

UNCLE SAM TELLS HOW TO COMBAT INFLUENZA CASES

In response to a request for definite information concerning Spanish Influenza, Surgeon General Rupert Blue of the U. S. public health service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish Influenza' resembles a very contagious kind of 'cold,' accompanied by fever, pains in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Gers mention the disease as occurring along the eastern front in the summer and fall of 1917.

How can 'Spanish influenza' be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread thru the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made thru the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized.

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication.

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of labor pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the

form of dust coming from dried mucus, from coughing and sneezing, or from careless people who cough on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and to be dangerous to take the so-called 'cure' and 'remedies' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or small-pox usually protects a person against another attack of the same disease. This appears not to be true of Spanish influenza. According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic 30 years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze. If you don't you'll spread disease."

QUEER SIGHTS SEEN IN RECRUIT EXAMS

CAMP KEARNEY, San Diego, Cal., Oct. 29.—Some queer sights are seen here when recruits are given physical examination on the occasion of their induction into the army. Obviously, complete examination requires that the men strip, but some of them interpret this with reservations.

It is nothing to see a 200 pound recruit ambling briskly along the line of medical officers wearing a pair of eyeglasses and nothing more. Recently one man, obedient to the order given him at the entrance of the examination building, took off all his clothes but disobeyed the order insofar as it applied to hose supporters.

Another construed a wrist watch as not being "clothes" and wore it and nothing else throughout the examination.

One recruit, an Indian, stepped along, showing such elasticity he seemed built of steel springs, while immediately behind him was a fat recruit with knock knees, a picture of awkwardness. Some of the men look lean and fit; others are gross and overweight. Very often, especially among California recruits, men are found with arms and legs tanned a rich brown, while the remainder of their bodies are quite fair, due to the protection of their bathing suits.

SOLDIERS' MAIL NOW HANDLED BY WAR DEPARTMENT

WASHINGTON, Oct. 29.—The mail service for our army abroad has now been taken over by the army. It is handling a million letters a day that are received in France from this country and about 300,000 letters a day that are mailed in France for soldiers in France. It has warehouses for sorting mail at French ports. It has railway mail clerks on some 2000 miles of French railroads. It has a central postoffice at Tours, permanent postoffices at various points, mobile postoffices right up to the firing lines, and mail orderlies attached to each company of troops.

In the past, when the mail service for the army was under civil control, great delays were caused in the delivery of mail by the necessary secrecy concerning troop movements. Now, under military control, all movements of the mobile postoffices are telegraphed in code to the distributing post offices and the letters follow the soldiers as they march. All the hospitals notify the central postoffice of the identity of wounded soldiers received or transferred. The central post office works with the central general's office where every soldier in the army is card indexed, and 150 men are there constantly employed in searching out addresses. A system has been devised by which delivery may be quickened to "rehabilitation units" who have been scattered among widely separated troops. And various means have been found for overcoming delays due to lack of shipping facilities or congestion of mail at crowded posts.

It still remains true that mail for some 50,000 soldiers in France is delayed because the letters are inadequately addressed. In the future all such letters will be stopped at New York and returned to their senders. It is estimated that 300,000 letters a month have been delayed in the past because of the faulty addresses.

COUNTRY CLUBS ALLOWED TO USE SURPLUS COAL

WASHINGTON, Oct. 29.—Country clubs are allowed to use bituminous or steam anthracite coal whenever in the opinion of the state fuel administrator there is a surplus of this fuel for the purpose, under an order today by Fuel Administrator Garfield. They will not be permitted to use household sizes of the anthracite coal for cooking or heating.

YANK RESERVES READY TO ASSIST ITALIAN SMASH

ITALIAN HEADQUARTERS ON THE PIAVE, Monday, Oct. 28.—(By the Associated Press.)—American soldiers are in reserve along the Piave fighting zone. The correspondent saw an American battalion going through its "setting up" exercises this morning near the river.

WASHINGTON, Oct. 29.—American troops are on the verge of active participation in the great war on the third major front. This was the interpretation given here today of men from the Italian headquarters that Americans are standing in reserve behind the British and Italian forces now driving across the Piave.

So far as official announcement shows there are but two regiments of infantry and necessary auxiliary troops in the American forces in Italy.

EAGLE POINT EAGLETS

By A. C. Howlett

George Brown and Sons, our leading merchants, shipped several hundred pounds of mohair to Salem Thursday.

Thursday, J. L. Kershaw, the mail contractor, who is carrying the mail between here and Clatsop, while he was here, paid up a year's subscription to the Medford Sun.

H. B. Tronsen shipped quite a lot of apples to Butte Falls Thursday.

Among the passengers on the P. & E. Thursday was Mike Howlett, Sr., and O. Gaines.

Among the guests at the Sunnyside Thursday was Deputy Sheriff W. O. Garrett, democratic candidate for sheriff's office the coming term, and after dinner he remarked that he would like to have some good looking man go along with him up in the Lake creek country. Well, I thought that as a matter of course that he meant me, as I thought that I was about the best looking man around here, so volunteered my services; at the same time thought that perhaps I might do some missionary work for the Mail Tribune or at least read some items of interest for the readers. So we started out last night before we left Eagle Point I introduced him to some of our business men and women, about all republicans and they gave him a cordial greeting. In going on my trip, my

