

PEOPLE MUST TAKE CARE THEIR OWN SICK

Supply of Doctors and Nurses is Not Adequate.

Raleigh, Oct. 20.—The epidemic of influenza has spread to all portions of North Carolina and has involved a large percentage of the population of the state in a very short time. The same thing is true of other states. This has made it altogether impossible to take care of the sick with either the domestic supply of doctors and nurses or with doctors and nurses supplied from elsewhere.

At a conference Sunday attended by Gov. Bickett, State Superintendent of Public Instruction James Y. Joyner, State Health Officer W. S. Rankin and Col. Chas. W. Stiles, representing the United States public health service, the following facts were agreed upon:

People Must Depend on Themselves.

1.—The extensive demands that the army and navy have made upon the members of the medical and nursing professions together with the fact that so many of them are already victims of influenza has so depleted the ranks of civil practitioners that it is impossible to comply with the numerous requests for aid in the present epidemic.

2.—The point has been reached when it is clear that communities and people must depend upon themselves more than ever before, since they can expect little or no aid from elsewhere. The sooner the public realizes this fact the sooner will the people be able to help themselves.

3.—It is strongly advised that all communities in the state should adopt the following measures, or other equally safe precautions, to control the epidemic. Communities are warned that they must act at once regardless of whether or not influenza is present, whether there be a few or many persons sick. These measures are in amplification of the plan of organization set out in letters from the state board of health to all chairmen of boards of county commissioners, mayors of towns and cities and other leading citizens:

How Disease is Spread.

(A) Mothers and daughters in all families, rich and poor, white or black should immediately learn how to nurse cases of influenza.

(B) All communities should provide at the public schools free instruction on influenza nursing. This instruction can best be given by a graduate nurse or by a physician and the more important points can be taught in two hours. In case a graduate nurse or physician is not available for this teaching the important points may be obtained from directions which will be sent upon request to the state board of health.

(C) Each person in each community should immediately be taught that the disease is spread by coughing and sneezing. This teaching can best be done by prominent citizens and ministers who should make a house to house visit, and should teach each family the precautions that should be taken to prevent the spread of this disease. Literature will be furnished upon request to the state board of health.

(D) All persons with coughs and colds should be warned to remain at home in bed, with good ventilation, preferably on the porch and in the sunshine. Early cases that are properly taken care of are not likely to have the pneumonia.

Ban on Congregations.

(E) Persons should avoid congregating unnecessarily in houses, on the streets and elsewhere. There is little danger, however, in visiting and waiting on the sick if properly precautions are taken. These consist of wearing gauze masks over the mouth and nose, the masks to be made of at least four thicknesses of fine mesh gauze; in gargling the throat and washing out the nose three times a day with a solution made by adding a level teaspoonful of salt to a pint of warm water and by disinfecting the hands after attending each patient.

(F) People are warned not to attempt to engage private nurses, and not to monopolize the time of a doctor with an individual case. Nurses and doctors are needed for communities and not for individual cases. Emergency hospitals should be provided where needed.

4.—Counties townships and towns which have not already organized according to the plan sent to local officials should do so at once. Responsibility for this organization rests upon the chairman of the board of county commissioners for the county, and with the mayor for the town. These are the highest responsible local officials, and if they have failed to take definite and adequate action they should be held strictly accountable for whatever results may follow.

—The public is warned that this is a time for calm energetic work, and not for a thoughtless useless and hysterical panic. There is no cause or excuse for a panic, but all persons must be willing to work hard under

the direction of their local organization if the best results are to be obtained.

Cookery for the Sick.

When people are ill or recovering from illness the greatest care should be taken to have their food nourishing and attractive. Serve the food in small quantities in pretty dishes and have everything very clean and neatly arranged.

Always ask the doctor before giving a patient food. After severe illness a patient takes only liquids. Liquid diet may include milk, meat broth, fruit and beef juices, teas, egg-hog, soups and gruels—cereals very thin in consistency but very thoroughly cooked.

Light diet, which follows liquid diet may include soft cooked eggs, oyster stew, beef balls made from meat scraps from the fibre, milk toast, and custards.

Beef Juice.

Heat the meat very slightly (do not cook it) Press the juice from it with a lemon squeezer or fruit press. Beef juice is often given to tuberculosis patients. Serve in a cup so that the patient cannot see it plainly.

