

THE GRIP EPIDEMIC

Disease Is of Short Duration and When Free From Complications Is Rarely Fatal

Not since the grip epidemic of 1889-90 has the dreaded influenza been so prevalent as now. No age or station in life is exempt from it, nor can its attack be prevented with certainty. It is, however, more frequent in persons living in overcrowded and ill-ventilated homes and in low, damp surroundings.

The best authorities give no satisfactory treatment for the acute stage but it is of short duration, usually running its course, in spite of medical treatment in two or three days, at most, a week or ten days. Careful diet and a supporting or tonic treatment, with laxatives, if required, are the best aids to nature during the acute stage.

Danger During Convalescence.
For a disease of such limited duration and one which, without complications, is rarely fatal, the grip leaves its victims more debilitated and less able to withstand other disorders than any other. One of our foremost medical writers says: "It is astonishing, the number of people who have been crippled in health for years after an attack." It is a common thing to hear people date various ailments or chronic ill-health from an attack of influenza.

The real danger from the grip is during convalescence, when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. The grip leaves behind it weakened vital powers, thin blood, impaired digestion and over-sensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence.

The story told by scores of victims of the grip is substantially the same. One was tortured by terrible pains at the base of the skull that made life unendurable and that long defied the power of medicine; another was left tired, faint and in every way wretched from anaemia or scantiness of blood; another had horrible headaches, was nervous and couldn't sleep; another was left with weak lungs, difficulty in breathing and acute neuralgia. In every case relief was sought in vain until the great blood-builder and nerve tonic, Dr. Williams' Pink Pills, was used. This remedy is justly regarded as peculiarly adapted to build up stable health after a siege of grip. For quickness of action nothing is known that will approach it, but it is also without equal for thoroughness.

RHEUMATISM AND DYSPEPSIA

Resulting From an Attack of Grip Cured by Dr. Williams' Pink Pills

Mrs. A. E. Wilber, of Bergen, Genesee Co., N. Y., is an enthusiastic advocate of Dr. Williams' Pink Pills for grip's after-effects. She says:

"I suffered for two years with the after-effects of the grip and was confined to bed for a greater part of one year. The grip left me with rheumatism in my legs from the knees down and I could not walk without darting, fire-like pains. I had severe pains in my stomach and could not retain food. My legs and feet were so swollen that I couldn't stand the least pressure or weight on my limbs. I had a bad cough, palpitation of the heart and terrible sick headaches. I was sick so long that my husband had to give up his work to stay at home to care for me.

"I had been under the care of a doctor for a long time and was getting no help. I had tried electricity and massage with only temporary relief.

"One day my husband brought home some of Dr. Williams' Pink Pills and wanted me to try them. At first I was determined not to take them but consented after a while. They helped me so quickly that I was soon able to get up, and I gained rapidly in strength until I was able to do my work. It seemed like a miracle to all my friends, who were surprised at my speedy recovery."

GRIP EVERY WINTER

This Indiana Woman Found Relief in Dr. Williams' Pink Pills.

Mrs. Sarah Rallsback, of 108 South street, Richmond, Ind., says: "I had attacks of grip every winter for about ten years. It left me with no appetite. I was miserable all the time and could hardly drag myself around. I lost in weight and was

terribly run down. I was chilly and cold and ached all over.

"I was under the care of our family doctor but got no relief until my niece persuaded me to try Dr. Williams' Pink Pills. It wasn't long before I had an appetite and could eat. I certainly got better soon and Dr. Williams' Pink Pills cured me. The aches and pains left me and I gained in weight. I take the pills every spring to build up my blood and tone my stomach. I always recommend Dr. Williams' Pink Pills to my friends and think they are a grand medicine."

LOST WEIGHT REGAINED

Grip Left This Man With Broken-down Nerves and Weak Stomach.

Mr. G. W. Casto, the well-known confectioner of 821 North Water street, Decatur, Ill., is grateful to Dr. Williams' Pink Pills for driving the lingering effects of the grip from his system. He says:

"For six years I suffered with nervous debility following an attack of the grip. I was left very weak and run down and felt all out of sorts. My nerves were particularly bad and any little trouble in my business upset me and I could not sleep nights. At times my stomach would gorge and become as hard as a stone, causing intense pains, my appetite was lost and each pronounced my trouble me. My weight decreased from 160 to 125 pounds.

