

## 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 the 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 35,000 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."

# YOUR LAST CHANCE

## Four Big Money Saving Days

Friday Dec. 20, Saturday Dec. 21, Monday Dec. 23,  
**TUESDAY, DECEMBER 24, THE LAST DAY**

On account of the "Flu" scare, our closing out sale was extended. Remember that the final closing day will be December 24th.

You will save money by buying merchandise on these last four days at Marketeria Grocery Co.

Open Every Evening  
 Every Article Marked  
 In  
 Plain Figures

## A Few of The Many Closing Out Bargains

### SHOES

Mens High Top Shoes only \$4.23  
 Mens Dress Shoes value to \$4.50 only \$2.89  
 Mens Dress Shoes value to \$6.00 only \$3.38  
 One lot of ladies oxfords only 89c  
 One lot of ladies shoes only 98c  
 Ladies dress shoes value \$4.00 only \$2.89  
 Ladies dress shoes values to \$5.50 only \$3.38

### SHOES

One lot of childrens shoes only 98c  
 One lot of childrens oxfords only 49c

### MISCELLANEOUS

Umbrellas 89c to \$1.18  
 Dress Goods 48c yard  
 Ladies white hose only 23c pair  
 Ladies vests only 18c each

Ladies black hose only 21c pair  
 Ladies Gloves only 23c pair  
 Xmas Handkerchiefs 6c up  
 Mens \$1.50 Dress shirts only 89c  
 Mens Suspenders 15c pair  
 20c mens collars 12c each  
 75c mens ties only 43c each  
 Mens shirts and drawers 53c each  
 Boys shirts and drawers 25c each

### Groceries

100 lb. sack dairy salt only \$1.00  
 50 lb. sack dairy salt only 60c  
 Lump Rock Salt 1 1-2c pound  
 5c sack of salt only 3c each  
 Washing Powder large package 25c each

### Groceries

50c Royal baking powder only 40c  
 25c Cocoa only 19c  
 10c Washo only 6c  
 10c Ivory Starch only 5c  
 20c Lantern Globes only 14c

### Groceries

60c Tea only 45c  
 \$1.20 can Royal Club coffee only \$1.00  
 Mason Jar caps only 18c  
 Economy caps only 23c  
 25c Cereo only 15c

**Christmas Toys From 10 Cents Up**

**Remember the Four Days and Place**

## MARKETERIA GROCERY COMPANY

STAYTON, OREGON.

"The Store That Undersells Because It Sells For Cash"