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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 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 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 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 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."

DEMOCRACY VS. AUTOCRACY.

"There is no royal road to food conservation. We can only accomplish this by the voluntary action of our whole people, each element in proportion to its needs. It is a matter of equality of burden."

The truth of this statement, made by the United States Food Administrator soon after we entered the war, has been borne out by the history of our exports. Autocratic food control in the lands of our enemies has broken down, while democratic food sharing has maintained the health and strength of this country and of the Allies.

Was Quite Likely.

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. He said that he was an undertaker.

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

Found. "Aha!" hissed the Pullman porter. "I have found the secret of his berth!" And he took a flask from under the passenger's pillow.—Cartoons Magazine.

Daily Thought. Charity itself consists in acting justly 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 his cigars and is now smoking pastilles.

Classified Advertising

FOR SALE

1917 CHEVROLET with demountable rims for sale. Is in best running condition. M. J. Barker, 207 West C street. Phone 196-R. 35

FOR SALE—Young team (excellent pullers), wagon, plows, harrows, hay, lumber, cedar posts, shotgun, rifle, bedsteads, oil stove and other articles. Phone 502-F-12, Mrs. George L. Morris, Rd. 1, Grants Pass, Ore. 42

FOR SALE—Furniture, stoves, tables, chairs, rugs, etc., top buggy, a few good hens. 801 North Sixth street. 32

FOR SALE—Good irrigated ranch on the Applegate, house, three barns, and out buildings, first class water right, all fenced, mostly wire fencing. For further particulars inquire of Geo. Feldmaler, Grants Pass. 35

FOR SALE—Oak wood. Call 500-R-3. 31

FORD BARGAIN—1917 Ford, quick sale, terms. \$400. C. L. Hobart Co. 32

TO RENT

FOR RENT—Cottage 321 Rogue River Ave., three rooms and sleeping porch, good well and one-half acre land, barn, \$4.50 per month. Key at 208 Foundry. 31

FOR RENT—Rooms for light house-keeping, also sleeping apartments. Call 417 E street, phone 361-R. 31

WANTED

WANTED—At once, a dishwasher and a pantry girl, both must be experienced. Inquire chef, Josephine hotel. 291F

WANTED—One-horse wagon or hack in good condition. Answer by letter Box 57A, Rd. No. 4, Grants Pass, Ore. 31

MISCELLANEOUS

JITNEY SERVICE—Any where, any time. Phone Mecha Cafe 181-R. Otto J. Knips, Residence 149-Y. 29F

HEMSTITCHING and piecing done to order. Handicraft Shop, Medford, Ore. 38

GARAGE—First class work; electrical work a specialty; satisfaction guaranteed. Oils and gasoline. Everett Steiger Garage, 211 North Sixth Street, Phone 298. 43

TAXI—If going or coming call the White Line Taxi. Safety first. Call at the Spa confectionary. Phone 362-R. Residence phone, 320-R. 45

TO EXCHANGE

FOR EXCHANGE—160 acres black soil in well watered grain district 50 miles north of Calgary, Alberta, 25 acres under cultivation. Small stables, and \$600 house. Prefer to have acreage near Grants Pass, of value \$2,000. For particulars address A. W. Isom, Rt. 1, Grants Pass, Ore. 35

America's Pledge of Food Gave Heart to the Allies in Their Darkest Hour

Whatever is necessary, America will send. That was America's pledge to the interallied food council. And because the American food army had hitherto made good they took heart and went forward.

Farm enterprise and much soft corn increased pork supplies, food conservation increased exports—total shipments doubled.

FAITH JUSTIFIED BY EVENTS.

I do not believe that drastic force need be applied to maintain economic distribution and sane use of supplies by the great majority of American people, and I have learned a deep and abiding faith in the intelligence of the average American business man, whose aid we anticipate and depend on to remedy the evils developed by the war.—Herbert Hoover, August 10, 1917.

Our food Gospel
eat less
serve less
waste nothing

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THE PICTURE MILL for fine photographs. Open daily except Sunday from 10 a. m. to 5 p. m. Sunday sittings by appointment only. Phone Mill, 253-R, or residence 140-J. 57F

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S. LOUGHRIDGE, M. D., Physician and surgeon. City or country calls attended day or night. Residence phone 269; office phone 183 Sixth and H, Tufts Bldg.

DR. J. O. NIBLEY, Physician and surgeon. Lundburg Bldg. Health office. Office hours, 9 to 13 a. m. and 1 to 5 p. m. Phone 310-J.

A. A. WITHEAM, M. D.—Internal medicine and nervous diseases; 908 Corbett Bldg., Portland, Ore. Hours 9 a. m. to 1 p. m.

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THE WORLD MOVES, so do we. Bunch Bros. Transfer Co. Phone 297-R.

F. G. ISHAM, drayage and transfer. Safes, pianos and furniture moved, packed, shipped and stored. Office phone, 22-R. Residence phone, 124-R.

The California and Oregon Coast Railroad Company

Effective Nov. 15, 1918.

Trains will run Tuesday, Thursday and Saturday

Leave Grants Pass 1 P. M.
Arrive Water Creek 2 P. M.
Leave Water Creek 3 P. M.
Arrive Grants Pass 4 P. M.

For information regarding freight and passenger rates call at the office of the company, Lundburg building, or telephone 341.

Tire Repairing

Any kind of an injury repaired on any sized tire, and all work guaranteed at the Maxwell Garage.

TAVIS & ADAMS AUTO CO. PHONE 317

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Big Pierce Arrow Cars Easy Riding
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