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INFLUENZA COVERS THE COUNTRY. BOARD OF HEALTH NOTES.

The influenza bacillus is working overtime in Oklahoma, and by spring perhaps a third of the population will have been in bed with influenza. Many an able-bodied man arises in the morning with vim enough to split rails, but by evening is out of the running. He has high fever, and pains enough in his head, bones and muscles to upset a neighborhood. He shivers with chilly sensations. The influenza bacillus has grabbed him. Beware of the influenza patient. He will squeeze and sneeze until the entire household becomes infected. All sputums and nasal discharges should be deposited on gauze or a handkerchief, and burned. It often happens that the sufferer recovers in two or three days. Again, the prostration may be so great as to require weeks for recovery. Condition of health at the time of attack is often a measure of the period of convalescence. It is always best to call a competent physician, as the after results of a severe attack of influenza are grave. The patient should be put to bed and kept there. Avoid giving cold baths. However mild the case at its beginning, there is always danger of relapse, with serious complications. Pneumonia, heart failure and meningitis are close friends of the in-

fluenza bacillus. One possible result is chronic influenza, known as bronchiectasis, developing into a chronic cough, worse in winter, and attended by purulent sputum. The symptoms are sometimes mistaken for tuberculosis. In influenza the patient should be fed according to his digestive capacity, and given plenty of water to dilute the toxins that invaded his system. Above all, obey the physician. It will prove a saving in time health and money.

Vaccination Prevents Smallpox

Until the time of Jenner, smallpox was one of the commonest and deadliest diseases. Vaccination, however, produces immunity to smallpox, when properly performed is practically free from danger. With improved technique, danger from syphilis has been done away with. Immunity by vaccination is not lasting, and the latter should be repeated at reasonable intervals. Time has not changed the character of smallpox. In unvaccinated persons it is the same deadly disease that it was in ancient times. The fact that vaccination prevents smallpox is beyond question.

Paying the Penalty

Ordinary common sense in training and building up the physical body is an admirable quality in an athletic director. The competitive athletics of colleges and high schools exact a heavy toll from young men who overtrain or risk the ever-present danger of overstrain. The mortality in post-graduate life of former athletes is pronounced. The heart is usually affected. Dr. R. N. Wilson, in an address before the Pennsylvania State Medical Society last October said that he did not know of one instance of recovery from a major infectious disease in an athlete, save in a typhoid epidemic at Easton, where a number of undergraduates, presumably not yet shorn of their resisting forces, made a successful fight and recovered. The normal heart will not tolerate the strain of severe training and final competition without loss of recuperative power. Latent athletic injuries would seem to explain the tendency of the in-

strong and the robust to die, while the less powerful win out against infectious diseases. It is asserted by many specialists that no form of athletic event is sane that demands of the participants the semi-conscious state of heart exhaustion at its conclusion. The business man who runs his nervous system at abnormal speed pays the penalty no less than the physical athlete.

Declining Power of American Workers

The nationwide movement for the conservation of human health by improved hygiene and sanitation becomes of vastly greater importance when it is known that in the industrial occupations there is a marked decline in the power of American workers to withstand modern life. This is manifested in the increase in the death rate from the breaking down of the heart, arteries, kidneys and the nervous digestive systems, which diseases are reaching down into middle life. In a group of more than 5,000,000 men and boy workers increases in the death rate were noted as follows: Apoplexy and nervous system, 19 per cent; heart, 29 per cent; kidney and urinary system, 43 per cent; liver and digestive system, 34 per cent. It is claimed that the same story of the declining power of the American people to resist diseases of the vital organs is told by statisticians of the general population. Mortality from the important communicable diseases such as typhoid and tuberculosis, has declined.

The Quinine That Does Not Affect The Head because of its tonic and laxative effect, **LAXATIVE BROMO QUININE** is better than ordinary Quinine and does not cause nervousness nor ringing in the head. Remember the full name and look for the signature of E. W. GROVE, 25c.

HOW THE RED CROSS SEAL ORIGINATED.

Anti-tuberculosis Workers After \$750,000 Fund.

Nearly \$2,500,000 has been raised by Red Cross Christmas Seals in the last seven years, and yet many people who will buy these holiday stickers at this eighth annual sale do not know how the charity stamp idea originated.

It was war that brought forth the charity stamp—our Civil War of '61 to '65. Some of our grandmothers first played "post office" with stickers similar to Red Cross Seals "way back in 1862, when they conceived the idea of selling stamps at fairs for the benefit of the relief funds for the soldiers' hospitals in Brooklyn, Boston and elsewhere. Nearly \$1,000,000 was raised in this way before 1865. After the war this method of raising money was discontinued in this country for a generation, although it found vogue in Portugal, Switzerland, Austria, France, Spain, Denmark, Norway, Russia, Sweden and other European countries. There are now several thousands of different types of charity stamps used in all parts of the world, as many as forty being used in Austria for children's hospitals alone.

