

SPANISH INFLUENZA--JUST GRIP CAMOUFLAGED UNDER NEW NAME

Most Authorities Now Agree That This Disease Is Simply The Old-Fashioned Grip, The Same That Has Swept Over The World Times Without Number. Since 1831 The United States Has Had Five Epidemics.

The Last Epidemic in 1889-90 Came From Russia by Way of France and Was Given a French Name, LaGrippe. This Time It Comes by Way of Spain.

ORIGIN OF THE DISEASE Spanish influenza, which appeared in Spain in May, 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.

THE SYMPTOMS Grip, or influenza as it is now called usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages--nose, throat and bronchial tubes--there is usually a hard cough, especially had at night, often times a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

THE TREATMENT Go to bed at the first symptoms--take a purgative, and 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 Dover's Powder may be given by the physician's directions to allay the aching. Always call a doctor, 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, 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.

EXTERNAL APPLICATIONS In order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Viek's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red.

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 Viek's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub 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 VapoRub from time to time--keep the kettle just slowly boiling and inhale the steam arising.

NOTE--Viek's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubeb, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. VapoRub 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. VapoRub is particularly recommended for children's croup or colds, as it is externally applied and, therefore, is used freely and often without the slightest harmful effects.

CITY HAS LEGAL RIGHT TO AMEND CHARTER TO RE-ASSESS PROPERTY

This Decision Is Given By Judge Kelley In Case Against Silverton.

A city has a legal right to amend its charter to re-assess property providing that in case an assessment for the construction of good roads is found to be invalid by any higher authority. The decision is by Judge Percy Kelly in the case entitled J. M. Brown and others against the City of Silverton. Judge Kelly has entered an order that the case of Mr. Brown against Silverton be dismissed.

It was on April 27, 1914, that the City of Silverton passed an ordinance providing for a hard surface concrete pavement on McClaine street. Later it was claimed that the city in passing such an ordinance, ignored reconstructions and that the improvements had been forced on the plaintiffs.

In the suit of Lala against the City of Silverton, the supreme court of Oregon handed down an opinion adverse to the city. Then the city passed an amendment to the city charter providing for the re-assessment of property. Council Passed Resolution.

August 6, 1918, Silverton council passed a resolution declaring the district especially benefited by the street improvement. Sept. 4, 1917, the council adjointing the paving was assessed causing a lien on the property.

In the case on trial against the city, the plaintiffs asked for a temporary injunction against the city to prevent the selling of property for assessments and cancelling the assessments and removing the cloud against the title of land on McClaine street.

As the council had submitted the amendment to the city charter providing that should a higher legal authority declare invalid the first assessment that the council could re-assess, and that the people had voted in favor of the amendment 345 to 144 against, the decree was entered that the re-assessment was valid and the case dismissed.

viathan were wounded sent back to base hospitals in this country. Captain J. C. Hazlett, of Berthoud, Colo., who was wounded in the Argonne fighting was among the passengers. H. R. Griffin, called the army's youngest chaplain, started for his home in Los Angeles immediately after the ship docked.

ASTHMA INSTANTLY RELIEVED WITH ASTHMADOR OR MONEY REFUNDED ASK ANY DRUGGIST

THE NEW ARROW Form #11 COLLAR 25 CENTS EACH

ONE MIDWINTER TABLE PLEASURE that increasing numbers of well fed people are enjoying is the piping hot cup of INSTANT POSTUM instead of the usual coffee.

Get the Genuine and Avoid Waste MORGAN'S SAPOLIO SCOURING SOAP Economy in Every Cake

COUGHING SPELLS BREAK YOUR REST

Put a stop to them with old reliable Dr. King's New Discovery

That raw, hoarse throat must be soothed. That phlegm-loaded chest must be loosened. That cough must be checked so you can sleep. Dr. King's New Discovery has been relieving coughs, and coughs for half a century without the least disagreeable after-effects.

Try this for Constipation Keep the bowels on schedule time with Dr. King's New Life Pills, the system freed from poisonous wastes, the complexion clear, the stomach sweet, the tongue uncoated, the breath untainted. Mild yet positive. 25c

That raw, hoarse throat must be soothed. That phlegm-loaded chest must be loosened. That cough must be checked so you can sleep. Dr. King's New Discovery has been relieving coughs, and coughs for half a century without the least disagreeable after-effects.

SILVERTON NEWS

(Capital Journal Special Service) Silverton, Dec. 18.--Among those taking the teachers' examinations at Salem this week are three Silverton teachers: Miss Fern Wells, Miss Nettie Warnock and Mrs. Roy Kelsey.

The influenza epidemic is reported as decreasing in Silverton, nevertheless it is having the effect on the Silverton schools. On Monday of this week, Youel reported a 75 per cent attendance but the following day the attendance had dropped to less than 60 per cent. The cases among school pupils are few. Apparently a number of the pupils are being kept at home thru fear of the disease.

J. G. Holmes died at his home in this city Tuesday, following a brief illness. His case at first was thought to be pneumonia, but later proved to be cancer. Mr. Holmes was nearly eight years of age. He conducted a second hand store in Silverton for a number of years.

