

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."

U. S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

Common Colds Highly Catching.

"It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice."

Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."

USE THE HANKERCHIEF AND DO YOUR BIT TO PROTECT YOURSELF AND THE PUBLIC



WE BUY LIBERTY BONDS FOR SPOT CASH ANY ISSUE.

\$50	\$100
\$500	\$1000

Send us your Bonds by registered letter and receive highest market price by return mail.

WESTERN STOCK AND BOND CO.
200 Central Bldg. Seattle Wash.

Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

Squealing Before They're Hurt.

It is little surprising that anyone in Yamhill county should raise a protest against Grand Ronde road being designated a post road, which will enable that county to obtain federal as well as state aid for the improvement of that long neglected part of Yamhill County, and which is such a serious detriment to the commercial interests of Yamhill and Tillamook counties. It appears to us that the Yamhillites are squealing before they are hurt and fail to see what a great benefit it will be to Yamhill county to have the Grand Ronde improved at government and State expense. They are evidently all at sea, and from our view point they don't know what they are talking about. When a level headed man like County Judge Nickell takes hold of and boosts for a project to improve the Grand Ronde road it shows there are some men in Yamhill county who use good business judgment and who are looking after the interest of that county. The parties who are protesting need not worry and come to false conclusions about mail being delayed.

This is some of the silly stuff that is being printed in Yamhill newspapers:
Messrs. Bloom and Warren have gone to Toledo, reports a correspondent of the Willamina Times, to present the protest against a change in mail route; also to try and secure a just amount of road money for Rose Lodge and adjacent district. The Rose Lodge people are opposed seemingly to the new star mail route as proposed by County Judge Nickell of Yamhill county, and supported by the Tillamook County Court and prominent business men of Tillamook.—News Reporter.

A vigorous protest is going to be made against the proposed change in the mail route to the coast as asked for by County Judge Nickell. Mail from Willamina goes via Rose Lodge to Otis, and returns the same way. Under Mr. Nickell's plan the route would leave the present one at Lenos and go via Dolph to Hebo where it would connect with the route from Tillamook City to Taft. A new route would have to be established from this route to Rose Lodge, but from the latter place to Lenos the route would be discontinued. Also the present one a tri-weekly, from Hebo to Dolph would be off. The change, if it is made, would cause quite a few changes in the mail service for the south part of Tillamook county. Mail for those towns routed via Willamina would be a day or two days later than the service now given Rose Lodge and Otis. Several hundred tons of mail are carried each year south through Tillamook City, and it is planned to route this mail via Willamina and Hebo. The proposition behind the scheme is to convert the road from Lenos to Hebo to a post road. Another thing made necessary by it would be the improvement of the road from Hebo south.—Willamina Times.

What's To Be Done With all This Clothing?

Demobilization of the Military forces of the nation will leave in possession of the government enormous stores of clothing. Clothing and equipment on hand November 1, ten days before hostilities ceased, as shown in a report made public by Brig. Gen. Robert E. Wood, acting quartermaster general and director of purchase and storage, included: Flannel shirts, 2,742,824; cotton trousers and breeches 8,879,000 pair; shoes, 21,000,000 pair; winter drawers, 21,050,000 pairs; winter undershirts, 21,450,000; heavy and light wool stockings, 46,100,000 pairs; cotton flannel gloves, 1,599,000 pairs; leather gloves, 3,084,000 pairs; jersey and woolen knit gloves, 12,350,000 pairs; leather mittens, 3,723,000 pairs; blankets, 5,000,000; to say nothing of nearly 14,000,000 yards of melton and 9,000,000 yards of flannel for shirts.

Stomach Trouble.

"Before I used Chamberlain's Tablets I doctored a great deal for stomach trouble and felt nervous and tired all the time. These tablets helped me from the first, and inside of a week's time I had improved in every way," writes Mrs. L. A. Drinkard, Jefferson City, Mo. For Sale by Lamar's Drug Store.—Pd. Adv.

For Croup.

"Chamberlain's Cough Remedy is splendid for croup," writes Mrs. Edward Hassett, Frankfort, N. Y. "My children have been quickly relieved of attacks of this dreadful complaint by its use." This remedy contains no opium or other narcotic, and may be given to a child as confidently as to an adult. For sale by Lamar's Drug Store.—Pd. Adv.

WE BUY LIBERTY BONDS FOR SPOT CASH ANY ISSUE.

Send us your Bonds by registered letter and receive highest market price by return mail.