Beef Tea.

Cut the beef into very small pieces. Put it into a fruit jar, cover with cold water, and stand the jar on a cloth in the kettle of cold water. Heat the water very slowly until it begins to bubble. Do not boil. Keep at this temperature 1 hour or more. Strain, season with salt and pepper, and serve hot.

Beef Broth.

Cut meat and bone into small pieces. Cover with cold water and allow to stand 1 hour. Cook slowly, 3 to 5 hours. Strain, cool, remove the fat, and heat very hot before serving.

Eggnog.

1 egg, 1 cup milk, 1 tablespoon sugar, speck salt, 5 drops vanilla. Separate the egg yolk and white, beat the yolk and add the other ingredients. Strain onto the beaten white and serve.

Egg-white, beaten stiff may be added to lemonade, orangeade, or milk to increase the food value.

Corn Meal Gruel.

1 tablespoon corn meal, 1/2 cup cold water.

1 tablespoon flour, 1 pint rich milk. Moisten the meal and flour with cold water and stir out all of the lumps. Gradually pour it into 1 pt. of boiling water. Place in a double boiler and cook (by steam) 3 hours. Add 1 pt. of rich milk and scald. Salt to the taste and serve hot.

Captured German Document Praises American Soldiers.

With the British Army in France, Oct. 20.—Just what the Germans think of American soldiers with a few side remarks regarding the St. Mihiel operations is disclosed in a confidential document signed by the chief intelligence officer of the 19th German army which has been captured by Americans fighting on the British front.

The document prefaces a discussion of the St. Mihiel attack by admitting that the number of Americans in reserves on that occasion was unknown. It then takes up the divisions which carried out the assault.

The document discusses the details of the operations admitting that when the Americans reached Thiaucourt the entire St. Mihiel salient was rendered untenable and therefore its evacuation was ordered and the retreat carried out according to plan.

A little further on the order has this to say of the American soldier: "He obviously is very much afraid of being taken prisoners. He defends himself violently to the last against this danger, and does not surrender. This seems to be the result of propaganda picturing cruel treatment if he falls into German hands."

"The American is expert in handling machine guns, is firm on the defensive and develops a strong power of resistance from his very numerous machine guns. The bearing of the infantry indicates slight military training. The artillery was at its best as long as it remained at its original positions during preparation for an attack. The methods of fire were good. It was very quick in getting on opportune targets this apparently being due to the lavish employment of technical devices. Within a minimum period the Americans were able to furnish a well-directed fire."

"Lincoln between the infantry and artillery was perfect. When infantry ran into machine gun nests it immediately fell back and a new artillery preparation from accompanying batteries followed very promptly."

A sentence in the document says: "In general it should be noted the American is quite honorable—he does not fire on stretcher bearers."

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GREAT FRENCH FORESTS FALL BEFORE THE AXE.

Vast Amount of Timber Used for Building Hospitals, Docks and Living Quarters.

Tours, General Franco, Sept. 30.—Timber cutting for the use of the American army is proceeding on a vast scale in some of the great forests of France, as well as in Switzerland and Spain. The cutting of a tree in France in peace times, is little short of a felony, and no tree could be removed until another vigorous sapling was ready to take its place.

Great as the sacrifice is, it has been recognized as war measure, since the bringing over from America of the vast amount of lumber required for construction purposes would be practically impossible, or if undertaken would stop the transport of troops. So the forests are going, and for the first time solid stone construction is giving place to lighter and more rapid wood construction.

Besides the gathering of this huge stock of material, requiring thousands of foresters there is the work of building the hospitals, docks, barracks etc. The vastness of these building operations can be judged from the one item of building hospitals.

Hospitals are built on the basis of beds for 10 per cent. of the strength of troops, so that with an army of a million men the hospital provision must be for 100,000 beds; and with a prospective army of 2,000,000 men in sight the actual estimate for hospitals is 200,000 beds. As there are as many attendants as wounded occupying beds, this makes requirements for 400,000 or the size of a great metropolis, in the one item of hospitals.

Several 10,000 bed hospitals are under way, and two 20,000 bed hospitals are being provided. One of these 20,000 bed establishments, with its 20,000 attendants, makes a large town of itself, of 40,000 people, with their own electric light, water and sewer systems, and all the organization of a large municipality.

