REP. GALLIVAN RAPS MR. BAKER

Charges Incompetent Regulars Displaced National Guard Army Officers.

Washington, D. C., Jan. 15.—Speaking in the house Tuesday, representative Gallivan, of Massachusetts, Democrat, declared that officers of the national guard were relieved of their command late in the war to make way for regular army officers, most of whom, he said, "would run away from a baked apple."

He said he would demand an investigation by congress. Maj. Gen. Clarence Edwards, Mr. Gallivan declared, was told by a division chief of staff, "if you don't get those national guardsmen, we'll get you."

"If you ask the secretary of war for an explanation," continued Gallivan," you are told that he has nothing to do with it; that Gen Pershing is in complete authority, and if you ask him the second time for some other information, he gets peeved."

GERMAN WAR PRISONERS MUST LABOR IN FRANCE

Paris, France, Jan. 15.—The cabinet decided today that German war prisoners henceforth should be employed in reconstruction work in the liberated districts.

It is planned that a minimum of 200,000 will be working in the devastated regions by March 20.

Portuguese Rebels Refuse To Surrender

Government Troops, Surrounding Santarem, Are Bombarding Town.

London, Eng., Jan. 15.—The revolutionist forces at Santarem, northeast of Lisbon, having refused to surrender, the government troops have surrounded the town and commenced a bombardment, according to a wireless dispatch from Lisbon, dated today.

Thousands of Austrian And Italian Prisoners Of War Coming to U. S.

Washington, D. C., Jan. 15.—Thousands of Italians and Austrian war prisoners are planning to come to America as soon as possible, John R. Densmore, director of the federal employment service, told the house immigration committee Tuesday at the beginning of hearings on bills to prohibit immigration.

A Red Cross worker, who visited the prison camps, informed him, Mr. Densmore said, that 700,000 Austrians were in Italy, most of whom expected to "drift to the United States as fast as they can," along with thousands of Italian prisoners in Silesia.

Discussing industrial and employment conditions, he said that up to this time the demand for labor was about equal to the supply, and that the change from a war to a peace basis had resulted in little labor disturbances and a minimum of unemployment.

The El Paso Herald Magazine Agency is prepared to give you the lowest possible rates on magazine subscriptions.—Adv.

Berlin's Week Of Bolshevism Ends; Property Losses, 10,000,000 Marks; Rebels Oil Guns With Stolen Butter

BERLIN, Germany, Jan. 15.—(By the Associated Press.)—Berlin's long week of Bolshevism is finally ended. Here and there, scattered desperadoes, mostly youths, still fire occasionally from some house top, and during Monday night attempts were made by small bands of the followers of Dr. Karl Liebknecht to revive the reign of terror. They are insignificant, however, compared with what has passed.

Dr. Liebknecht's sister was arrested today and several hundred rebels are locked up awaiting trial.

Losses inflicted on each side during the last week are as yet estimated only roughly, but it is believed that they will greatly exceed 200 dead and 1000 wounded. The overwhelming majority of these are Bolshevists.

The reinstatement and arming of the police gives the government a new force of trained men, who know the criminal world and whose absence during the first few days of the revolution gave the disorderly element a free hand. Police records were not destroyed, as was first reported. Detectives are already rounding up old acquaintances and the work of disarming lawless elements is proceeding.

Property Damage High.

Property losses during the week of terror amount to tens of millions of marks. In addition to the damage to newspaper plants and government buildings, merchants losses through looting are very high. In some streets near the police headquarters, nearly every store was systematically looted.

Bolshevist troops, holding the Silesian station, had so much butter that they used it to grease their guns and boots.

The center of the city was quiet all day Tuesday. Late last evening, a few shots were heard in different parts of the town, being fired by snipers and looters. Merchants having shops along Unter den Linden took down their shutters and business went on generally as usual.

Pursue Energetic Action.

The government has no intention of slackening its efforts against the Spartacans. Energetic measures are being taken against the leaders of the movement. It is reported that documents found by loyal troops show that the Spartacan uprising was inspired from Moscow.

