

SPANISH INFLUENZA—THE WAY TO TREAT IT AND TO AVOID IT

Simply the Old Fashioned Grip Masquerading Under a New Name

Spanish influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—Influenza or grip has a very low percentage of fatalities—out over one death out of every four hundred cases, according to the N. C. Board of Health. The chief danger lies in complications arising, attacking principally patients in a run down condition—those who don't get up too early.

THE TREATMENT

Go to bed at the first symptoms, not only for your own sake but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Nature herself is the only "cure" for influenza and will throw off the attack if only you conserve your strength. A little Quinine, Aspirin or Doyer's Powder may be given by the physician's directions to allay the aching. Always call a physician, since the chief danger of grip is in its weakening effect on the system, which allows complications to develop. These are chiefly pneumonia and bronchitis, sometimes inflammation of the middle ear, or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you,

or if you are over 50 or not strong, stay in bed four days or more, according to the severity of the attack.

HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food.

KEEP FREE FROM COLDS

Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs. Use Vick's Vapo-Rub at the very first sign of a cold. For a head cold, melt a little Vapo-Rub in a spoon and inhale the vapors, or better still, use Vapo-Rub in a benzoin steam kettle. If this is not available use an ordinary tea kettle. Fill half full of boiling water, put in half a teaspoon of Vapo-Rub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

NOTE—Vick's Vapo-Rub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Campher with such volatile oils as Eucalyptus, Thyme, Cubebs, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. Vapo-Rub can be had in three sizes at all druggists. While comparatively new in certain parts of the north it is the standard home remedy in the south and west for all forms of cold troubles—over six million jars were sold last year. Vapo-Rub is particularly recommended for children's croup or colds, as it is externally applied and can, therefore, be used freely and often—without the slightest harmful effect.

SALEM-AURORA ROAD PAVED NEXT SPRING

Columbia Contract Company Will Begin Hauling Material In January.

The Salem-Aurora section of the Pacific highway will be paved just as early next spring as weather conditions will permit.

This announcement was made today by the state highway department. C. A. Dunn, constructing engineer for the department, stated that the Columbia Contract company, which has a contract for furnishing 50,000 yards of material for the paving job, will begin hauling the material in January. The paving plant also will be set up during the winter, so everything will be in readiness to begin paving just as soon as the paving season opens.

The project is a post road project and the government and state will each bear one half of the cost. The project was approved by the government several months ago, but was delayed on account of war conditions. As the Salem-Jefferson road has not been graded by the county, no paving will be done on it by the state next year, it was stated. In fact the county has not made any application to the highway department for paving on that road.

Capt. Lewis Of Silverton Recovering From Wound

In today's casualty report the name of Capt. Floyd B. Lewis appears as severely wounded and his next of kin is given as Mrs. Abner Lewis, 1925 State street.

Dr. Lewis went into the service from Silverton and was with the 91st division at the time he was wounded, his injury consisting of a shrapnel wound in the thigh on Nov. 2 while in the service in Belgium.

He was taken at once to the American base hospital in London and a letter written Nov. 12 giving the cheering news that he was getting along nicely and walking around on crutches.

Dr. Lewis served in the Marine hospital at San Francisco during the Panama-Pacific exposition, and was a practicing physician at Silverton at the time he went into the service.

To show the time required to get information from the front in Belgium in France it may be noted that Dr. Lewis was wounded Nov. 3 and that his parents did not receive a telegram from the war department until Nov. 25.

The six cases decided by the courts embraced the question of degree of dependency of parents in a fatal case and whether the condition of disability claimed by workmen resulted from an accident. Of this group, the courts sustained the commission in two cases, modified the decision of the commission in one case, found for the workmen in one instance, and two cases were settled out of court.

In the total of 19 cases decided by the courts, five were hernia cases, two being won by the commission, one by the claimant, and two were settled.

SPANISH ISFLUENZA IS MORE DEADLY THAN WAR

The appalling ravages of Spanish influenza in this country are perhaps best realized by the statement recently made, that more deaths have resulted in little more than a month from this disease than through out whole eighteen months participation in the battles of the European war.

Our greatest danger now, declare authorities, is the great American tendency to forget easily and to believe the peril is over. Competent authorities claim the coming of cold weather is very apt to bring a return of this disease and there should be no let up throughout the winter months of the following easily observed precautions, remembering that influenza is far easier to prevent than cure.

Influenza is a crowd disease. Avoid crowds as much as possible. Influenza germs spread when ignorant and careless persons sneeze or cough without using a handkerchief. Cover up each cough or sneeze. Do not spit on the floor, sidewalk, in street cars or public places. Avoid the use of common drinking cups and roller towels in public places. Breathe some reliable germicidal and antiseptic air to destroy the germs that so find lodgment in your nose and throat.

