

HOW TO USE VICK'S VAPORUB IN TREATING SPANISH INFLUENZA

The Influenza Germs Attack The Lining Of The Air Passages. When VapoRub Is Applied Over Throat And Chest The Medicated Vapors Loosen The Phlegm, Open The Air Passages And Stimulate The Mucous Membrane To Throw Off The Germs.

In Addition, VapoRub is Absorbed Through and Stimulates the Skin, Attracting the Blood to the Surface and Thus Aids in Reducing the Congestion Within.

CALL A PHYSICIAN—GO TO BED—STAY QUIET—DON'T WORRY

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

Spanish Influenza, which appeared in Spain in May, has all the appearance of grip or influenza, which is swept over the world in numerous epidemics as far back as history runs. It operates 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 1521, 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 bad at night, often times a sore throat or tonsillitis, and frequently all the appearances of a severe cold.

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. Quinine, Aspirin or Dover's Powder, etc., may be administered by the physician, directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course, but nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing and 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.

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, Vick's VapoRub will be found effective. Wet, 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, spread on thickly and covered with two thicknesses of hot flannel cloths. Loosen the clothing loose around the neck as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates the skin, attracting the blood to the surface and thus aids in relieving the congestion within.

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, keep free from colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs. Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little in a spoon and inhale the vapors, or better still, use VapoRub in a basin 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: Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Eucalyptus with such essential oils as Camphor, Thyme, Cubeb, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York, New England and a few western states, where it is just now being introduced. In other sections of the country, however, it is the standard home remedy in over a million homes for all forms of cold troubles—more than six million jars were sold last year.

It is particularly recommended for children's croup or colds, since it is externally applied and, therefore, can be used as freely as desired without the slightest harmful effects. VapoRub can be had in three sizes—30c, 60c, \$1.20—at all druggists.

IRRIGATION TROUBLE IS AT LAST SETTLED

Project Involved Located In Deschutes County—Many Controversies Over It.

After a lengthy discussion, the state desert land board yesterday afternoon approved a contract which has been made between the Central Oregon Irrigation Company and the Central Oregon irrigation district under which the district will take over the main water rights and property of the company for a consideration of \$200,000.

This contract will not become binding, however, until the actual settlers in the district approve it, and it will be submitted, along with the question of issuing \$240,000 of bonds, at an election to be held next Tuesday.

The irrigation project involved is located in Deschutes county and it has been the source of many controversies and much trouble for the desert land board during the last 12 or 15 years and an effort has been made by the representatives of the company and of the district to smooth out all these wrinkles in the contract which has been made.

Under the contract the district will not complete water rights to approximately 42,000 acres of land under irrigation and 600 additional acres. If the contract is approved by the land holders and the deal goes through the district will take over full management of the project.

DISTILLERS ARE TO FIGHT DRY MEASURES

Investment Of Billion Dollars Said To Be Imperiled By Legislation.

Chicago, Jan. 8.—American distillers will fight the various dry measures now threatening. The issue was thrown down today with the announcement that attorneys had been appointed at a meeting here to fight both the constitutional amendment, now ratified by 18 states, as well as the wartime prohibition rule preventing sales of liquor after July 1.

Investment of a billion dollars was said to be imperiled by legislation. The distillers' fight will be based in part on the claim that he right of local self government is threatened.

Two states, Ohio and Oklahoma, ratified the dry amendment while the distillers were in session here.

Thirteen tons of frozen eggs that have been in cold storage since 1912 were destroyed by the dairy and food commission at Harrisburg, Pa., Saturday.

George W. Simmons, a special representative of the Red Cross, has left San Francisco for Siberia, where he is to make a survey of Red Cross activities in that country.

Mrs. Helen Geiser died at San Jose, Cal., Sunday from a self-inflicted wound in a suicide pact with Sergeant Clarence Dunn, who killed himself two weeks ago in San Francisco.

Judge Christian Kalahan, one of Cowitz county's oldest residents and a veteran of the Civil war, is dead at Kalama.

A. F. Zipp of Seattle has been appointed to the new department just created of traffic manager for the Pacific Steamship company.

The warrant indebtedness of Eugene has been reduced \$19,237.22 during the past year. During the same time the bonded indebtedness has been reduced \$60,800.

Xenia Bogiavlensky, daughter of the Russian consul at Seattle, died in that city Sunday of influenza. She was a graduate of the Institute of Noble Girls at Petrograd.

Marriage after divorce will not be permissible in Washington state until six years after a decree has been issued if a bill that has been prepared passes the legislature.