"I took treatment with two doctors and each pronounced my trouble a nervous disorder but did not help me. I then tried Dr. Williams' Pink Pills and began to get better after using a few boxes. I gave them a thorough trial and was cured. I gained weight until I now weigh 162 pounds and have been healthy ever since. The pills are a fine tonic and cured me after doctors had failed."

What Dr. Williams' Pink Pills Do.

Dr. Williams' Pink Pills increase the number of red corpuscles in the blood. This is a matter of easy proof by microscopic test. They therefore may be said to actually make new blood. They are the most direct cure known for anaemia and all similar conditions. They cure debility and most forms of weakness because they make it possible for the nourishment taken in the body to reach the parts that require it. They cure rheumatism, because rheumatism is caused by impure blood, and when they replace the impure blood with pure, the disease is eradicated—not temporarily suppressed, but cured to stay. After-effects of grip, fevers and other wasting disease are best treated with these blood-making pills because after these troubles the blood is thin, watery and impure, and the health will not be perfectly restored until the vital fluid is made pure and rich. The pills are guaranteed to be free from opiates or any harmful drug and cannot injure the most delicate system.

Dr. Williams' Pink Pills are sold by all druggists, or will be sent, post-paid, on receipt of price 50 cents per box; six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

New Notaries.

N. C. Hogg, R. A. Leiter, M. O'Brien, Portland; G. W. Offield, Merrill; Wm. R. Mealey, Foster; T. J. Stites, Albany.

EXCELLENT FOR COLDS.

Mix half pint of good whiskey with two ounces of glycerine and add one-half ounce Concentrated oil of pine. The bottle is to be well shaken each time and used in doses of a teaspoonful to a tablespoonful every four hours. The Concentrated oil of pine comes in one-half ounce vials packed securely in the screw top cases which are intended to protect it from light and retain all the original ozone. Don't use bulk oil of pine or imitations of Concentrated, sometimes put out in wooden boxes. They are insoluble and work havoc to the kidneys. Any druggist has the Concentrated oil of pine.

Concentrated oil of pine is the result of many years experimenting by one of Philadelphia's foremost doctors who after endless research at last secured a truly soluble oil of pine, so make sure to get the real thing. It also makes an excellent salve to be applied externally for colds on the chest. For this purpose a teaspoonful of the raw oil is added to a saucercup of hot lard and applied hot.

THE LION TAMER

An Incident That Made the Old Timers Fairly Gasp.

"Lion trainers are born, not made," said Professor McPherson, one of America's foremost trainers of these pets from the jungles, while relating some of his experiences to a number of friends at Jamestown recently.

"A great many professional men lay claims to this saying about being born, not made, but I have seen it clearly demonstrated in my profession.

"The best example of it happened when I was with a big show several years ago. We were traveling through Kentucky when we ran short of helpers to feed the animals, sweep up and make themselves generally useful around the arena. In answer to an advertisement a big, rawboned, muscular mountaineer, about 25 years old, presented himself and, after saying he wasn't 'skeered of getting hurt, was taken on. His name was Bill. We all told him what to do and to be very cautious about the animals, particularly Emerson, a big lion that was said to be the fiercest in captivity, a regular man-eating lion. 'Whatever you do,' we told him, 'keep away from that brute Emerson.'

"That very afternoon he went to work about the cages, sweeping and watering. While we performers were in the dining tent the proprietor, thinking he heard some funny noises, went to the arena, where the various animal cages were kept, to see if anything was wrong. He looked about for a second and then spied Bill in Emerson's cage busily engaged in sweeping up the floor. The cage door was open, and the big lion was nowhere to be seen.

"The boss rushed to the workman and excitedly cried, 'What are you doing in there?'

"Oh, jest cleanin' up a little," the big mountaineer coolly replied.

"My God, man! Where is the lion, Emerson?" asked the old time trainer.

"Oh, he's all right. I jest tied him to that pole down there at the end of the yard. He's tied tight, all right," Bill said.