The building of warehouses, docks, etc., is on the same gigantic scale as hospitals. At three different points there is an average construction of three warehouses put up each day, and each 5050 by 50 feet in dimensions. Ten miles of docks is about keeping pace now with the requirements of an army of 1,000,000 men, but with a prospective army much greater than 1,000,000, 30 miles of docks is the minimum requirement. Much of the barracks and trench construction is rush work which will have to be completed before winter.

These are some of the outstanding features of this huge work of army construction carried on by the engineers, far exceeding the work on the Panama canal or any other engineering operation the United States has ever before undertaken.

Eight German Divisions Flung Back in Confusion

British headquarters in France Oct. 15.—(Reuter's)—Since Sunday morning eight of the German front line divisions in Flanders have been flung back broken and confused, while probably all or most of the divisions held in reserve behind them received a heavy grueling. This apparently has not been a battle of limited objectives but rather a drive where towns resisted at all strongly the line has pushed on, clearing up parties to finish the work.

The fighting has been obstinate in places, but apparently nowhere desperate. It is believed there will be large additions to the number of prisoners and guns already announced as captured.

Roulers was found to be almost undamaged. Many mines were discovered by French cappers and the wires to them cut thus neutralizing the danger.

Between Lens and Armentiers it is reported there are signs of an enemy withdrawal from the front line. In fact, from all along the whole of the western front the news is good.

German Newspapers Assert The Hohenzollerns Must Go.

Geneva, Oct. 22.—Peace must not be delayed a single day on account of the Hohenzollerns if they are an obstacle to it, declares the Volksfreund of Karlsruhe which also is permitted to speak of the disappearance of the superstitious belief that the emperor was chosen to rule by divine right.

The Schwabische Tagwacht says that everybody is now convinced that the allied will not accord Germany a cheap peace, "but if the glory and power of imperial Germany is the price, the German people are ready to pay."

In permitting such items to leave Germany, the German censorship apparently is preparing public opinion for coming events.

WANTED TO BUY a fresh cow, want an extra good one. Come and see me. C. E. Lundy.

SERIOUS POSITION IN GERMANY CREDITED.

Opinion Held in Reliable quarters in Britain That Disturbances of Grave Nature Are Now Taking Place.

There is reason to believe that disturbances of a grave nature are occurring in Germany. Reported outbreaks in Essen and throughout Bavaria are believed to be true. Attention also is being given to the possibility of the spread of Bolshevism and it is considered that the apparent partial raising of the censorship constitutes a marked indication of the commencement of indiscipline and a general upheaval in Germany.

For some time past, it has been clear to those who have followed the internal situation in Germany with care that conditions of unrest there were rapidly passing out of the stage where, kept well in hand by the authorities, they could be turned to good account amongst the Allies. The simple method was, of course, to create an impression of a really serious condition that did not in fact exist, and so bring about a slackening of war effort by inducing the belief that Germany was near an internal upheaval and that, as a consequence, the end of the war could not be long delayed.

A couple of months ago, however, when the Kaiser made a special journey to Essen for the purpose of addressing a great meeting of Krupp's employees, after the most far-reaching strikes and other outbreaks at the great munition works had only been suppressed with the greatest difficulty, it became apparent that it was no longer subterfuge but that something really serious was the matter.

The Kaiser's speech on that occasion was a remarkable tour de force. He spoke, of course, not only to Krupp's employees, but to millions of other artisans and workmen throughout Germany who had shown unmistakable signs of a tendency toward revolt. The meeting was carefully organized, and when the Kaiser, in a final exhortation, urged all those who had their hearts in the right place, and were determined to keep faith with the Fatherland to stand up there could in Germany, even two months ago, be only one result. The whole meeting rose obediently to its feet. The concluding words of the Kaiser's speech will be remembered. They were significant. "Now promise me," he said, "on behalf of the entire German labor, 'We intend to fight and hold out to the last, so help us God.' Whoever so intends let him answer 'Yes!'"

Once again, the whole meeting obeyed, but hardly had the Kaiser's motor car left the great works, when the murmuring broke out afresh and evidently, within a few days became so serious that all news of it was suddenly lost in the silence of the censorship.