W. J. Fullerton, who has just taken his seat as county judge of Columbia county, won his election by three votes and a recount has been asked by Martin White, his republican opponent.

At the first meeting of Warronton's new council, A. Guthrie received a contract for three miles of bulkhead on the waterfront. The improvement includes a turning basin in the Skipsanon.

A bonus of \$300 and cancellation of deferred payments on Liberty bonds for each discharged soldier, is asked in a resolution adopted by the Seattle and Willapa Harbor Central Labor councils.

A GOOD NEW HEATER



MIGHT PREVENT YOU OR SOME BELOVED MEMBER OF YOUR FAMILY FROM GETTING THE "FLU". WE HAVE JUST RECEIVED A LATE CARLOAD AND ARE SELLING THEM AT

20% DISCOUNT



\$15.75 18-inch Gem Heater	now	\$12.60
\$18.75 20-inch Gem Heaters	now	\$15.00
\$21.75 22-inch Gem Heaters	now	\$17.40
\$25.00 23-inch Orient Heater	now	\$20.00
\$22.50 21-inch Orient Heaters	now	\$18.00
\$20.00 19-inch Orient Heaters	now	\$16.00
\$19.75 20-inch Universal Heaters	now	\$15.75
\$22.75 22-inch Universal Heaters	now	\$18.75
\$24.75 24-inch Universal Heaters	now	\$20.00
\$24.00 No. 1 Charter Oak Combination Heater	now	\$19.00
\$13.50 W18-inch Wasp Heaters	now	\$10.80
\$14.50 20-inch Wasp Heaters	now	\$11.75
\$15.50 18-inch Bee Heaters	now	\$12.40
\$16.50 20-inch Bee Heater	now	\$13.20
\$3.50 18-inch Airtight Heaters	now	\$2.80
\$4.50 20-inch Airtight Heaters	now	\$3.70
\$5.50 22-inch Airtight Heaters	now	\$4.40
18.50 11- Charter Oak Heaters,	now	\$14.75
\$23.50 17-inch Charter Oak Coal Heaters	now	\$18.75

WE WILL GIVE YOU A SUBSTANTIAL ALLOWANCE ON YOUR OLD STOVE IN EXCHANGE. WE ARE ALSO GIVING A

20% Discount on all BEDDING, BLANKETS and COMFORTS

Regular \$18.50 Wool Blankets	sale	\$14.75
Regular \$15.00 Wool Blankets,	sale	\$12.00
Regular \$12.00 Wool Blankets,	sale	\$9.20
Regular \$10.00 Wool Blankets,	sale	\$8.00
Regular \$9.50 Wool Blankets	sale	\$7.65
Regular \$8.50 Wool Nap Blankets,	sale	\$6.75
Regular \$7.50 Wool Nap Blankets	sale	\$6.00
Regular \$6.50 Wool Nap Blankets,	sale	\$5.20
Regular \$6.00 Wool Nap Blankets,	sale	\$4.80
Regular \$5.50 Cotton Blankets,	sale	\$4.40
Regular \$4.50 Cotton Blankets,	sale	\$3.60
Regular \$5.50 Extra Large Comforters	sale	\$4.40
Regular \$4.75 Extra Large Comforters,	sale	\$3.80
Regular \$3.50 Extra Large Comforters,	sale	\$2.80
Regular \$6.00 Pillows,	sale, pair	\$4.80
Regular \$4.50 Pillows,	sale, pair	\$3.60

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GERMANS OCCUPYING PRESSBURG ALL BUT FEW CASUALTIES IN.

Amsterdam, Jan. 8.—Four thousand Czechs in Italian uniforms occupied Pressburg, 34 miles southeast of Vienna, according to an official Hungarian dispatch today.

Washington, Jan. 8.—All except a few casualties are in the hands of the war department, Secretary of War Baker told the house public building and grounds committee today.

Safe Milk for INFANTS and INVALIDS

ASK FOR The Original Horlicks Malted Milk. Nourishing, Digestible, No Cooking. For Infants, Invalids and Growing Children. Rich Milk, Malted Grain Extract in Powder. OTHERS are IMITATIONS.



THE PRESIDENT GREETED RELEASED U. S. SOLDIERS WHO WERE CAPTURED BY THE GERMANS—President Wilson in one of the American army automobiles, received in one of the French villages some doughboys who had been prisoners of war in Germany, but had been released since the signing of the armistice. The boys told him of the treatment accorded to them in Germany while in the prison camps.



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