Stamps or seals were first used to get money for the anti-tuberculosis crusade in Norway and Sweden in 1904. To Jacob Riis, the well known social worker of New York, and to Miss Emily P. Bissell, the energetic secretary of the Delaware Red Cross, jointly belong the honor of originating our American Red Cross Christmas seal. In 1907 Mr. Riis's interest was aroused by the receipt of a Christmas tuberculosis stamp on a letter from Norway. He published an article about this queer looking stamp in the Outlook and suggested some possible use for it in this country. Miss Bissell at once saw an opportunity here and prepared a stamp, from the sale of which her society realized \$3,000 for tuberculosis work. So impressed was she with this success that she induced the American Red Cross to take up the sale in 1908 on a national basis. With very little organization and with hardly any attempt at careful advertising the sale that year brought in over \$135,000 for anti-tuberculosis work in various parts of the United States. In 1909, with more thorough organization, the sale was increased to \$230,000. In 1910 to nearly \$310,000, in 1911 to over \$330,000 and in 1912 to over \$400,000. In 1913 the sale was increased to nearly \$450,000, and last year, in spite of war and hard times, 22 per cent more, or \$550,000 seals were sold, totaling \$550,000 for the anti-tuberculosis war.

C. A. Dorn, the man who blocked acreage for the Gypsy Oil Company in the Fox district in the vicinity of Ardmore, Okla., and who knows likely oil land when he sees it, was in Tulsa during the week, subsequently returning to the Healdton country.—Oil and Gas Journal.

FACTS ABOUT THE ARMY OF THE UNITED STATES

SYSTEM OF COAST DEFENSES THE MOST FORMIDABLE IN THE WORLD—BUT SHORT OF OFFICERS AND MEN.

Washington, Dec. 20.—The war department bureau reports made public tonight disclose the following facts about the army of the United States and its coast defenses:

The system of coast defenses is "the most formidable in the world," but is short 539 officers and 10,828 men of the regular establishment and 271 officers and 9,891 men of the national guard to man all forts and mine defenses. Congress has appropriated \$175,000,000 to establish the present system, but at present batteries which cost \$41,000,000 are without trained personnel to man them.

Batteries of 16-inch 50-calibre guns are recommended as the primary armament of all major forts in order that enemy ships may be kept at great distance. Mobile howitzer batteries of 16-inch, 17-inch or even larger guns are urged to supplement the permanent forts, the howitzers to be fired from railroad cars or motor trucks.

Army Strength 105,993

The full strength of the army on June 30 last, was 105,993 officers and men, 68,528 of whom were in the United States, 14,840 of this number being on duty at or near the Mexican border. Vacancies in the enlisted forces were reduced from 9,573 in 1914 to 1,786, the year having seen 48,813 recruited, of whom nearly 90 per cent were born in the United States.

On Oct. 1 the full strength of the organized militia was 8,705 officers and 120,693 men, just 21,571 below the required enlisted strength of the organizations. According to inspecting officers' estimate, it would require from ten to twelve months to put the militia in the field in the federal service.

There were 32,313 students enrolled in ninety-six schools having military courses and graduates from these schools since 1905 numbered 39,430.

The coast artillery established scores of 59 per cent hits with 10-inch guns and 52 per cent hits with 12-inch guns at 5,900-yard ranges, as against 25 per cent and 46 per cent, respectively, in 1913; at 10,000 yards the scores were 36 per cent with the tens and 19.1 per cent with the twelves, as against 13 and 14 per cent in 1913.

Army Death Rate Lowered.

The army death rate was 4.4, compared with 5.15 the year before. There were only seven cases of typhoid fever out of a total mean strength of personnel of 98,649. A new low record was set for tuberculosis at 3.50 for all troops.

DR. BELL'S PINE-TAR-HONEY

For your cold, for your cough, for your feverish throat, nose and head, use Dr. Bell's Pine-Tar-Honey. Honey soothes the irritation. Pine-Tar cuts the phlegm, thus relieving congestion. Pine-Tar also acts as an antiseptic, as a result general relief follows. Breathing becomes easier and further inflammation is arrested. Insist on Dr. Bell's Pine-Tar-Honey. It is an ideal treatment. Price 25c.

Disseminating the News.

It is estimated that 2,600 papers in the United States daily receive telegraphic service. At least 400 dailies divide between them 1,000,000 words of telegraphed news, in addition to the reports furnished by the collecting agencies. An average day sends 1,190,000 words over the wires in the United States, and the cables raise the daily average to more than 2,000,000 words. A startling or widely interesting occurrence raises this average by tens of thousands of words. A full third of the total in twenty-four hours may come from a single town, if it is Chicago holding some national nominating convention or San Francisco in earthquake and flames.