A cordon of troops has been thrown around the suburb of Moabit, one of the most important industrial sections in greater Berlin, to disarm civilians and such Spartacan fighters as are still at liberty.

Pedestrians are being halted and the houses entered by searching parties. The telephone service has been stopped for the purpose of making the siege of Moabit as airtight as possible.

Is Notorious Section.

This section of Berlin is notorious for its riotous tendencies and is generally looked upon as a gathering for all the criminal elements.

The employes of the Schwartskopf works, one of the most radical bodies among the Berlin proletariats, voted to resume work Wednesday morning. Similar action also put an end to the strike of railway employes.

Spartacans Hopes High.

Dr. Karl Liebknecht, the Spartacan leader; George Ledebour, head of the revolutionary independent Socialists, and the immediate supporters of these revolutionary chiefs were so certain that their plans for the recent uprising would succeed that they had prepared a proclamation, dated December 6, in which the Ebert-Scheidemann regime was overthrown and the announcement made that the government had been taken over by the revolutionists. It already was known that Dr. Liebknecht and the then police chief, Eichhorn, had told Lieut. Fischer, the city commandant on the day named, that it had been decided to overthrow the government, and documentary evidence to this effect now is adduced by the Vorwaerts in the form of the proclamation referred to.

Ready to Surrender.

Lieut. Hamburger objected to the typewriter signatures as invalid, but said he was ready to surrender the ministry of foreign affairs to the new government, if the papers were properly signed.

Lieut. Hamburger took the proclamation, but retained the ministry in his own name.

It is characteristic of Liebknecht's cynical conscienceless ness as well as of his naive megalomania that he believed he could, with a stroke of the pen, lead the entire war ministry to faithlessness and rebellion, says the Vorwaerts in its comment.

Hindenburg to Command.

Copenhagen, Denmark, Jan. 15.—Field marshal von Hindenburg will soon take command of the German troops opposing Polish forces in eastern Germany, according to advices received here from Bromberg, quoting newspapers printed in Posen.

The German cabinet met yesterday to discuss the new constitution and to consider proposals for the meeting of the national assembly. Germany's participation in the peace congress was also taken up. The meeting will be continued today.

Urge North German Republic.

The government of Brunswick has issued a proclamation proposing the formation of a "central north German federal republic," with a preliminary constitution resembling that of Switzerland. Soldiers' and workmen's councils in various districts are asked to pass upon the question.

German Gold Reserves.

Paris, France, Jan. 15.—German gold reserve, which the allies propose to transfer to Frankfort from the Berlin reichsbank, totaled 2,243,625,000 marks on December 31, according to the last official report of the bank.

The compilations made here from German official reports relative to paper in circulation give a total of 31,795,312,000 marks. Besides this, there are great quantities of paper, which various municipalities have issued.

Gen. Wood To Head Central Department

Transferred From Camp Funston, Kans., Command to Chicago, Ill.

Washington, D. C., Jan. 15.—Orders, directing Maj. Gen. Leonard Wood, now commanding Camp Funston, in Kansas, to proceed to Chicago and take command of the central department, were issued today by the war department.

Three "Y" Workers, One a Texan, Charged With Defalcation Of Funds

Paris, France, Jan. 15.—It became known Tuesday that three Young Men's Christian association workers are under arrest in Paris, charged with defalcation of funds of the association.

The men are George Schoeffel, former secretary of the chamber of commerce of Rochester, N. Y.; the Rev. R. Atkins, of Eagle Pass, Tex., and —— Mansfield, said to have been a former secretary of the Sailors' union, of New York city.

The total amount alleged to have been misappropriated approximates $38,940, most of which has been recovered.

Habitual Constipation Cured in 14 to 21 Days.

"LAX-FOS WITH PEPSIN" is a specially prepared Tonic Laxative for Constipation. It relieves promptly but should be taken regularly for 14 to 21 days to induce regular action. It Stimulates and Regulates. Very Pleasand to Take. 50c per bottle.—Adv.

