

# 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 actually caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsham, 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 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 case?" was asked. "In my opinion it is, though I hasten to add it is directly one against which the people are on 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 100,000. 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 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. It is desirable to have several examinations made a month apart. Such examinations cannot be made through 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 forerunners of tuberculosis. If you do not seek well promptly, if your colds hang on or your health and strength decline, remember that these 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 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 fresh air.

# SUGAR TESTED MORAL FIBER

Doubters Declared Saving Staples Would Be Easy Compared With Sacrificing Luxuries.

FIGURES SHOW RESULTS.

Americans Demonstrated Sturdy Support of War by Conserving for the Benefit of the Allies.

When figures began to show definitely that the people of the United States were actually reducing their consumption of foods needed abroad, the United States Food Administration was told that it was comparatively easy to bring about conservation of staple necessities, but that it would be far more difficult to accomplish an actual decrease in the use of luxuries. The doubters took sugar as an example, and declared that it would be practically impossible to bring our consumption of sugar down to a point that would meet only the food needs of the people.

Now that demands upon ocean tonnage will be lightened, European nations will be able to go farther afield for foodstuffs, and will no longer be entirely dependent for sugar upon North American supplies. With the stocks now in prospect, we will have sufficient sugar to place this country back upon normal consumption if the present short rations in Europe are not materially increased. If the European ration is to be materially increased over the present low amount it can be only through the American people's making it possible by continued restriction to a greater or less extent here.

The fact that the Food Administration has been able to relax the voluntary sugar ration is in itself proof that the ration of two pounds per person per month was generally observed throughout the country. This conservation allowed the Food Administration to build up a reserve, and to tide over the period of scarcity, until the new crops of Louisiana cane and beet sugar were ready for distribution.

The records of the Food Administration show that in July, August, September and October 995,000 tons were distributed. Normal consumption for that period is 1,000,000 tons. This shows a definite, concrete saving of over 500,000 tons. These figures apply to sugar consumed on the table, in the kitchen and in the various industries, and show conclusively that in the homes and public eating places of America, where 70 per cent. of all our sugar is consumed, the sugar consumption has been reduced by more than one-third.

In the four-month period beginning with July, this country normally uses 400,000 tons of sugar per month. Last July 200,000 tons entered into distribution. In August only 225,000 tons were distributed. In September the figures showed 279,000 tons, and then fell to 230,000 tons in October.

## AN AMERICAN HABIT THAT WAS EXPANDED.

Coming to the relief of the distressed is not a new sensation to us. Having sent shipments of food to the famine sufferers of India as offhandedly as the housewife hands out a cut of the loaf to the wayfarer, it seemed the most natural thing in the world to succor Belgium, to take on the feeding of a nation quite informally.

The test of peace is to summon for the healing of nations devotion equal to that given the tasks of war.

**Save that we may share Save food**

## METHODS OF DEMOCRACY.

The extent to which the United States Food Administrator has relied on the voluntary support of the American people is shown by a statement made by the United States Food Administrator speaking before the Senate Agricultural Committee less than three months after this country entered the war. That he was justified in his implicit confidence in the strength of democracy has been clearly reflected by the measure of support we have lent the Allies.

"If democracy is worth anything," Mr. Hoover declared, "we can do these things by co-operation, by stimulation, by self-sacrifice, by the patriotic mobilization of the brains of this country. If it cannot be done in this manner it is better that we accept German domination and confess to failure of our political ideals, acquiesce in the superiority of the German conception and send for the Germans to instruct us in its use."

# MEAT INCREASE AT TIME NEEDED

Producers Responded Nobly When Demand Was Shown to Them.

CATTLE AND HOG FIGURES.

Government Justified in Pork Policy Which Now Provides Chief Supply to Meet Three Billion Pound Fat Shortage.

In line with the general plan of conservation formulated by the U. S. Food Administration immediately following the entrance of the United States into the war the contribution made by the meat producers of this country to the war program is of particular significance, as it demonstrates the hearty co-operation accorded the Food Administration by the meat producers of the country.

According to reports of the U. S. Department of Agriculture, there was an increase in cattle of 10,238,000 head and 12,441,000 hogs, these figures compiled to January 1 last. In the same period there was a decrease of 819,000 head of sheep, but indications are this decrease will show an increase following the latest reports.

Since January 1 unofficial information indicates an increase in hogs of not less than eight per cent. and not more than fifteen per cent. compared with one year ago, with an increase in average weight.

Following the request of the Food Administration for increase in hog production for the fall of 1918 and the spring of 1919 the increase may yield not less than 1,600,000,000 pounds more of pork products than were available last year. Without this increase the shipping program arranged by Mr. Hoover regarding animal food products would have been impossible.

The dressed hog products during the three months ending September 30, 1917, amounted to 903,172,000 pounds, while for the same months of 1918 the production was 1,277,589,000 pounds, an increase of over 374,000,000 pounds for the quarter.

During the same period in 1917 inspected slaughter records of dressed beef showed 1,263,000,000 pounds as against 1,454,000,000 pounds for the three month period ending September 1, this year.