WESTERN STOCK AND BOND CO.
200 Central Bldg. Seattle Wash.

COAXING YOU TO SMILE.

Her Indorsement.
"I want to get this check cashed," said a young wife to a clerk at the bank. "Yes, madam; you must indorse it to me. He is away on business." "Yes, madam, but just indorse it. Sign it on the back please, and your husband will know that we paid it to you." The young lady went back to the desk and in a few minutes came back with the check indorsed, "Your loving wife Sophia."

Credit to Spare.

Mr. Butterworth, the grocer, was looking over the credit sales slips one day. Suddenly he called to the new clerk:

"Did you give George Callahan credit?"
"Sure" said the clerk. "I—"
"Didn't I tell you to get a report on any and every man asking credit?"
"Why I did" retorted the clerk, who was an earnest young fellow. "I did get a report. The agency said he owed money to every grocer in town, and, of course, if his credit was that good, I knew that you would like to have him open an account here!"

Only One.

It happened in the German capital. Two Socialists were standing talking in the street, and one, becoming excited, exclaimed: "I tell you what, that idiot of an emperor—" His discourse was cut short. Turning quickly, he was confronted by a policeman, who informed him that he was under arrest. "What for?" asked the captive, beginning to weaken. "For uttering treason against your emperor." "Oh, but you didn't let me finish. I was going to say, 'that idiot of an emperor of Japan.'" "No you don't" replied the policeman. There's only one idiot of an emperor. Come along with me."

An Unfortunate Start.

A commercial traveler on his first trip called upon a chemist. He was nervous as he put his hand into his pocket and drew out a card.

"You are fortunate" replied the druggist.

The traveler was encouraged.

"I think so sir," he said, "and the druggist who trades with us is even more so. My firm has the finest line of cosmetics in the world."

"I should have thought it," slowly responded the man of medicines; "her complexion looks natural," and he handed back the photograph which the young man had given him in mistake.

The traveler didn't wait for an order.

Your Chance For a Good Business At A Great Bargain.

The City Transfer Co., of Tillamook, Ore., offers for sale cheap in bulk or singly the following:

- 1 Mack Truck.
- 1 Maxwell Truck.
- 3 Teams horses.
- 3 Sets harness.
- 2 Dray wagons.
- 3 Wood wagons.
- 1 Dump wagon.
- 1 Piano mover.

Office fixtures and all equipment used in the business.

For particulars inquire at the office of the Company.

ENGINEERING And Vocational Training.

Approved by U. S. Gov. Officials. The most thorough and practical school in all Engineering and Vocational Sciences—offering complete courses in ONE HALF the time usually required by Universities.

Elimination of non-essential subjects; intensified courses and individual instructions enables us to effect the saving of time.

Well equipped shops, laboratories and field instruments.

Courses in: Civil, Electrical, Mechanical and Mining Engineering, Auto-Mechanics, Machine Shop, Oxy-Acetylene Welding, Commercial and Wireless Telegraphy.

We have fully demonstrated that it is not necessary to spend four years in High School, and another four years in University before being an Engineer.

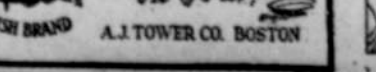
Actual engineering work done by advanced students.

Opportunities to earn board and lodging.

New Term Beginning Jan 6th. Address: Polytechnic College of Engineering 13 & Madison Sts. Oakland, Cal.

TOWER'S FISH BRAND REFLEX SLICKER

Practical as a plow, and just as necessary. Make every rainy day count.



Waterproofs Absolute are Marked thus—

TOWER'S FISH BRAND A. J. TOWER CO. BOSTON

SANITATION.

That the germ is the cause of most deadly disease is more than mere theory—it is a real fact. The work of tuberculosis sanitariums, the typhoid hospitals in the canal zone, the vaccine laboratories are all evidence of the fact that the safety of individual makes upon the disease germs, the cause of most losses of life and dollars. In selecting a weapon to kill the germs of disease several vital questions must be looked squarely in the face or disinfectant will be little better than useless. First—Has the disinfectant the power to kill all kinds of disease germs? 2nd, Can the disinfectant be used safely whenever disease germs are found? 3rd, Is it effective, when used anywhere and every where, and by any body, and can it be used with safety? Therefore a disinfectant that can be used with safety must not be a poison or caustic acid, whereas poisonous disinfectants endanger the life of human beings or animals, this can be verified by turning to the files of our daily papers. When buying a disinfectant be sure what you buy as your life may depend on that purchase, look at the label, note the germ killing power and if it is poison or not. Disinfectants are measured upon the germ killing strength of undiluted carbolic acid, which they term a phenol coefficient. Look for the phenol coefficient on the label.