Remember, no safer precaution against influenza could be employed in this manner than to get from the nearest drug store a complete Hyomei outfit consisting of a bottle of the pure oil of Hyomei and a little vest pocket hard rubber inhaling device, into which a few drops of the oil are poured. You should carry this inhaler about with you during the day and each half hour or so put it in your mouth and draw deep breaths of its pure, healing germ-killing air into the passages of your nose, throat and lungs.

By destroying germs before they actually begin work in your blood, you may make yourself practically immune to infection.

EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

If Feverish, Bilious, Constipated, Give Fruit Laxative At Once.

Don't scold your fretful, peevish child. See if tongue is coated; this is a sure sign of little stomach, liver and bowels are clogged with sour waste.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" clean and sweet.

Keep it handy, mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Remember there are counterfeits sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand back with contempt any other fig syrup.

30, and the published account did not appear until Dec. 13.

STUMEZE TABLETS

Stop Stomach Distress

Aid digestion; relieve gas, heartburn, bloating and that awful distress that follows after eating. Help to make good red blood and build up the nervous system. Neutralize stomach acidity. There is no better medicine made for stomach troubles than Stumeze Tablets. At all Drug Stores—25 cents.

Girls Outnumber Boys In Salem Public Schools

Although the Salem schools opened September 30, the first monthly report of Superintendent Todd is dated with the close of school Nov. 22, the delay being due of course to the fact that the schools were closed four weeks on account of the influenza.

The average number of pupils in attendance for this first month of school was 2325, the total registration being 2558. Taking the schools as a whole there are 156 more girls in attendance than boys.

In only one of the twelve grades of the schools are the boys in the majority. The following table shows the attendance in each grade for the school month ending Nov. 22, 1918:

Grade	Boys	Girls	Total
First grade	152	164	316
Second grade	110	116	226
Third grade	102	89	191
Fourth grade	115	108	223
Fifth grade	118	113	231
Sixth grade	110	114	224
Seventh grade	104	102	206
Eighth grade	89	118	207
Ninth grade	124	145	269
Tenth grade (H.S.)	89	116	205
11th grade (H.S.)	56	109	165
12th grade (seniors)	31	63	94

The per cent of attendance for the first month of school this year was 94 and visits by parents to all schools numbered 174.

Few Features Of Interest In Today Stock Market

New York, Dec. 13.—The New York Evening Sun financial review today said:

Trading in today's stock market presented but few features of interest. Prices in the industrial and railroad list alike ebbed and flowed idly, with an occasional punctuation of strength and weakness here and there until late in the afternoon when the decline broadened materially. The rails were irregular and for the most part neglected. Union Pacific was strong while Missouri Pacific preferred and Northern Pacific were weak. Others were steady. The entire list, in truth displayed consistent resistance to such pressure as there was exerted.

Special Telephone Line In From Brest To Coblenz

Brest, Dec. 13.—President Wilson will be able to talk with American headquarters in Coblenz, if he desires. The signal corps last night completed installation of a special telephone line from Brest to Coblenz. It is nearly 1000 miles long—the longest single circuit in Europe.

It runs by way of Chaumont and Tress. In the first conversations over this wire, Captain Lawrence, chief signaller, talked with Operator Helman of New York, stationed in Coblenz. At the conclusion of the test Helman asked the captain to "give my regards to Broadway."

Later Major Blanc, at Brest talked with headquarters of the Tird army at Coblenz. The new circuit is part of the American system which now totals more than 215,000 kilometers (133,315 miles). It includes a direct wire from American headquarters at Chaumont, to London,

UNLOADING SALE!

The Big Unloading Sale ends when the Store Closes at 8 p. m. Saturday night. More and Greater Bargains Offered in Coats, Suits, Dresses, etc. No evening shopping this year during the Holidays the usual Store hours being observed

COATS	SUITS	DRESSES
\$22.50 Values \$14.75	\$20.00 Values \$10.95	\$22.50 Values \$15.50
\$27.50 Values \$19.50	\$35.00 Values \$22.50	\$27.50 Values \$17.50
\$37.50 Values \$22.50	\$40.00 Values \$27.50	\$32.50 Values \$19.75
\$45 and \$47.50 Values \$31.75	\$45 to \$50 Values \$32.50	\$37.50 Values \$22.50
\$50.00 Values \$35.00	\$55 to \$60 Values \$37.50	\$40.00 Values \$24.75
\$60 to \$65 Values \$37.50	\$65.00 Values \$39.50	\$42.50 to \$45 Values \$27.50

EXTRA!	EXTRA	EXTRA!	EXTRA!
Trimmed Hats, this season's models. Regular values \$5.00 to \$7.00. Unloading Sale price \$1.93	\$5.00 and \$5.50 Silk Petticoats Unloading Sale Price \$3.45	\$10.00 Taffeta and Satin taffeta Skirts. Unloading Sale Price \$7.50	Women's Long Covert Cloth Coats, Tans only. \$1.98
\$5.00 and \$5.50 Plaid and Striped Skirts. Unloading Sale Price \$3.98	\$2.00 and \$2.50 Trench Caps, assorted sizes. Unloading Sale Price \$1.45	\$3.00 Heatherbloom Pettis coats. Unloading Sale Price \$1.75	\$5.00 Silk Petticoats, all colors and sizes. Unloading Sale price \$3.45

Portland Cloak and Suit Co.
Court & Commercial St. Old White Corner Building
Salem's Greatest Women's Apparel Store

54,462 CASES ACTED ON BY COMMISSION

State Industrial Accident Commission Busy During Last Five Months.

