INFLUENZA SERUMS DECLARED USELESS

Even Pneumonia Vaccine Not Giving Satisfactory Results.

QUARANTINE ONLY HOPE

Dr. Meyer, of San Francisco, Gives Result of His Experiences During Present Epidemic.

"Serums have not yet been introduced which produce immunity from Spanish influenza. The serums now employed are of no use whatsoever. Even the vaccing formerly employed successfully against pneumonia is not giving satisfactory results in connection with

This is the opinion of Dr. Karl F. Meyer, of the Hooper Institute of Medal Research of the University of California, who is aiding Dr. Sommer in his battle against the influenza epi

demic in Portland.

The only manner in which success can be obtained in fighting influenza is a strict quarantine and use of masks by all people in public gatherings, such as department stores, theaters, churches, but not in the open air.

Tests Made With Masks.

Dr. Meyer took an important part in Dr. Meyer took an important part in the influenza campaign waged in San Francisco, in addition to his experience as epidemologist. Careful tests with masks have been made under his direction, which he cites to show that the proper use of masks produces the real safeguard against influenza. "In order to really find out if masks were of value, we held a test, using 1500 employees of the Southern Pacific Company in San Francisco in connec-

Company in San Francisco in connection with the experiment. Five hundred of these employees were masked under our direction, that is compelled to mask when entering places of gath-ering and removing the mask when they reached the street and open air.

"Five hundred were allowed to use and come unmasked and the other five hundred were permitted to mask as they dealred wearing the masks on the atreels or at any place they felt it necessary.

San Francisco Ordinance Failed,

"The prevalence of influence among the unmasked was 18 per cent, among those who were masks as they chose If per-cent, and among those who were masks under our direction only I per cent. This test was absolute paper by proper masking the preval-

their homes the masks were removed.

Of what use are masks on the streets As little as we know about influenza, we are sure that the germ is killed in the fresh air, and that fresh air and space furoish immunity from the disease. It is when one comes home, slitting around eating dimer, or playing cards that precautions should be taken.

Extreme care should be taken in the construction of masks, according to Dr. Meyer. Masks, he states, should be made with four layers of double cloth of layers of ordinary gauze, with ample room for alt. Samples of the masks, which he recommends have been given to Dr. Sommer.

Peoples.

There's much more comedy in this pleture than in the usual Hart offering camps is to furnish the atmosphere of licenses is issued. These estimates of design camps is to furnish the atmosphere of licenses is issued. These estimates of design camps is to furnish the atmosphere of licenses is issued. These estimates of design camps is to furnish the atmosphere of licenses is issued. These estimates of design camps is to furnish the atmosphere of licenses is issued. These estimates of design camps is to furnish the atmosphere of licenses is issued. These estimates of design camps is to furnish the atmosphere of licenses is issued. These estimates of the situation in case a greater number of licenses is issued. These estimates of the situation in case a greater number of licenses is issued. These estimates of the situation in case a greater number of license is issued. These estimates of the situation in case a greater number of license is issued. These estimates of the situation in case a greater number of license is issued. These estimates of the situation in case a greater number of license is issued. These estimates of the situation in case a greater number of license is issued. These estimates of the situation in case a greater number of license is issued. These estimates on the situation in case a greater number of license is issued. These estimates one in carnish the atmosphere. The situation in

as to the Spanish influenza and its cause, says Dr. Meyer. The only fundamental thing that is known in connection with the disease is that it is a respiratory type of a disease, spread by secretions from the nose and mouth. For the new Fox spectacle is arrivable we are and mouth truly helpless we are. As an example, take the advice given us by public thealth men when we asked what should be done if the spidemic struck the west. They said 'organize your hospitals and west. the west. They said 'organize your hospitals and undertakers' and that came true. Hospital space was the thing that we needed, and nurses. It was the lack of nurses on the Pacific Coast that has caused the large mortality from influenza and psumonia.

"Another difficult feature is to arouse the people to the seriousness of the disease. If it was the bubonic plague or yellow fever, the population of this city would be exceedingly nervous yet influence, with a higher record of mortality, is treated as something of no

Grippe of 1859-93 Recalled.

and the mortality from pneumonia and bronchitis jeopardy because of the rotten structure and its worse arrangement, Warden for influence is very likely to increase even over the records which have resulted during its sweep of the lives of the convicts and to put this recountry during the last three menths.

