen. The fixtures have been arranged for convenience and among the new equipment will be a dish-washer and a steam table.

During the past summer the hotel had about 400 guests to serve at times and the very best equipment is being installed to take care of this hotel's reputation for service and bounteous meals.

COMMISSIONS IN ARMY OPEN TO MEN IN THE PRESENT DRAFT AGES.

Local exemption boards over the country are being sent a bulletin that has special reference to applications for commissions from civil life. The prohibition of consideration of applications from men from civil life has been revoked so far as concerns Staff Corps, the bulletin states, this revocation being subject to certain conditions and restrictions.

A summary of these conditions follows: Men between 18 and 45, subject to being placed in Class One, must first be inducted into the service before their applications will be considered.

Certain men between these ages meeting the physical requirements for limited or special military service only and others placed in deferred classifications for reason may be commissioned direct from civil life by the usual procedure.

A candidate may hasten classification and examination by application to his local board with a certificate from the chief of a corps or detachment of the army setting forth that he is a candidate for a commission.

Applicants desiring further information should apply to the local board or write to the chief of corps at department of the army, to the mobilization division, bureau of navigation, navy department, or to headquarters, United States Marine corps, all at Washington, D. C., as the case may be, but should not write directly to Provost Marshal-General Crowder.

CHARLES WILSON BIGGAR WEDS

Friends of Mr. Biggar, son of Mrs. B. D. Biggar, of Hendersonville, will be interested in the following announcement in the Augusta Herald: "The marriage is announced of Mrs. Frances Medlock Townes, of North Augusta, S. C., and Mr. Charles Wilson Biggar, of Augusta, which occurred at 5:30 Saturday afternoon, October 5, at the First Baptist church, Rev. W. M. Vines officiating. "Mr. and Mrs. Biggar are making their home in North Augusta."

HONOR ROLL

Honor roll of the Valley Hill school for the month of September:

Clyde Drake, Wright James, Thelma Bowen, Dorothy Redden, Margaret Hefner, Dan Justus, James Justus, Jamie Summy, Mary Leslie, Homer Hefner, Dura Kilpatrick, Arthur Redden, Eunice Edney, Ruth Summy, Roscoe Redden, Hazel Capps, Edith Waddell, Warren Waddell, Mead Kilpatrick, Sadie Moore, May Kilpatrick, Louise Hefner, Charles Moore.

Liberty Bonds or Liberty Bonds, Bonds Build Tanks. Buy Liberty Bonds.

PURE COCA COLA.

Just received a barrel of the genuine. Hunter's Pharmacy. 10-15-3tc.

FOR SALE—1 Big 8 door McCray Refrigerator; 1 120 gal. basement oil tank; 1 fine 30 lb scale; 9 show cases; 1 grocery truck; 1 grocery delivery wagon. Can be seen in Morey building. Dr. Morey. 5-9-1tc.

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Girls! Make this cheap beauty lotion to clear and whiten your skin.
Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quart of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.
Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.
500 PER CENT SAVING IN TIRES.
M. C. DOTSON & CO. RE-TREADS OR REPAIRS RIM CUT TIRES.

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