"That story is absolutely true. That big country bump we hired went to Emerson's cage and without any thought of fear or consequences put a rope around his neck and led him to the post he spoke of. He told me afterward that the lion never as much as tried to scratch him. Whether the lion was overrated as a man eater or whether Bill's unheard of action dazed him I don't know. But I do know that Bill is today one of the most successful and fearless lion trainers in the world."—Washington Star.

New Corporations.

The Medford Mail Publishing Company; principal office, Medford, Oregon; capital stock, \$35,000; incorporators, A. S. Bliton, F. M. Stewart and S. A. Nye.

Pacific Coast Timber Company; principal office, Portland, Oregon; capital stock, \$50,000; incorporators, F. S. Belcher, W. F. Stine and C. W. Sherman.

Great Southern Railroad Company; principal office, Portland, Oregon; capital stock, \$100,000; incorporators, John Heinrich, Sigmund Frank and Julius L. Meier.

TEA

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Your grocer returns your money if you don't like it, we pay him.

A Light Exchange.

The college man of yesterday, With brain that aches and eyes that bleed,

Far in the night would grind and toil And burn the smoky midnight oil.

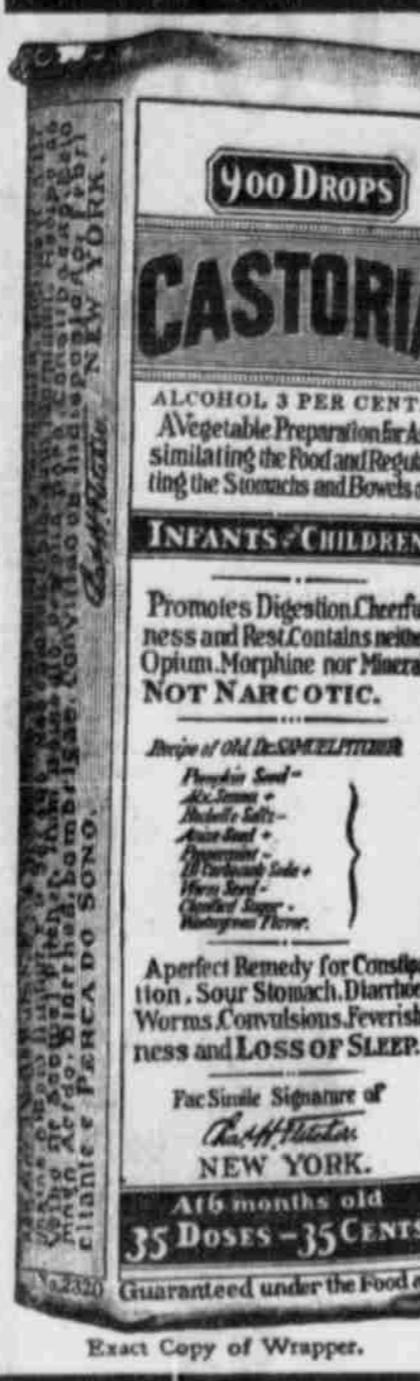
The student of the modern stamp No longer toils beside the lamp; He burns no midnight oil, you see, But uses electricity.

—Cleveland Plain Dealer.

SATURDAY TO MONDAY ROUND TRIPS

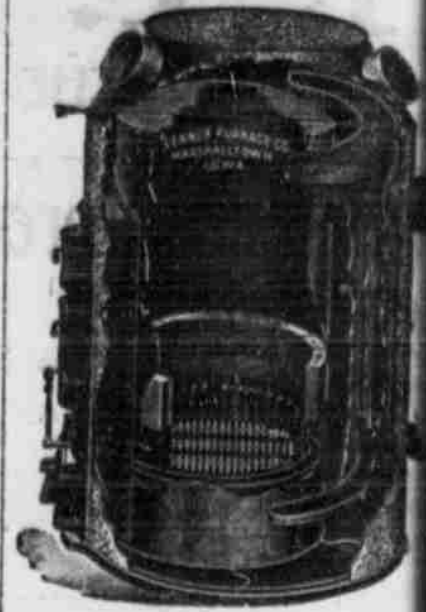
Commencing February 15th the Southern Pacific company will sell Saturday to Monday round trip tickets for all trains leaving Salem on Saturday and Sunday and returning Monday.

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