"Strict quarantine is essential but of more than 200 convicts in constant to constant jeopardy because of the rotten structempted at an early date. C. O. Gingtien, the structure and its worse arrangement, Warden Stevens declares, will cause fifth to disavow all responsibility for the lives of the convicts and to put this responsibility squarely up to the Legis-lature.

Strict quarantine is essential but Strict quarantine is essential but no sufficient. There are people walking around with slight colds, sore throats, feeling quite comfortable, but who are carrying the influenza virus. When you breathe, talk, caugh or sneeze you eliminate tiny little drop-sneeze you eliminate tiny little drop-sneeze you eliminate the germs.

sponsibility squarely up to the Legis-for consideration.

He declares that no picture can be drawn too dark to cover the unsafe and insanitary conditions at the prison, sideration, and Messrs. L. J. Sticklin, shivering with cold during the Winter, stricken down with disease in foul-smelling cells during the heat of the company is re-summer, he states that prison condisets and these droplets are the germs. Styou place a barrier between yourself and the carriers of these droplets, you have made progress in the check of have made progress in the check of the compelled to undergo them.

Summer, he states that prison condision fully. If the company is reorganized it will be with a large capital stock than the old firm had, which was tenant Lyle G. Fear, both formerly stock than the old firm had, which was proper.

The barrier is a proper. dfsease. The bank, properly used." Dr. Meyer will speak tomorrow to the business men of the city who will by meet in the green room of the Cham-

her of Commerce at 1:30 P. M. Flu Subsides in South Seas.

WASHINGTON, Jan. 12 .- The enidemic of influenza in the Society Islands is rapidly subsiding, a message to the State Department today from

Consul Layton, at Tahiti, anno and relief is no longer required. Berkeley Orders Masks. BERKELEY, Cal. Jan. 12-No per-

on can attend a public meeting of any kind in Berkeley unless he goes masked, according to orders issued to-day by City Health Officer Dr. J. J.

CASTORIA For Infants and Children in Use For Over 30 Years. Always bears the Chart H. Witches:

Irritating Coughs

MOVING PICTURE NEWS



Theda Bara In When A Woman Sins' At The Majestic

TODAY'S FILM FEATURES. Columbia - Dorothy Dalton, "Quicksands."
Peoples—Annette Kellerman, "Queen of the Sea

Majestic-Theda Bara, "When a Woman Sins." Star-Bessie Barriscale, "Maid of

"Up the Road With Sallie."
Liberty - William S. Hart,
"Branding Broadway."
Globe- "The Old Homestead." Circle-"Intolerance."

Liberty.

William S. Hart is an actor. He adnits it. So when someone whispered in his ear that someone else had aserted that Big Bill was good for othing but a romp through a picture astride a cayuse, and brandishing a pair of business-looking guns. William S. then and there vowed he'd show 'em. Well, show 'em he does in "Branding Broadway," his latest Arteraft photoplay.

Bill Hart wears a dress suit in this comedy-drama and much of the locale of the delightful, if not plausible, yarn, is in New York. However, while Bill

foot plunge into the sea, more spec-tacular than ever, offer her in the scantiest of raiment.

"Queen of the Sea" is a thing of beauty, aside from its lavish display of feminine pulchritude. Splendid swimming exhibitions, beautiful scenes of rocky shores, magnificent toning and tinting, sharp photography and general artistic atmosphere—these make it a

artistic atmosphere—these make it a production that appeals mightily to the eye. As for story, it's a combination of fairy tale, subsea fantasy and love story of knighthood days.

The picture is not without its thrilling incidents. That 80-foot dive, life and death struggle under water, and the heroine's escape from death by revolving knives are in the list.

They say that General Pershing is the only man in the world who has ever seen his life portrayed before him on a motion picture screen. "Land of the to be issued. It is also assumed that Free," made by Fox, is the picture that the ratio of increase will gradually details the life of the great American diminish. The unknown factor in the soldier.

WARDEN-TO PLACE RESPONSI-BILITY ON LEGISLATURE. *

Poor Arrangement Menace Hundreds of Lives.