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. A. W. GLEASON, (Seal) Notary Public.

Hall's Catarrh Cure is taken internally and acts through the Blood on the mucous surfaces of the system. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O. Sold by all druggists, 75c.

Hall's Family Pills for constipation.

SALE

OF UNALLOTTED LANDS AND SURFACE OF SEGREGATED COAL AND ASPHALT LAND AREA BELONGING TO THE CHOCTAW AND CHICKASAW TRIBES, EASTERN OKLAHOMA, BY THE UNITED STATES GOVERNMENT.

There will be sold at public auction to the highest bidder at different railroad points in the Choctaw and Chickasaw Nations in eastern Oklahoma, from January 3, 1916, to January 31, 1916, inclusive, 31,700 acres of unalotted lands and 181,800 acres of the surface of the segregated coal and asphalt lands belonging to the Choctaw and Chickasaw tribes of Indians, at not less than the appraised value. No person can purchase more than 160 acres of agricultural land, nor more than 600 acres of grazing land. Residence on land not required. Bids can be submitted in person or by mail, accompanied by a certified check or bank draft for 25 per cent of the amount of the bid. Terms on sale of surface of coal and asphalt lands 25 per cent cash, 25 per cent within one year, and balance within two years from date of sale; and terms of sale of unalotted lands 25 per cent in cash at time of sale and balance in three equal annual installments of 25 per cent each, payable in one, two and three years from date of sale; all deferred payments to draw 5 per cent interest per annum from date of sale. Only the surface of the segregated coal and asphalt land area will be sold, the coal and asphalt underlying being reserved, except where the descriptive circular states that the coal and asphalt underlying will be sold with the surface. The entire estate in the unalotted lands will be sold without reservation. Where houses or other valuable improvements, not including fencing and tillage, are located on the surface of the coal and asphalt lands, the same will be sold with the land at not less than the combined appraised value, improvements to be paid for in full at time of sale. The right is reserved to reject any and all bids. For maps and full printed information, communicate with the superintendent for the Five Civilized Tribes, Muskogee, Oklahoma. Cato Sells, Commissioner of Indian Affairs.

Nature Always Active.

It is known that every particle of the earth is in a state of constant activity. Nature abhors stagnation as it abhors vacuum. Even the stagnant, smelly pool of water generates myriad forms of life. Every particle of what we call a stone has a chemistry that is ever changing form. No matter how infinitesimal the infinite atoms of the combined elements of our sphere not one is in the same place today that it knew yesterday. Every hour, every moment experiences change.

FOR CHILDREN'S COUGH

You cannot use anything better for your child's cough and cold than Dr. King's New Discovery. It is prepared from Pine Tar mixed with healing and soothing balsams. It does not contain anything harmful and is slightly laxative, just enough to expel the poisons from the system. Dr. King's New Discovery is antiseptic—kills the cold germs—raises the phlegm—loosens the cough and soothes the irritation. Don't put off treatment. Coughs and Colds often lead to serious lung troubles. It is also good for adults and the aged. Get a bottle today. All druggists.

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THE VALUE OF TRUTH

Truth in business is just as important as truth in every-day life; truth creates confidence, establishes good-will and builds a reliability that will not be wrecked by the storms of competition.

Through three generations people have learned to place reliance on the advertised words of Scott's Emulsion, because they are untarnished, unexaggerated truths about a household remedy of real and actual worth.

The popularity of Scott's Emulsion is increasing as intelligence advances, because in these days of adulterations it continues to guarantee pure cod liver oil medicinally perfected with glycerine and hypophosphites to build strength, improve the blood and strengthen the lungs. It is free from alcohol or opiates—a wholesome food tonic, truthfully advertised.

Scott & Bowne, Wholesale, N. Y.

New Shipment of "Hot Spot" Gas Heaters Just Arrived

The above Heaters are included in my Cost Sale and will be set in your home, complete For Only \$4.00 In the Largest Size

Twenty-one thousand of these wonderful stoves sold in Chicago this season.

Remember, we sell you this stove under a strict guarantee My cost sale is still going, many reservations for Christmas delivery being made. You will have to hurry to get the wonderful bargains in those

Dining Chairs and Upholstered Spring Seat Rockers

Remember, they cost You No More

than common wood seat rockers. Only car load freight and prices make this possible. While they last, they are

Yours for Cost.

W. C. DOWNING
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Tired!
Are you tired? run down? nervous? Is everything you do an effort? Not it is not laziness. You are ill. Your system needs a tonic. Your Stomach, Kidneys and Liver need stirring up. Nothing will do this better than

Electric Bitters
50c. and \$1.00 All Druggists