As to the spread of Bolshevism, it has, of course, been the nightmare of Berlin ever since the onset of that

anarchism in Russia for which Berlin itself was, first and last, responsible. It was a dangerous experiment when the German soldier was sent to fraternize with the Bolshevik Red Guard in Russia, and to aid him and instruct him in the art of extermination. The reports that Germans who had been prisoners in Russia were to be subject to a period of "purification and reeducation" before they could be trusted at large in Germany were something more than rumors, and for some time, it has been apparent to those acquainted with the situation that there was more than a likelihood, in East Prussia, especially of Germany being "hoist with his own petar."

Nothing, however, shows the extent to which the country is getting out of the hand than the extraordinary relaxation of the censorship which has obviously taken place quite recently. As was pointed out, a few days ago, one of the most significant things is to see papers like the Munchener Post and writers like Friedrich Naumann using language in the open light of print about the Kaiser which, a month ago, would have consigned them to prison on the charge of lese-majeste or on some charge still graver. Thus when a paper like the Volkszeitung of Leipzig, under the very shadow of the Volkerschlachtdenkmal and on the eve of the anniversary of the "Battle of the Nations" can call openly for the Kaiser's abdication, it is seen that much more serious things are probably happening in Germany than are allowed to appear.

"We see in William II," declared the Leipzig paper, "the last German military monarch. He must feel that he can no longer be what he has thought himself since the first day of his reign, an instrument sent by God, and, above all, the chief of the most brilliant and best-organized army."

"In 1888 the Emperor said he would sacrifice 18 army corps and 41,000,000 inhabitants, rather than give up a single stone conquered by his father. Two million dead are more than 18 army corps."

"The Emperor always has asked great patriotism and sacrifices from his subjects. It is now for him to show his spirit of sacrifice and to withdraw."

Such statements and, above all, the fact that they can, apparently, no longer be prevented, are as remarkable as they are significant.

Files to Warrenton, N. C. to Take Lunch With his Parents

Warrenton, Oct. 20.—Lieut. Samuel M. Connell, stationed at Langley field Newport News, Va., as instructor in aviation, flew here in an airplane at noon today for the purpose of taking lunch with his parents. The flight was made in little over an hour. This is the first time that a North Carolinian has visited his home by airplane. Lieutenant Connell left at 2 o'clock on his return trip.

"U. S. Soldier is Wonderful"

"Americans do not need to be told that the American soldier is the best in the world," said one yesterday who has a splendid young son at the front, "but it does us good to hear and read fine things said about them over there and surely there could be nothing finer than the tribute paid by Dr. Dean Lewis, of Chicago, and one of the most distinguished surgeons of America. Dr. Lewis was one of the chief surgeons of the Presbyterian hospital, New York, before sailing, and is surgeon director of Evacuation hospital No. 5, 'Doctor Lewis,' says The New York Tribune, 'has analyzed the soldier under the trial of excruciating pain when the fabric of innermost character is revealed. He writes: 'The American soldier is wonderful. No one can understand him unless he has seen him when wounded. No complaint is ever heard. I have handled any number of severe gunshot wounds of the thigh and have never heard a complaint! With 500 severely wounded in the hospital there is less groaning heard than in the Presbyterian.'"

"The other day I operated upon a young boy from Michigan for an abdominal wound. He looked very young and I asked him his age. He said: 'My military age is 20, but really I am only 18.' He had volunteered. The next morning this young fellow was sitting on edge of the bed helping take care of himself. I told him he should stay in bed and be taken care of, but he didn't want to make any trouble for anyone."

"People should know the stuff these boys are made of. They are the best soldiers in the world."

OUR CITIZEN'S DEMAND.

Fully Complied With—A Mt. Airy Resident Furnished it.

There are few items which appear in this paper more important to Mt. Airy people than the statement published below. In the first place, it is from a citizen of Mount Airy and can be thoroughly relied upon. In the second place, it indisputably proves that Doan's Kidney Pills do their work thoroughly and not temporarily. Read this carefully:

Mrs. P. C. Brannock, S. Main St., says: "About two years ago I was down with my back. I had catches in the small of my back all the time. I couldn't rest properly nights. My kidneys didn't act right and my head ached constantly. I was terribly nervous at times and was awfully dizzy. Hearing a whole lot of Doan's Kidney Pills, I got a supply and they certainly made me feel a whole lot better from the first. When I had finished one box, I was entirely cured."

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