

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 address on 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 hesitate to add it is distinctly one against which the people are guarded. 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 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the statistics believe that the addition of unreported 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 100 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."

Banner Signs.

The Surgeon General warned especially against certain danger signs, such as "coughs" and "colds which hang on." "Coughs," he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if you could not sleep on or your health did not improve, be sure to remember that these are often the early signs of tuberculosis. Move 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 to the misleading advertisements of unscrupulous patent medicine makers. There is no magic medicine for the cure of tuberculosis. The money spent on such medicines is thrown away. It should be spent instead for good food and clean living."

Surgeon-General's Official Telegram
Oregon Social Hygiene Society, 720 Helling Bldg., Portland.
A tabulation of one million reports first received from camp surgeons throughout the country shows that Oregon leads the country with a rate of fifty-nine hundredths of one per cent found to have a venereal disease on arriving in camp. It is hoped that Oregon can continue vigorous measures in combating venereal diseases during the period of demobilization and thereafter.
RUPERT BLUE.

Oregon men, called to the colors during the greatest of all wars, were physically the cleanest in the entire United States Army.

Such is not the mere boast of any citizen of this state, backed only by a high sense of local pride, but it is the established record of the United States Army, communicated to the Oregon Social Hygiene Society by Rupert Blue, Surgeon-General, thus giving it the greatest possible weight. As will be seen by perusal of the foregoing telegram from Surgeon-General Blue, a tabulation of 1,000,000 of the first reports received from camp surgeons places Oregon in the lead with a rate of fifty-nine hundredths of one per cent (which means less than six men to the thousand), or, compared with another wire from him, this state's standing is but a fraction lower than 18 times ahead of the state with the highest per cent of infection, which was eight and nine-tenths per cent (eighty-nine men to the thousand).

This constitutes one of the grandest and proudest records of the whole war period and, great as has been this state's part in all patriotic endeavors, nothing could fill the hearts of its people with a higher degree of pride than the official acknowledgment from the National Capital that Oregon's men stood far and away above all others in clean manhood.

"That the work of the Oregon Social Hygiene Society, carried forward for but seven years, should produce such magnificent results, is a subject of the most gratifying kind to the entire Board," said Executive Secretary Cummins. "Every one of the men who have worked so hard to bring about the result regard this official notification from the Surgeon-General as a complete vindication of the program sought to be carried forward in this state. That the public will respond to sane, clear facts, rightly presented, is also demonstrated beyond doubt. Educators, who have assisted greatly in the work, may well feel that young men under their tutelage will absorb the benefit to be derived from information along physiological lines, rightly administered. Parents must now see plainly that their children should have the truth as to their physical beings and that, having this, untold good will result. Future generations, following, are bound to demonstrate the benefits of Oregon's clean manhood, as set forth officially," commented A. F. Fliegel, president of the Society. "This record cannot be overestimated. It is a glorious achievement."

"The full significance of the official announcement from Dr. Blue is difficult to grasp," said Adolph Wolfe, treasurer of the Society. "Dealing as it does with human life and morals, it is, in a larger sense, more important than many other achievements, not to detract one whit from any of them. At the outset, many good people doubted the ability of the Oregon Social Hygiene Society to accomplish worthwhile results. I think now, however, no further comment need be had. Surgeon-General Blue's telegram is sufficient."

Lieutenant Colonel P. C. Field, division surgeon of the 51st Division at Camp Lewis, has officially credited the splendid record made by Oregon men to the educational work that has been and is being done by the Oregon Social Hygiene Society.

HIGH SCHOOL NOTES

Roscoe Conklin has taken up his work as Senior, after spending the first half of the year at the training school at Corvallis.

Pearl Dail returned to school last week after a long siege of influenza. Emma and Katie Rime also returned to school after being absent for some time.

Supt. Douglass is taking charge of Miss Renge's classes while the latter is ill with the influenza.

Jack Peterson has returned after a long absence and is now enrolled in the Junior class.

Last Friday evening, the N. N. Club entertained the Nuts at a skating party, but all were disappointed to find upon their arrival at Washoe that the ice was covered with snow. After spending part of the evening on the ice, the nuts were driven back to the High School, where delicious refreshments were served by the hostesses.

The High School is to have a new institution—a rest room for the Junior and Senior girls. Miss Young, aided by a number of boys, kindly cleared and cleaned a long vacant room and the girls are now receiving

donations of furnishings for the room.

The basketball schedule arranged for practice in gymnasium and opera house was posted Monday and daily practice has begun by both girls and boys. Manager Madden is making out a schedule which will probably include games with Baker, Caldwell, Nampa and Weiser.

There is a large number of girls out for the team and with all the material present there is ground for expecting a good team again this year. The girls out are: Mamie and Myrtle Stewart, Gladys Udick, Lola Howser, Delta Hill, Cecil Logan, Viola Husted, Amy Canfield, Mary Messer, Alfaretta Sage, Lois Neese, Dottie Crummett, Mary Springer, Etta McCreight, Ardelle Boggess, Derce Dearborn, Gladys Franklin, Vivian Stratton, Bessie Rutherford, Mildred Poorman, Mae Teter, Mary Lackey, Ula Gramse, Hazel Ashlock, Dorothy Dean, Myrtle Logan, Fern Crummett, Ida Johnson, Helen Fowler, Lola Reese, Evalyn Stewart and Annie Harris.