It might be well to remember that the grippe epidemic which began in at the State Penitentiary, with the lives continued until 1893 and the mortian of more than 200 convicts in constant tempted at an early date. C. O. Ging-mated percentages of increase to ex-SALEM, Or., Jan. 12 - (Special.) -

As to the prison being a firetrap, the warden merely makes more emphatic the warnings which have been sounded by wardens of the past, and he declares a holocaust may break out there at any time which will catch the convicts like rats in a trap and cause the most gigantic tragedy in the state's history. He shows that the convicts are locked in their antiquated cells in such a man-ner that a fire sweeping through the chapel would leave them powerless to escape. Padlocks on every cell which are locked at night would make it impossible to save a single convict in event of a bad fire, and the kitchen and bakery arrangements are such that a-fire is possible at any time. The stench, from the cells, particu-larly when the weather is warm, is practically insufferable, he states, even to a man walking through a corridor

In addition, during the cold weather ently experienced, the convicts were impelled to crawl under their coverimmediately upon being locked in their covers cells and to lie shivering throughout the night. The steam pipes which are designed to heat the cells are several feet away from the feet are several feet away from the front cell doors, across the corridors, and carry no heat whatever into the cells. A slight cold on means suffering to the convicts,

the Legislature and the disposition them will be left to that body. states he will not stand responsible the possible loss of hundreds of

BAD Lake, will be brought to Bend by sled early next week, to be placed in the hatchery here. Forcat Supervisor N. G. Jacobson, of Bend, and W. T. Andrews, of the District Forestry office in Portland, set out today for the lake, the sied on which the eggs are to ride, trailing behind their auto.

Improper Heat, Fire Danger and FACTORY MAY BE REBUILT

Citizens of Chehalis Considering Proposition to Make Furniture.

CHEHALIS, Wash., Jan. 12 .- (Spe-

Cable and Radio Connection Between Continents Needed.

WASHINGTON, Jan. 12 .- Imperative need of direct cable connections, sup-plemented by radio service, between the United States and South America as the first and most important step in the development of relations between the American continents, is emphasized in a report made to Secretary Daniels by Captain C. T. Vogelsang, just re-turned from Brazil as chief of a Naval

The Captain paid high tribute to the the Brazilian people and the resources

Delegation in Legislature.

SALEM, Or., Jan. 12.—(Special.)—Placards have been tagged on the members' seats in the two houses of the to Legislature and the Multnomah delega-of tion is seated as follows:

House, on the east side-Front row, vest to east, Idleman. Richards, Hosford, Kubli; second row, Gordon, Richards, McFarland, Moore; third row, Lewis, E. E. Smith, Horne, Coffey, Lof-

BEND, Or., Jan. 12.—(Special.)—One Banks; second row, from east to west, million eastern brook trout eggs, just Howell, Gill, Huston, Orton, Moser, Farstripped from spawning fish at Elk rell.

Valuable Statistics Compiled by Ben C. Sheldon.

MOTOR LICENSES INVOLVED

Data Gathered for Use of Legislators Shows Highway Possibilities for Period of Years.

That the problem of financing further road construction in Oregon involves the income from motor-vehicle licenses is the conclusion of Ben C. licenses is the conclusion of Ben C. Sheldon, member of the Legislature from Josephine and Jackson counties, who has assembled some valuable statistics. While primarily intended as a basis for intelligent study of the subject by members of the Legislature, the material is of general interest to the citizens of the state. An index to highway laws of the state is given, followed by a financial statement of the Oregon Highway Commission, showing that \$2,888,257 has been expended, leaving a balance in all funds of \$673,532. In relation to the Bean-Barnett law, In relation to the Bean-Barnett law, be report declares it is the purpose of be stage to take advantage of the Federal act for co-operation with the states in building roads. The amount available, if matched by equal amounts from the state, is shown for each year. Assuming that these bonds will be sued, \$400,000 in 1919, \$500,000 in 1 and \$520,000 in 1921, a table is pre-sented showing the allowances which must be made for interest and principal.

Probable Income Estimated.

As the basis for a plan to capitalize income from motor licenses over a period of years during which bonds would be redeemed, the probable in-come from that source is estimated. It is shown that the increase in revenues from motor-vehicle licenses issued in 1914 was 40 per cent in comparison with the preceding year; 40 per cent in 1915, 37 per cent in 1916, 39 per cent who now heads a film company of her own, or did a few months ago, rackes her film debut in this production. The clever little dancer has one of the four leading roles. She is Leandra, the Princess, and is much in the limelight.