Trees pruned. Wright Nursery Co. —Adv.

Hot Lunches And Drinks.

Hot lunches and delicious hot drinks are the very thing you need and want these cold days. Try ours and you'll come again.

Scott White & Co., Druggists.
Mills Bldg. Roberts-Banner Bldg.
314 San Francisco Street.
Adv.

Colds Cause Headache and Pains

Feverish Headaches and Body Pains caused from a cold are soon relieved by taking LAXATIVE BROMO QUININE Tablets. There is only one "Bromo Quinine." E. W. GROVE'S signature on the box. 30c.—Adv.

MONEY SHE SPENT WAS ALL WASTED

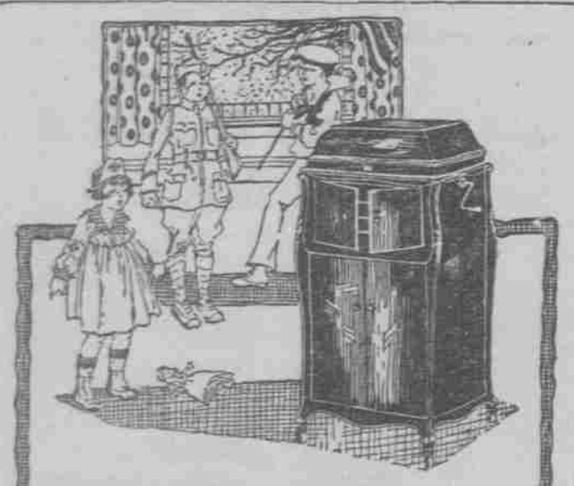
"I'm glad to say my troubles are over"—Gained ten pounds on taking Tanlac.

"I sure had a hard fight for over a year with indigestion, and stomach trouble, but since taking Tanlac I am glad to say my troubles are over and I have gained ten pounds," said Mrs. W. R. Woods, of 919 Luke street, Meridian, Miss.

"My miserable condition had almost turned me into a nervous wreck. I had terrible pains all through my chest and a pressure around my heart from gas that arose in my stomach which nearly choked me. I couldn't eat a thing that wouldn't sour in my stomach and had sharp pains all through my back and sides that would nearly drive me distracted and the only way I could get rid of the pains was by blistering myself. All the money I spent for medicine was just thrown away till I got hold of Tanlac.

"My friends urged me to try Tanlac and it just made me a new person. The pains are entirely gone from my chest and back and sides and I never have a sign of indigestion. The gas has stopped forming in my stomach, my complexion has cleared up, I can eat anything I want without any trouble. I sleep well at night and feel well all the time."

Tanlac is sold by Kelly & Pollard Co., Inc., and People's Drug Store.—Adv.



A VICTROLA
The Mother's Helper

The Victrola is ever ready to repeat games and nursery rhymes, educational pieces, patriotic songs, and old stories that children love.

Outfit No. 6—$40.
Our Specials Terms
$5 Down—$5 a Month.
Our Victrola Outfit No. 6 includes the latest model Victrola, style 6, price $35, and $5 worth of Records of your own choosing.

Victrolas $25 To $300
Terms To Suit Your Convenience.
Call, Phone or Write for Catalogs and Terms.
El Paso Home of the Victrola.

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6 BELL-ANS
Hot water
Sure Relief

BELL-ANS FOR INDIGESTION

WAR DAMAGES WILL BE HUGE

Germany May Have Nothing Left With Which To Pay Indemnities.

(Continued from page 1.)

be admitted, "if they showed an inclination to do the right thing."

Lord Robert said that the league might, in some cases, take over administrative control of certain territories of great international interest. He said that Palestine and Constantinople might be in this class. He stated that he accepted president Wilson's view that the league must be constituted by the present peace congress, adding:

"Otherwise, it will become an impossibility."

All Allies Favor League.