Dr. A. E. Wrightman made a business call at the metropolis the first of the week. Miss Merle Bowen is visiting at the home of her parents, Mr. and Mrs. G. D. Bowen, who reside just west of town. Miss Bowen has been teaching school at Enterprise but the schools there have been closed for some time on account of the prevailing epidemic.

Fenton Starr of Camp Lewis visited his wife at the home of her mother in this city over Saturday and Sunday. Mr. Starr was accompanied by Carl Porter of Camp Lewis.

Mr. and Mrs. Oscar Benson are the proud parents of a son born at the Silverton hospital Monday. W. E. Weidman died at the Silverton hospital Sunday night, a victim of the flu. Mr. Weidman, who was an employee at one of the lumber mills, went home from work early Friday and complained of not feeling well. Saturday he tried to work about the yard at home but fainted and fell to the ground. This frightened his little six year old son and the little fellow ran to a neighbor's for help. Mr. Weidman was hurried to the hospital and a doctor was summoned at once. The man lived until Sunday night. Had a doctor been consulted sooner it is possible the life may have been saved.

Monday Night Meeting Last For This Council As the city council meets on the first and third Monday in each month, the meeting Monday night of this week was the swan song of the present council, although there was nothing to indicate during the session that the mayor, Walter E. Keyes, R. N. Hoover of the first ward, Frank S. Ward of the second, W. F. Buckner of the third, C. M. Roberts and Glen Ursh of the fifth and H. H. Stanton and N. D. Elliott of the seventh were making their final appearance as city fathers for the 1918 city council.

At the first meeting next year, Jan. 6, the old council will informally take their accustomed seats and then before any business is transacted, give way to the new council and new mayor. As the occasion is one of general felicitations, the public is invited to attend.

TO KEEP CARDIFF STATIONS

Washington, Dec. 18.--The United States will keep the naval stations at Cardiff, Queenstown and Brest until all American forces are ready to leave Europe, Captain Lanning of the bureau of navigation, told the house naval committee today.

The story of the army in France is indefinite, Lanning said. "I don't believe our forces are coming back by July 1, 1919," he said. The fact that the navy enlisted 1200 aviators more than it needed was brought out.

JOURNAL WANT ADS PAY

MAMMOTH AUCTION SALE! For Receiver of PICKNEY BROS. DAIRY RANCH

At West Salem, Oregon. SATURDAY, DECEMBER 21, AT 10:30 A. M.

48 milch cows, 1 2-year old Holstein bull, 2 automobiles, wagons, garden cultivator, harrows, mowers, spraying outfits, lot of hay, lot of milk bottles, and all other effects of a complete up-to-date dairy.

TERMS CASH. Jno. E. Cronan, Receiver J. T. Wilson, Auctioneer

PARIS DISCUSSES ARTICLE BY LODGE

Appeared In Sunday Edition Of Matin Credited To U. S. Senator. By Fred S. Ferguson (United Press Staff Correspondent) Paris, Dec. 18.--Considerable discussion still is under way regarding a special article written for the Matin, credited to Senator Henry Cabot Lodge which appeared in Sunday's edition under a New York date line.

In this article Lodge is quoted as favoring establishment of a league of nations, allied control of raw materials until the central powers are admitted to the league, and payment of the costs of the war by the central powers.

The question of costs is disposed of in point four of the article credited to Lodge, which contains 21 points. In this point Lodge is said to maintain that the central powers must bear the cost of the war, that all public and private resources must be employed toward that end and that the allies should control all enemy finances until the payments are complete.

Belgium, France and Serbia would be the first to be reimbursed. Point 20 favors international arbitration through a league of nations to which the central powers would not be admitted until they had completely satisfied all the obligations of the peace.

THE GREATEST TRAGEDY OF THE GREAT WAR

A PROCLAMATION

For more than three years Armenian philanthropy has been a large factor in keeping alive Armenian, Syrian, Greek and other exiles and refugees of Western Asia. On two former occasions I have appealed to the American people in behalf of these homeless sufferers, whom the vicissitudes of war and massacre had brought to the extreme need.

The response has been most generous, but now the period of rehabilitation is at hand. Vastly larger sums will be required to restore these once prosperous, but now impoverished, refugees to their former homes than were required merely to sustain life in their desert exile.

It is estimated that about 4,000,000 Armenian, Syrian, Greek and other war sufferers in the Near East will require outside help to sustain them through the winter. Many of them are now hundreds of miles from their homeland. The vast majority of them are helpless women and children, including 400,000 orphans.

The American Committee for Relief in the Near East is appealing for a minimum of \$30,000,000 to be subscribed January 12-19, 1919, with which to meet the most urgent needs of these people.

I, therefore, again call upon the people of the United States to make even more generous contributions than they have made heretofore to sustain through the winter months those, who, through no fault of their own, have been left in a starving, shelterless condition, and to help re-establish these ancient and sorely oppressed people in their former homes on a self-supporting basis.

(Signed) WOODROW WILSON. THE WHITE HOUSE 29 November, 1918.

AS IN PEACE SO IN RELIEF AMERICA SHOULD LEAD THE WORLD

When the above message of the President was placed before Dr. Samuel T. Dutton, Chairman of the Executive Committee of the Near East Relief, he said: "This appeal of President Wilson to the American people asking their support in the attempt of the American Committee for Relief in the Near East to raise in January at least thirty millions of dollars, gives a national character to that effort."