Peonles New Pictorial constants. net income was due directly to the change in the law in 1917 increasing license fees on some classes of vehicles and making a distinction between tourand the improvement would pay for it-self within 18 months. ing cars and trucks. The increase in the number of licenses issued was ap-proximately 39 per cent for that year. Mr. Sheldon assumes that the nur ber of automobiles in use in Orego will increase each year during the 2

ence of the disease could be reduced from 18 per cent to 2 per cent."

Dr. Meyer stated that an attempt to compel masking in San Francisco by att with all the contempt at his compel masking on the streets and required masking on the streets and required masking on the streets and the people wore the masks only when the pelice officials were around, where the people wore the masks were removed.

There's much more comedy in this players the masks were removed.

There's much more comedy in this players the masks were removed.

There's much more comedy in this players the masks were removed.

There's much more comedy in this players to furnish the atmosphere for an early Charles Ray picture. There ing camps is to furnish the atmosphere for an early Charles Ray picture. There is the coming session of the Leg-

The heaviest burden of payments will these, 5000 served in the army, fall in the early years of the outstanding bonds, when interest charges upon the full sums are to be met, and before affected his eyesight.

Lake, will be brought to Bend by sled early next week, to be placed in the full sums are to be met, and before the principal is materially lowered by redemptions. In 1927 the lowest surplus would be reached, \$23,000, but from that year on there would be a than for the first year of 1920.

> Total Surplus Large Onc. For the final year of the life of the bonds estimated above—the year of fi-nal redemption—the surplus would be \$1,401,000. The total surplus piled up after paying all these bonds would be

for the entire period, \$13,465,000.
In covering a wide range of possible revenues from this source, Mr. Shel-don has computed six tables of results. The lowest is the one already given briefly above. As the most optimistic briefly above. would reach the enormous total

SOCIETY

ton, D. C., Friday morning in the Pres-PAN-AMERICAN TIES URGED byterian Church of the Covenant. Lieutenant and Mrs. Fear will go to New York City for a few days, thence to Pittsburg, Chicago and Kansas City, planning to arrive in this city about

> Mrs. Fear has been engaged in war service in Washington. Lieutenant Fear has been in the naval service since his enlistment at the beginning of the war. Both have many friends in this city who will be surprised to hear of their marriage.

The engagement of Rosella Marion The engagement of Rosella Marion Hamilton to Luard L. Woodward, of Oswego, is announced by the father of the bride-elect, Gavin Hamilton of Walia Walia, Wash. Miss Hamilton is a member of the faculty in the reconstruction aid course at Reed College, and assistant at the Reed College Construction Clinic on Nineteenth or Construction Clinic on Nineteenth struction Clinic on Nineteenth Glisan streets. Mr. Woodward has been with the Oregon Portland Cement

ing.
Multnomah County, Woman's Christian Union Institute, will meet at the Central Library, January 16, at 10 o'clock. Luncheon will be served at

the Hazelwood at 12:30.

The Parent-Teacher Association of the Couch School held an interesting meeting in the assembly hall of the school Friday at 2:30. The meeting was opened with the singing of America, led by Miss Lucile McCaustland. Mrs. A. F. Flegel, chairman of the Mothers' Congress, gave an interthe Mothers' Congress, gave an inter-esting talk, telling of the work which is being done by the Mothers' Con-

from Camp Lewis.

Lieutenant and Mrs. Raymond Dennishawn McRae visited friends and relatives over the week-end. Lieuten-ant McRae is stationed at the Base Hospital, Camp Lewis,

In honor of their daughter, Dorothy Metschan, Mr. and Mrs. Phil Metschan entertained with a dancing party at their home last night. About 36 boys and girls, members of the younger set, were present.