About 20 boys are out for the time but though they will probably play in the class team. The loss of the Dean brothers on account of home work, is going to make itself felt keenly. The following boys are practicing daily: Darrell Howser, Roscoe Conklin, Steven Fielder, Howard Belmore, Orville Walter, Wendell Holland, Francis Zimmerman, Eldon Madden, Jack Peterson, John Odell, Cody and Vernon Butler, Mitchell Moore, Homer Maddux, Don Poorman, Lon Weaver, John Sullivan, Dave Kercher and Newton Zahler.

The Freshman class held a skating party Wednesday and report a jolly time, except that for some strange reason there were no "cats."

HOSPITAL NOTES

Several new cases of the flu were brot to the hospital this last week, but none are serious at present: F. B. Phillips is one of the patients, C. G. Pinney is another, while A. M. Wilson, whose case was quite slight, was able to leave Wednesday.

Mrs. A. E. Rust returned Tuesday to her home in Nyssa.

Charles Cafferty is receiving treatment for an injured ankle.

Mrs. L. G. Wilson, of Westfall passed away at the hospital, Friday after undergoing an operation.

Ladd Allen returned, much improved to his home at Juntura Monday.

Miss Pauline Ervington of Nyssa, is getting along nicely.

E. P. Holland is improving after an operation on his thumb, which he injured and which then became infected.

John McDonald who came to the hospital Saturday, with the flu died the next day.

Dreamland Attractions

ONTARIO, OREGON

Friday, January 10
METRO PROGRAM

Saturday, January 11
In Burden of Proof
Katzinjaner Kids
MARION DAVIS

Sun. Jan. 12 and Mon. Jan. 13
CONSTANCE TALMADGE
In "The Lesson"
Pathe News

Tuesday, January 14
PEGGY BYLAND
In
"Bonnie Annie Laurie"
Matt & Jeff in "Kaiser's New Dentist"

Wednesday, January 15
EDITH STORY
In
"The Demon"

Thursday, January 16
MABEL NORMAND
In
"Floor Below"
Pathe News

Fri. and Sat. Jan. 17 and 18
SPECIAL PROGRAM
Katzinjaner Kids
Rest Man Jones

Closing: Jan. 21st and 22nd
LES MISERABLES

ADMINISTRATORS NOTICE TO CREDITORS

Notice is hereby given to whom it may concern, that the undersigned has been appointed by the County Court of the State of Oregon, for Malheur County, as administrator of the estate of H. L. Zutz, deceased. All persons having any claim against the estate of the said deceased are hereby required to present the same to the undersigned, duly verified as required by law, within six months from the

Ontario's Big Event

ALEXANDER'S

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ALL KINDS, ALL STYLES---ALL DESCRIPTIONS

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\$21⁵⁰ FOR \$30.00 COATS

\$26⁰⁰ FOR \$35.00 COATS

Black Coats, Dress Coats, Fur Coats, Auto Coats
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on Wool and Cotton Shirts, Sweaters, Jerseys,
Wool Socks, Hats and Caps for Men and Boys.

ALEXANDER CO.

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date of the first publication of this notice.

Date of first publication, January 9th, 1919.

W. F. ROMAN, Administrator, Estate of H. L. Zutz, Deceased.

NOTICE FOR PUBLICATION

Department of the Interior
U. S. Land Office at Vale, Oregon, January 8th, 1919.

Notice is hereby given that Bryson Rice, of Payette, Idaho, R. F. D. No. 2, who, on February 17th, 1914, made Homestead Entry No. 63119, for SW 1/4, E 1/2 SW 1/4, NW 1/4 SW 1/4, Section 5 and NE 1/4 NE 1/4, Section 8, Township 17 South, Range 46 East, Williamsette Meridian, has filed notice of intention to make Final Three Year proof to establish claim to the land above described, before Register and Receiver, U. S. Land Office, at Vale, Oregon, on the 17th day of February, 1919.

Claimant names as witnesses: Chas. A. Rice, of Payette, Idaho; Henry C. Wolf, of Ontario, Oregon; Clarence Crow of Weiser, Idaho; S. Elmer Haworth, of Payette, Idaho.
D. OS. JONES, Register.

IMPOUNDING NOTICE

Notice is hereby given that, in pursuance of Ordinance No. 238, of the City of Ontario, I have taken up and impounded the following described animals found running at large within the corporate limits of the City of Ontario, in Malheur County, State of Oregon, to-wit:

One bay mare about 10 years old, weight about 800 lbs., ball face, both hind feet white, branded C O on right hip.

One sorrel horse colt, star in forehead, right hind foot white, branded C O on right hip.

One bay yearling horse colt, all feet white, ball face; branded C O on right hip.

And that I will on the 15th day of January, 1919, at the hour of one o'clock p. m., of said day offer for sale and will sell above described animals at public auction to the highest bidder, for cash in hand at Eagle Livery Barn in the said City of Ontario.

Taken up this 4th day of December, 1918.
Filed this 3rd day of January, 1919:
MARION W. JONES, City Marshal

WANTED:—To trade Jersey cow that is now giving two gallons of milk for one that will give five gallons. Will pay cash difference. Inquire of The Argus.—Adv. 6 11.

Few Escape

There are few indeed who escape having at least one cold during the winter months, and they are fortunate who have but one and get thru with it quickly and without any serious consequences. Take Chamberlain's Cough Remedy and observe the directions with each bottle, and you are likely to be one of the fortunate ones.

The worth and merit of this remedy has been fully proven. There are many families who have always used it for years when troubled with a cough or cold, and with the best results.

Siomach Trouble
"Before I bought Chamberlain's, I thought I got a great deal for my money. I got much trouble and tall weeds, and tried all the time. These tablets helped me from the first, and I have of a week's time. Had improved in every way." writes Mrs. A. D. Drinkard, Jefferson City, Mo.