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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 Medi-cines 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 berculosis, 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 epi-demic of influenza in Spain has already caused an increase in the preva-lence and deaths from pulmonary tu-berculosis. A similar association be-tween influenza and tuberculosis was recently made by Sir Arthur News-holms, 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 Unit-

ed States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Pubtic Health Service has just issued a warning emphasizing the need of special precautions at the present time

the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiar ly susceptible to inherestation susceptible to tuberculosis. millions of its people recently affected with influenza this country now offers conditions favoring the spread of 1917 CHEVROLET with demount-

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 actly the number of tuberculous 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 De-partment of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number neares 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., reveale 200 cases of tuberculosis in a popula-tion 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 per-sons is tuberculous. Each of these guarded against."

What to Do.

In his statement to the public Sur-geon 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 exawined 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 culosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often th 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 tuberculo-sis. Place yourself at once under the care of a competent physician. Tuber-culosis is curable in the early stages.

Patent Medicines Dangerous in Tuber. "Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuber-

culosis. The money spent on such

medicines is thrown away; it should be spent instead for good food and de-cent living."

DEMOCRACY VS. AUTOCRACY. 4

"There is no royal road to accomplish this by the voluntary action of our whole people, each of burden."

The truth of this statement, made by the United States Food Administrator soon after we en-tered the war, has been borne out by the history of our exports. Autocratic food control in the lands of our enemies has 4 broken down, while democratic + food sharing has maintained the 4 benith and strength of this coun-try and of the Allies.

Was Quite Likely.

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A Boston man says that an exacting housewife in that city telephoned to a meat dealer's place of business that the next order "you receive from me will be the last." The man at the other end of the wire agreed with her. sald that he was an undertaker.

Amethysts.

The best amethysts are brought from Cambay, in India, and from Siberia, Ceyion and Persia. The chief supply of the blue turquoise is drawn from the peninsula of Sinai, the great mining district of the ancient Egyptians.

"Aha!" hissed the Pullman porter "I have found the secret of his berth!" And he took a flask from under the enger's pillow.--Cartoons Maga-

Charity itself consists in acting just-ly and faithfully in whatever office, business and employment a person is engaged.—Swedenborg.

Young Lady Across the Way.

The young lady across the way says
her father has cut down on the size of

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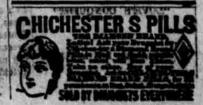
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