CONTRACT MAY BE WAIVED

Warden Stevens Has Satisfactory Conference With Light Company. SALEM, Or., Jan. 12.—(Special.)— Warden Stevens, of the State Peniten-tiary, has had a conference with Franklin T. Griffith, president of the

Portland Railway, Light & Power Company, and states that Mr. Griffith has agreed, if it is shown a substantial saving can be made, to waive the contract which binds the state to secure all of its light from the company. Warden Stevens says a much superior lighting plan for the walls could be installed by the use of power which goes to waste during the night while the flax plant is not in operation. The cost would not exceed \$3000, he says,

HOUSES SCARCE IN ALBANY

Demand for Residences Exceeds

Supply, Real Estate Men Report. ALBANY, Or., Jan. 12 .- (Special.)-Houses for rent are at a premium in Albany now and real estate men report the demand far in excess of the supply. During the war, when there was an xodus from interior towns to shipbuilding centers, there were a good many vacant houses in Albany, as in the other towns of the valley. But in the past few weeks these houses have been filling up rapidly.

This situation means an era of building here as soon as there is a decline.

og here as soon as there is a decline in the price of building materials.

Trail Association Meets Feb. 12. YAKIMA, Wash., Jan. 12.—(Special.) The third annual meeting of the Yelolowstone Trail Association in this state is to be held in Yakima on Wednesday, February 12. Under the new basis of representation, one delegate to each \$10 revenue, Yakima will have 17 delegates in the meeting.

deem the bonds within the period of bunal, said that at the beginning of the their redemption and create a surplus of \$525,000 for 1920.

bunal, said that at the beginning of the war the London press had about 10,000 men of all ages in its employment. Of

Pe Ell Has Same Mayor.

CENTRALIA, Jan. 12 .- (Special.)-Following the refusal of Clyde Ken-nedy, who was elected Mayor of Pe Ell at the December election, to qualify for steadily increasing surplus, which for the office, J. W. Donahue, retiring 1938 would be \$928,000, slightly more Mayor, has been elected by the council Mayor, has been elected by the council to fill the vacancy. This leaves the personnel of the council the same as ginning with 1831, this country has had last year.

> Klickitat Grange Elects. WHITE SALMON, Wash., Jan. 12 .-

Rupture Kills 7,000 Annually

ones had neglected themselves or had been merely taking care of the sign (aweiling) of the affliction and paying no attention to the cause. What are you doing? Are you ones lecting yourself by wearing a truss, appliance or whatever name you ghoose to call it? Seven thousand persons each year are iaid way—the burial certificate being marked 'Rupture." Why? Because the unfortunate or whatever name you shoose to call it? At best, the truss is only a makeshift—a false prop against a collapsing wall—and cannot don't work. Nature herself the

the most scientific, logical and suc-il self-treatment for rupture the world ver known.

PLAPAO PAD when adhering closes body cannot possibly slip or shift ou toe, therefore, cannot chafe or pinch we velvet—easy to apply—inexpensive used whilst you work and whilst you No straps, buckles or springs at

COLD RIGHT NOW

of Dr. King's New Discovery.

She never let a cough or cold or case Company as chief chemist for three of grippe go until it grew dangerous. years. The wedding will take place She just nipped it when she began to

Christ's Return to Usher In Millenium of Bible Prophecy

Evangelist Dickson Explains Great 1000-Year Period, Declaring That Scriptures Rebuke Hope of Second Probation.

being done by the Mothers' Congress. Mrs. Ben Ely, manager of home industry, gave a talk about Oregon-made goods, urging the members to buy Oregon products. The members pledged themselves to do this The meeting closed with a vocal solo by Mrs. George E. Burke.

Meetings of the association have been changed from the second Friday at 2:30 and thereafter will meet on the third Wednesday at 3 o'clock.

Sergeant Earl R. Goodwin, Sergeant William R. Smyth, Sergeant Herman Pressber, Corporal Carl Caesar, Private Denny Williams, Private Pudge Brown and Private W. Lee Waldron, all Portland boys, were week-end visitors from Camp Lewis.

Declaring that the mellenial age spo-ken hald age spo-ken of in Bible prophecy has not yet the deep,' meaning this world in a ken of in Bible prophecy has not yet the deep,' meaning this world in Gen. 1:2 the of hald hat the much-talked of chaotic condition. Many of the prophecy has not yet the deep,' meaning this world in Gen. 1:2 the deep,' meaning this world in Gen. 1:2 the object or the deep,' meaning this world in A ken of in Bible prophecy has not yet the deep,' meaning this world in A ken of in Bible prophecy has not yet the deep,' meaning this world in A ken of in Bible prophecy has not yet the deep,' meaning this world in A ken of in Bible prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A ken of in Bible prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many of the prophecy has not yet the deep,' meaning this world in A chaotic rodicion. Many o



Taking for his text Jer. 1v:27, the evangelist said in part:

The league of nations which is now of salvation, 'now is the accepted contemplated by the leaders around the peace table will not be the beginning it:1, 2, 10, 13) and soon the decree will of the Millennium, but will constitute go forth in heaven "let him that is unone of the most striking signs of the times showing that this great period is about to dawn.