B. K. was tested by the United States Hygiene Laboratory and found to have a phenol coefficient 10 plus or ten times stronger than undiluted carbolic acid as a germ killer. Much stronger than coal tar disinfectants—much safer.

Safe—B.-K. contains no poison, acid or oil.

Clean—B.-K. is colorless, leaves stain on floors or walls.

Disinfectant—B.-K. destroys foul odors leaves no odor of itself.

Cheap to Use—B.-K. is so much stronger than other disinfectants that it does more disinfecting for the same money. Use it in Barber Shops, Baths, Bath Tubs, Bleaching, bread boxes, chambers, closets, cupboards, cuts and scratches, house and kitchen, laundry, nasal and throat sprays, nursing bottles, operating rooms, purifying air, sick rooms, etc.

B.-K. is not a cure all but thorough germ killer. Protect yourself now against any dangerous disease germs that you may come in contact with by using B.-K. B.-K. is sold in quart and gallon bottles. Our guarantee. B.-K. stands absolutely on what it does for you. Use it according to directions then if you don't find it exactly as represented by us we will refund your money—For sale by Kuppenbender, both phones.

Ornamental Fire Places Built of Brick and Stone, All Fire Places absolutely guaranteed not to smoke or money refunded.

Brick work of all kinds done on short notice.

We make a specialty of repairing smoking Fire Places.

RALPH E. WARREN,
TILLAMOOK, ORE.



THE LATEST!

Electricity's latest gift to the housewife—greatest since the electric iron and electric vacuum cleaner—the

Western Electric PORTABLE SEWING MACHINE

No more tiresome treadle pushing—no more backache—a little electric motor does the hard work.

A foot control gives any speed desired.

The entire machine in its case can be carried anywhere—it's no larger than a typewriter.

Ask for a demonstration.

COAST POWER CO THE ELECTRIC STORE.

DR. O. L. HEILFELD,
VETERINARIAN.
Bell Phone—32J Mutual Phone.
Tillamook Oregon.

DAVID ROBINSON, M.D.,
PHYSICIAN AND SURGEON
NATIONAL BUILDING,
TILLAMOOK OREGON.

R. E. MOALS, M.D.
PHYSICIAN AND SURGEON.
Surgeon S. P. C.
(I. O. O. F. Bldg)
Tillamook Oregon

ROBERT H. MCCRATH,
COUNSELLOR-AT-LAW,
ODDFELLOWS' BUILDING,
TILLAMOOK, OREGON.
PORT AND OFFICE
1110 WILCOX BLD.

CARL HABERLACH
ATTORNEY-AT-LAW.
TILLAMOOK BLOCK
Tillamook Oregon

WEBSTER HOLMES,
ATTORNEY-AT-LAW
COMMERCIAL BUILDING,
FIRST STREET.
TILLAMOOK, OREGON

DR. L. L. HOY,
PHYSICIAN AND SURGEON
TILLAMOOK BLOCK,
Tillamook, Oregon.

H. T. BOYD
ATTORNEY-AT-LAW.
Complete Set of Abstract Books in Office.
Taxes Paid for Non Residents.
TILLAMOOK BLOCK,
Tillamook Oregon
Both Phones.

W. C. HAWK.
PHYSICIAN AND SURGEON
Bay City Oregon

DR. J. G. TURNER,
EYE SPECIALIST.
PORTLAND — OREGON
Regular Monthly Visits to
Tillamook and Cloverdale.
WATCH PAPER FOR DATES.

T. H. GOYNE,
ATTORNEY-AT-LAW.
Office: OPPOSITE COURT E J 288
Tillamook Oregon.

JOHN J. ELAND HENDERSON,
ATTORNEY
AND
COUNSELLOR-AT-LAW.
TILLAMOOK BLOCK,
Tillamook Oregon.
ROOM NO. 261.

H. T. Batts, Pres. Attorney at-Law.
John Leland Henderson, Secretary Treas., Attorney at-Law and Notary Public.
Tillamook Title and Abstract Co.
Law Abstracts, Real Estate, Insurance.
Both Phones.
TILLAMOOK—OREGON.

DELCO-LIGHT
The complete Electric Light and Power Plant
Plenty of bright, safe clean electric light. No more hot, smoky lamps.

ACKLEY & MILLER
Tillamook Garage,
Tillamook Ore