Lord Robert said all the allies favored a league of some sort and that they were not separated on any technical point. In discussing the probable efficiency of the plan to force the nations to bring their disputes before the tribunal of the league, lord Robert declared:

"If we had had a conference on the reply of Servia to Austria, and had not allowed them to fight for a set period, there would have been no war. If the situation had been known to the world, no nation could have forced its people to fight."

Two Plans; Same Object.

With the resumption today of the meetings preliminary to the peace conference, it is apparent that the movement to create a league of nations is being carried on by two forces, having the same object, but differing as to the means for making it effective. One of these represents the contention that the decisions of the league must be backed by its combined physical forces, while the other represents the view that its findings can be enforced without the aid of a common world police force.

Diplomats seem impressed with a common ground which, for example, might provide that the nations could reserve for each individual case their decision, whether they would utilize armed force, or avail themselves of other means.

There is reason to believe that such an arrangement would meet with the support of some of the European statesmen and there is nothing to indicate that it would be rejected by the American representatives.

The plans are being rapidly put into shape by informal conferences and are working toward a position where they can be discussed thoroughly and then probably name a committee from among its membership to produce the framework in writing, with the assistance of the technical advisers.

Consider Representation.

The work before today's session of the supreme council comprised completion of the allotment of representation of the various nations and a further delving into the question of whether Russia should have delegates in the larger body. In a large sense, the work today may be compared to that of a credentials committee, preceding the sittings of an American national convention. The preliminary sessions will continue work on the question continuously, with the exception of having it entirely disposed of by Saturday, when the first formal sitting of the peace congress will be held.

The program commonly agreed upon calls for primary consideration of the forming of a league of nations and the congress will work on this to the exclusion of all other subjects.

Those European statesmen who now appear friendly to the purpose of putting the league of nations question to the fore have repeatedly expressed the view that the formation of the league and the making of peace are joint problems, which cannot be dissociated. The efforts thus seem to bend all energies to the laying of the foundation of the league, so that the conference may proceed to the actual making of the peace treaty in the early spring, even, indeed, if it be only a preliminary one which will dispose of the pressing question of demobilization and the return of the warring countries as nearly as possible to the economic conditions of peace. This is recognized by all the statesmen at the conference as of the utmost necessity.

Would Broaden Functions.

The sponsors for the league of nations plans contemplate the broadening out of the functions of the proposed league as the preliminary discussions proceed, their assumption being that there will range far into the subjects of raw material and finance, proceeding on the theory that the financial or economic domination of smaller nations by the larger is no less a danger than armed domination.

The financial program of the league, as viewed in these quarters, will be to consider whether the league itself should lend its aid financially and economically to small independent states, which are rising out of the water.

While the apportionment of delegates to the peace congress has not yet been officially made known, the list published after Monday's session of the supreme council has caused an unfavorable impression among some of the missions, according to the French press.

The Servians and Belgians are notably dissatisfied with the giving of three delegates to Brazil, while they are only permitted two each.

Greece has laid before the peace conference a memorandum, signed by premier Venizelos, setting forth the claim of Greece in the settlement of the war. The memo says the Hellenic nations consist of 2,826,000 persons, of whom 65 percent live in the kingdom of Greece and the remainder outside its limits.

Would Unite Greek Peoples.

Wishing to unite the Greek population in the Balkans, Asia Minor and the islands adjacent to the kingdom, Greece asks first, northern Epirus, which contains 120,000 Greeks, against 80,000 Albanians. Asa second demand, Greece asks for Thrace, without Constantinople. Thrace, according to the memo, is peopled largely by Greeks.

"Since Constantinople, according to the 12th point of president Wilson's program, cannot remain under Turkish rule," the memorandum declares, the natural solution would be to award Constantinople to Greece, and to establish international guarantees for the freedom of the straits.

"But if a society of nations is established immediately," the memorandum continues, "Constantinople might, in consequence of great international interests connected with the possession of the straits, be formed as a separate entity by the society of nations, which would nominate its governor for certain fixed periods.