The subject announced for the lecvangelist said in part: about to dawn.

According to the twentieth chapter ture next Sunday night, Jan. 19, is "The of Revelation, verses 1-10, the Millen-Hour of God's Judgment IS Come, or nium, which word signifies 1000 years the prophecy that makes Infidels of Revelation, verses 1-10, the Millennium, which word signifies 1000 years the prophecy that makes Infideis (Mille meaning 1000, Annum meaning Christian." The pamphlet containing a years according to the Latin language) report of the following lectures is now is bounded by two resurrections, i. e., ready: "The Peace Table in the Light the resurrection of the just and holy of Bible Prophecy": "One Bible—Many or righteous, and the resurrection of Sects—Why?" "The Beast of Bible Prophecy": "One Bible—Many or righteous, and the resurrection of the wicked (verses 4-6). This first resurrection Hell or Purgatory—Where Are the takes place at the second coming of Christ (I Thess. iv:16, 17; I or. 10 cents while they last. Those wish-two first pamphlet is the history of nations, which is all Everett street, Portland. If you desire comprehended in the words translated them sent to friends, please send adin Rev. xxxl "the bottomless pit", or dresses and stamps with your order. in Rev. xx:1 'the bottomless pit', or dresses and stamps with your order.

years are accomplished, during which time the saints are taking part in the work of the judgment in heaven (Rev. xx:4). After the millenium the wicked xx:O. After the millenium the wicked are raised thereby ioosing Satan (verse 7), and the New Jerusalem, the capital city of the universe, will descend as the camp of the saints, around which Satan will lead the hosts of wicked, deceiving them into the notion that they will be able to conquer the kingdom of God, (Rev. xx.8.9). It will be while the armies of the enemies of God, the sinners, are about to besiege the city that destruction, and punishment, the second death, will be meted out to them (Rev. xx.10 and 11) and the words of the prophet Malachi tv:1-3 will be fulfilled in the new earth which the saints will enjoy for eternity. (Rev. xxi:1, 1sa, lxv:17-25, 1sa, xi:6-9). With the fast fulfilling signs of the

With the fast fulfilling signs of the Coming Christ it is no time to be har-boring in our minds the false hope of

The subject announced for the lec-

(Special.)-The annual meeting, for the Mr. Jabee, of Glenwood, steward and Grange, was held in White Salmon
Thursday, resulting in election of the following: Wm. Coates, of Trout Lake, habitants could be formed of men.

Freeman, of Lyle, over
Women and children who are injured to Massachusetts in the master; G. A. Freeman, of Lyle, over-seer; C. P. Kreps, of Laurel, lecturer; Miss Alvord, of Trout Lake, secretary; course of their daily work.

SPANISH INFLUENZA—JUST GRIP CAMOUFLAGED UNDER A NEW NAME

Most Authorities Now Agree That This Disease Is Simply the Old-Fashioned Grip, the Same That Has Swept Over the World Times Without Number, Since 1831 the United States Has Had Five Epidemics.

LONDON, Jan. 12.—(British Wireless fervice.)—Speaking at a dinner to the epresentatives of the press, Sir H. Buckingham, chairman of the advisory French Name, La Grippe. clothing loose around the neck as the This Time It Comes by Way gredients in the form of vapors. These of Spain. of Spain.

ORIGIN OF THE DISEASE Spanish Influenza, which appeared in face, and thus all Spain in May, has swept over the world congestion within. in numerous epidemics as far back as history, runs. Hippocrates refers to an epidemic in 412 B. C., which is refive epidemics, the last in 1889-90.