met quite a number on the road as well as stopping at several houses, kept on going and stopping until we reached Lemon Charley's, where we stopped. The reader must know that Mr. Charley is one of the leading Republicans in that section and we were pleased to see he received us with such a warm welcome, in fact we, that is I, could hardly pull them apart, but we did not last succeed, and so we started on up the creek and on reaching the Thompson Bros. store and consulting our watches decided that we would not have time to go to the manganese mine and visit the other places we had planned to visit, so we turned our course and on the return trip met Mr. Charles Klinge and Frank Miller, and while we were there Mr. Klinge remarked that his subscription to the Daily Mail Tribune was about due and that he wanted to renew it, so giving him a receipt for \$5 and Mr. Garrett receiving assurance of their hearty support we went on our way out to the beautiful homes of the Meyers families, Herman Sr., and Herman Jr., and also met Mrs. Ed Meyer, whose husband is in the service of his country. Off to the right of the road through the farms I noticed a large field where corn had been raised the past summer, all nicely sown in wheat and in meeting Mrs. Meyer Jr., remarked that she had just finished putting that field in, that she had a seat on the cultivated and rode, and that she really enjoyed helping her husband with his work in that way, that it made her healthy and strong, so that she could enjoy life. After meeting Mrs. Meyer we met her husband, and we both received a pleasant smile and encouraging words from them all. Herman Meyer, Sr., was away from home, while we were there, so we did not see him. Holding them adieu we started on the return trip. We hurried along homeward but at Brownsboro we switched off on the road that leads direct to Medford, stopping at the home of our old friend, ex-County Commissioner Thomas Riley, and found him just coming in from his barn, where he had just turned out his fine herd of Jersey cows, and after giving us both a hearty welcome and encouraging words to Mr. Garrett, he suggested that he wanted to renew his subscription to the Daily Mail Tribune, so after giving him a receipt we started for the Sunnyside, where we found supper waiting. I found Mr. Garrett to be a very agreeable traveling companion as well as a very broad minded man, and judging from the way the people along the route we met greeted him, he will be likely to carry Lake creek precinct by a large majority, as all but two that we met gave Mr. Garrett assurance of their support and the two were non-committal. While we were traveling through the country my eyes were open to notice what was going on in the way of improvements, and one very noticeable improvement I noticed was the work of our road

supervisor, Ed Dutton, is doing on the road between the rock crusher and Brownsboro, putting crushed rock on the new road around the hill just this side of Brownsboro. I also noticed that the road between Brownsboro and Lake Creek was greatly improved but was sorry to see that the new road around the Nvaren hill was still uncompleted, but at a dead standstill, a piece of road that is as badly needed as any road in the county, a road where the manganese company have to haul all the ore for shipment. I noticed also that L. C. Charley was notifying his already lovely home by hauling fine sand and spreading it in front of his house outside of the fence. I also noticed that a number of the farmers were very busy putting in their grain and getting ready for a good crop next year.

But I see that I am getting my letter too long and that I have quite a number of items to jot down before I get through the list.

W. D. Roberts, one of our successful farmers was doing business in our over Friday.

George Brown and Sons shipped a car of hoes Thursday afternoon to Portland. R. G. Brown, one of the firm, accompanied them.

Miss Helen Holt was rejoicing Thursday morning over the advent of a little nine and a half pound sister that was born to Dr. W. P. Holt and wife that morning.

Thomas Riley and his father, Joe Riley, has just received a new wood sawing outfit, through Roy Ashpole, one of our hardware merchants, and says that he has contracted to cut a thousand cords of wood for Joe Rader.

M. B. Morrow of Spokane spent Friday night at the Sunnyside on his way up the country.

Vernon Jones of Butte Falls spent the night with us Friday. He was down to secure their winter supply of apples.

Mrs. George Vonder Hellen, wife of Major Vonder Hellen, who has been at the government station near San Francisco, Cal., returned and was visiting her father-in-law, Senator Vonder Hellen, Thursday and Friday.

Lew E. Smith of Butte Falls sent me the amount of his subscription to the Mail Tribune by our accommodating Railroad Conductor Charley Bacon, Thursday.

There were two cars left on the track here Saturday to be filled with fruit for shipment.

Mr. and Mrs. Arthur B. Meyers of Rogue River were here for dinner Saturday on their way to Butte Falls. Mr. Meyers is Jackson county supervising fire warden and was going the round of Butte Falls and Prospect to gather up the tools that have been used there this summer.

Amos Avers has moved onto his father's farm and Mr. F. J. Avers expects to move into town.

Since my last report in addition to those already reported, W. C. Daley

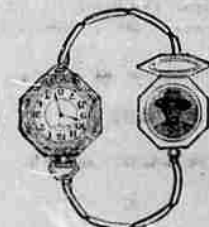
has renewed his subscription to the Daily Mail Tribune and F. C. Egenbury has renewed his subscription to the Daily Mail Tribune.

John Robertson has moved into one of the James Owens houses.

BACK LIKE A BOARD? IT'S YOUR KIDNEYS

There's no use suffering from the awful agony of lame back. Don't wait till it "passes off." It only comes back. Find the cause and stop it. Diseased conditions of the bladder or kidneys are usually indicated by stiff lame back, wrenching pains, lumbago, sciatica, nervousness, sleeplessness, tired, worn-out feeling, pain in the lower abdomen. These are nature's signals for help! Here's the remedy. When you feel the first twinges of pain or experience any of these symptoms, get busy at once. Go to your druggist and get a box of the pure, original GOLD MEDAL Haarlem Oil Capsules, imported fresh every month from the laboratories in Haarlem, Holland. Pleasant and easy to take, they almost instantly attack the poisonous germs that are clogging up your system and bring quick relief.

For over two hundred years they have been helping the sick. Why not try them? Sold everywhere by reliable druggists in sealed packages. Three sizes. Money back if they do not help you. Ask for "GOLD MEDAL" and be sure the name "GOLD MEDAL" is on the box. Adv.



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Saves Wheat - made partly of barley.

Saves Fuel - fully baked.

Saves Waste - eatable to the last bit.

Saves Sugar - contains its own sugar from its own grains

Saves Time - ready to serve direct from the package

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You are conserving when you eat Grape-Nuts