We must increase our meat shipments, especially our pork products, to meet the added demands of the millions liberated from German oppression. And at the same time we must look forward to the rehabilitation of the European meat herds. The policy which guided our meat program in the past year has been fully justified, for only the heavy pork production which it has brought about will enable us even partly to satisfy the increased demands on us for the coming year. There will be a world shortage in fats, and it is to the United States that Europe must look to supply its deficiency. At the same time there will continue to be heavy demands for beef. Owing to the limited refrigerator shipping capacity European imports of beef for some time will be limited. The United States, Australia and Argentina will be able to maintain a supply that will keep all available freezer vessels operating at capacity.

## America's Pledge to the Allies When Their Lines Were Breaking

America will send the food, whatever needs for victory. They believed, they stood fast and with our men they carried on—to victory.

## THE TEST NOW FULFILLED.

This government is nothing more than the expression of the people, and if we are to win the war it will be only because every man, woman and child charges himself daily and hourly with the test, does this or that contribute to win the war?—Herbert Hoover, April 18, 1918.

With the solemn obligation of providing that "margin" of food that would safeguard against starvation our friends in Europe the housewife and the consumer have learned hitherto to ignore and unsuspected things about food, have ascribed a whole "college education" in food values, food handling, buying and substituting that they will not want to forget.

Our voluntary food-saving not only saved the Allies and made vital contribution to the winning of the war, but saved to ourselves in administration expenses the outlay out of our own pockets that any effective system of rationing would have extracted. It would have cost us about \$45,000,000 to have policed ourselves up against the 2 cents per capita for co-operating.

By saving and sharing America kept the world together during the war crisis. By saving and sharing America will help to bring the healing of nations.

**America's Food Saving saves starving people**

# Peace Brings Us New Mouths to Feed



As the allies march into Austria, The dove was not sufficient for the hungry Vienna populace hope to our needs. It was the turkey of peace and the goose of peace for food. Their slogan is, "Cheer up, the Worst is yet to come." Do your Christmas shopping early.

## Bride of Battle

A Romance of the AMERICAN ARMY FIGHTING on the BATTLEFIELDS of FRANCE

By VICTOR ROUSSEAU

This is a story of two American wars. It begins with the assault of the American forces upon the Spanish defenders of Santiago in the days of '98 and the scenes of the closing chapters are laid upon the steel-swept fields of France where the soldiers of the great republic of the western world are battling the foes of humanity and civilization.

Intrigue, mystery, chivalry, love, feats of bravery on the field of honor—all these elements are interwoven in a story that mystifies and grips and thrills.

This first up-to-the-minute novel of the new America—the America upon whose arms rests the fate of the world—will appear as a serial in this paper, beginning in an early issue.

**Watch for the Opening Installment**

# GETS CREDIT FOR WIRELESS PHONE



Here is the inventor given chief credit by the war department for perfecting the wireless telephone. It is Col. Clarence C. Culver of Washington. This invention enabled all allied airmen to give information and receive instructions while flying considerable distance from their base. President Wilson gave orders over the new invention to airmen over Washington recently.

## For Croup, "Flu" and "Grip" Coughs

M. T. Davis, leading merchant of Bearsville, W. Va., writes: "A few nights ago one of my patrons had a small child taken with croup about midnight. Came to my store and got Foley's Honey and Tar Compound. Before morning the child entirely recovered. Parents can't say enough for Foley's Honey and Tar."—Sold by Reed Bros.

Indian summer is gone and American winter is at hand.

## HOLY FAMILY CHURCH (Catholic)

Cor Miller and C. Sts.  
Sunday High Mass at 10:30 o'clock  
Week days Mass at 7 o'clock.  
Instructions for children Saturdays at 9 A. M.  
Rev. Father Francis, O. F. M.  
Rector.

Get the Genuine and Avoid Waste

**MORGAN'S SAPOLIO SCOURING SOAP**

Economy in Every Cake

## Sumpter Valley Railway Co.

Arrival and Departure Of Trains

<b>Departs</b>		
No. 2, Prairie	1:15 A. M.	
Sumpter	2:35 P. M.	
<b>Arrives</b>		
Baker	4:15 P. M.	
<b>Departs</b>		
No. 1, Baker	8:3 A. M.	
Sumpter	1:05 A. M.	
<b>Arrives</b>		
Prairie	2:1 P. M.	

No. 1 Makes good connection with O. W. R. & N. Co. No. 4 (Fast Mail) leaving Portland 6:15 P. M., arriving at Baker 7:55 A. M. and No. 17 from east arriving Baker 6:50 A. M.

No. 2 connects with No. 5 (Fast Mail) arriving at Baker 7:55 P. M. which picks up Pullman at Baker, arriving at Portland 7:00 A. M. Also with No. 18 at 0:45 P. M. for points East.

## \$1500 Reward!



The Oregon, California and Nevada Live Stock Protection Association on which the undersigned is member, will give \$1,500.00 reward for evidence leading to the arrest and conviction of any party or parties stealing horses, cattle or mules belonging to any of its members.

In addition to the above, the undersigned offers the same condition \$500.00 for all horses branded horse-shod bar on both or either jaw. Brand recorded in eight counties, Kango, Harry, Lake and Crook counties. Horses yoked when sold.

None but grown horses sold and only in large bunches.

W. W. BROWN, Elsie Oregon.