THE SYMPTOMS. Grip, or influenza as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizzlness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack three to five days. The germs attack ing, sneezing or spitting. So the mucous membrane, or lining of the persons having colds—which the mucous memorate, throat and bron-air passages—nose, throat and bron-chial tubes—there is usually a hard ccugh, especially bad at night, often bodily strength by plenty of exercise

Go to bed at the first symptoms-take a purgative, eat plenty of nourbest, the truss is only a makeshift—a faise prop against a collapsing wall—and cannot be expected to act as more than a mere meta-chanical support. The binding pressure rechanical support. The binding food, remsin perfectly quiet and don't worry. Nature herself is the only the chanical support. The binding food, remsin perfectly quiet and don't worry. Nature herself is the only the only throw off the attack if only you constituted in the only to constitute the vapors or better still, use throw off the attack if only you constituted in the only to constitute the vapors or better still, use throw of the only you constituted in the only you constituted in the pressure rechange in the onl in its weakening effect on the system, which allows complications to develop. These are chiefly pneumonia and bronchitis, sometimes inflammation of the middle ear, or heart affections. For

EXTERNAL APPLICATIONS.

Got Right After It With a Bottle the throat, chest and back between the and often without the slightest harm-shoulder blades to open t. e pores. Then ful effects.—Adv.

the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates the skin, attracting the blood to the sur-face, and thus alds in relieving the

NO OCCASION FOR PANIC. There is no occasion for panic-in fluenza or grip has a very low per-centage of fatalities—not over one death out of every four hundred cases, according to the N. C. Board of Health. The chief danger lies in complications arising, attacking principally patients in a rundown condition—those who

in a run-down condition - those who don't go to bed soon enough, or those who get up too early. HOW TO AVOID THE DISEASE. Evidence seems to prove that this is a germ disease, spread principally by uman contact, chiefly through cough

KEEP FREE FROM COLDS. Above all, avoid colds, as colds irri tate the lining of the air passages and much better breeding

render them much places for the germs. the steam arising.

NOTE - Vick's VapoRub is the dismiddle car, or heart affections. For covery of a North Caroline druggist, these reasons, it is very important that the patient remain in bed until his strength returns—stay in bed at least volatile oils as Eucalyptus, Thyme. strength returns—stay in bed at least volutions as large the five has cluster the fever has clubed so the rupture CANT come left you, or if you are over 50 or not spelled to the body heat, these ingredibles of 4. St. Louis, Mo. for FREE Plapao and the information necessary.

Strength returns—stay in bed at least volution of the strength returns—stay in bed at least volution of the body heat, these ingredibles of the body heat, these ingredibles of the strength returns—stay in bed at least volution of the body heat, these ingredibles of the body heat, the body heat, these ingredibles of the body heat, the body heat tively new in certain parts of the In order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective.

Hot, wet towels should be applied over the theory cheef each pack between the control of the standard home remedy in the standard home remedy in the South and West for all forms of cold troubles—over six rillions jars were sold last year. VapoRub is particularly recommended for children's croup or colds, as it is externally applied and can, therefore, be used freely the blank of the without the slightest harm-

OLD AGE STARTS WITH YOUR KIDNEYS

seriously.

Among the Portland folk who are guests at the Hotel del Coronado, Coronado Beach, Cal., are Mrs. M. M. Gearin, Miss Grace Gearin, Hugh C. Gearin, Miss Grace Gearin, Hugh C. Gearin, Miss Grace Gearin, Hugh C. C. A. Brazell and Lieutenant and Mrs. Albert F. Berni.

The Ladies' Twe-day Afternoon Card Club will meet tomorrow in the Laurell Rothouse, with Mrs. Henry Rothschild and Mrs. H. G. Rinehart as hostesses. On Thursday evening there well be a card party in the clubhouse for club members and their invited serious coverywhere. 25c.—Adv.

Science says that old age begins with weakened kidneys and digestive organs, sons which cause premature old age can be deferred and in proper weakened kidneys and digestive organs cleansed and in proper betalty continue the treatment. When compositive regams cleansed and in proper working order old age can be deferred and life prolonged far beyond that endough and life prolonged far beyond that endough the average person.

Constipation Corrected.

Dr. King's New Life Pills tonight mean clear bowels, a clear head, clear head, clear head, clear hostesses. On Thursday evening there were thinking, a day well begun in the morning, good digestion, clearing skin. Mild in action but sure and comfortable. At drug stores everywhere. 25c.—Adv.