During the period from July 1, 1914, to November 30, 1918, the state industrial accident commission disposed of 54,462 cases under the workmen's compensation law, with but 22 appeals by

workmen from the decisions of the commission, an average of one appeal in 246 cases decided.

Of the total number of appeals, 19 have been decided by the courts. In 13 cases the question involved was the right of the claimant to receive any compensation, and courts sustained the commission in five cases, found for the workmen in five cases, while three cases were settled out of court.

Get Rid of That Persistent Cough

Stop that weakening, persistent cough of cold, threatening throat or lung affections, with Eckman's Alternative, the tonic and upbuilder of 25 years' successful use. 85c and \$1.50 bottles from druggists, or from

ECKMAN LABORATORY, Philadelphia

The Remnant Store

254 N. Commercial St. Headquarters For Santa Claus Salem's Greatest Xmas Store. Dolls, Toys, Games, Toilet Sets, at the Lowest Prices. Don't forget it is The Remnant Store that Treats You Right

XMAS BARGAINS--READ THEM

For Saturday Only Your Choice Of Fancy Serving Trays Value to \$2.50 Sale Price **\$1.69**

Do Your Xmas Shopping At The Remnant Store

15c AUTO TRUCK Saturday Special 2 for 15c

For a Real Bargain Go To The Remnant Store

For Saturday only Your choice of any Ladies' \$5 Silk Waist Choice **\$3.39** Each

Don't Forget You Can Do Better At The Remnant Store

75c Men's Neckties Saturday Price **48c** Or, 3 for **\$1.25**

Saturday Only **\$5.50, \$6.50 and \$7.50** HOBBY HORSES Special For **\$4.98**

THE REMNANT STORE

254 N. Commercial St. A. D. Thompson, Prop.

Woman Can't Find Words To Express Herself

"After six years of suffering from stomach trouble I am feeling fine. All the bloating and soreness is gone from my stomach and bowels. I can eat all I like now. I can't think of any words suitable enough to praise Majr's Wonderful Remedy. I am sure it has saved my life." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and always the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. J. C. Perry.

AMERICAN SECTOR

Washington, Dec. 13.—"The American sector," said General Pershing's communique, dated December 12, "has been shortened and now extends along the west bank of the Rhine from Rolandseck to Brey." The December 11 communique noted occupation of Coblenz and said the troops at night were along the west bank of the Rhine from Polandseck, Bonn, to Trecht, in Shaufen.

WORK WORKERS RESIGN

Washington, Dec. 13.—B. M. Baruch, chairman of the war industries board, today announced the resignation of the committee on cotton distribution—Charles Brand, chairman; William L. Clayton, J. Temple Kwattney and Edward H. Hinnant.

DEMAND SURRENDER

Berlin, Dec. 13.—The Aethraabendblatt says the entente has demanded surrender of 4500 German troops in Olesca.

CAPTAIN LESTER

(Continued from page one)

and feet of boys cut off by Cosnaeks. "Never Say Atrocity"

"I got from Fox his original notes, written in lead pencil, which formed the basis of the article," said Lester. "He told me he never saw an atrocity said in his opinion the things he wrote about never happened. He was told by an official of the German government that information being spread through the American press about German atrocities in Belgium."

"Fox was in close touch with the German chancellor, Foreign Minister Zimmermann and other German officials. He had the utmost freedom and was accorded privileges not given other correspondents. He could go wherever he wished on the fronts in Germany."

Garthe Made Statement
Louis Garthe, Washington correspondent of the Baltimore American, made a statement regarding the mention of

ASTHMA INSTANTLY BELIEVED WITH ASTHMADOR

Investigation into the death of Frank Pedro, wealthy Umatilla county sheepman, discloses the fact that he deliberately committed suicide with squirrel poison.

Sick headache, nervousness, shallow skin and drowsiness are nearly always caused by constipation and can easily be conquered by the use of Dr. Carter's K. and B. Tea.

Brew it at home the same as you would the regular mealtime tea and drink a cupful just before you go to bed.

A small package will last a long time and any druggist will tell you that he has been selling it for years and that many people swear by it. Drink it for inactive liver and clogged up bowels. You'll like it.

Being purely vegetable and gentle in action, it is fine for children and nearly all of them like it.

Our Guarantee

Your grocer will refund the full price you paid for MJB Coffee, if it does not please your taste, no matter how much you have used out of the can

Most Economical Coffee You can buy

Ask your grocer