Third Territorial Claim.

"Third territorial claim made by Greece is for the vilayets, in Asia Minor. These have a population, it is said, of 1,152,000 Greeks, against 1,042,000 Mohammedans, and are claimed to be both 'geographically and historically integral parts of Greece.'"

The Armenian provinces, with Russian Armenia, the memorandum says, should be erected into a separate state, organization of which should be entrusted to one of the great powers by the society of nations.

All islands in the near east, which are ethnographically, geographically and economically Greek, must return to the Hellenic state.

These should include islands, which, according to the treaty made in London in April, 1915, are to be annexed to Italy.

Estimate of Damage.

President Wilson will have before him an independent estimate of the actual physical damage suffered by France and Belgium during the war when the peace congress reaches the stage of discussing indemnities.

A survey is now being planned and probably will be conducted by more than 200 American army officers, chosen especially for the work.

In the opinion of some observers, the bill of actual damages, when computed, will be so great that the entente nations probably will be more concerned with the ability of the German people to foot the bill as it will stand than with the possibility of exacting further damages in the nature of punitive indemnities and war costs.

Mr. Wilson believes that damages should be restricted to reparation and restoration and should not be extended to financial punishment of the German peoples.

POLICE GET SCENT.

In connection with the investigation of alleged petty thefts at Kelly & Pollard's, the detectives reported Wednesday the recovery of a 415 bottle of cologne.

Simple Way to End Dandruff

There is one sure way that has never failed to remove dandruff at once, and that is to dissolve it, then you destroy it entirely. To do this, just get about four ounces of plain, common liquid arvon from any drug store (this is all you will need), apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find all itching and digging of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better.—Adv.

"THE POPULAR"

Cor. Mesa Ave. and San Antonio St. | Private Branch Exchange 3300. | Mail & Phone Orders Promptly Filled.

The Clearance Sale Closes

OUR January Clearance Sale comes to a close Saturday at 6 p. m. For the final three days we offer extensive reductions in many Departments. Some of the Clearance Sale Items are:—

$25 Coats

BOLIVIA, Crystal Cloth, Kersey, Broadcloth and Fancy Mixtures in all desirable shades. The Coats have large collars of Fur. All are wonderful models and will leave you in a quandary when selecting one. The desire will be to have them all. The Clearance Sale Price will be no less an incentive than the styles and materials. Values are to $49.50. Prices slashed to $25 —(5th Floor)

$8.65 Sweaters

FOR the final three days of the January Clearance Sale we have added several numbers to our special group of Sweaters. They are belted and sash styles in Angora, Zephyr, Camel Hair, Shetland and Mohair. Some of these styles are hand made. The colors are bright and attractive. Some have shawl collars, while others have scarf and roll collars. Values to $25, at $8.65 —(5th Floor)

Downstairs Store Specials

$7.50 Silk Dresses

THE very dresses you wanted to possess. The style you vaguely imagined is now a reality. Yes, and you thought that if you laid eyes on that creation the price would immediately send you back to the land of Unfulfilled Desires. But lo, and behold the price, $7.50. To this special group of Silk Dresses we have also added 75 styles not previously shown. They are Satin, Taffeta and Georgette combinations in all the favored shades. Prices cut to $7.50.

$10 And $15 Coats

THE Miss and Mother will be equally charmed by these stunning Coats. Father will be pleased with the prices. The service will set as high a standard for wearing qualities as the models will for style. Including many all wool models, featuring Browns, Blues, Burgundys, Tans and Grays. Trimmed with pockets, tacks, buttons, shawl collar and turn back cuffs. All sizes. Remarkable values. Prices cut for Clearance Sale to $10.00 and $15.00.

$2.95 Silk Petticoats

THIS Petticoat offer will attract scores of women who have not thought they could get a Silk Petticoat at this low price. The opportunity is certainly unusual. These Petticoats are made with Jersey Silk tops and Accordion pleated Taffeta ruffles. They are well made skirts with fitted elastic bands. Good range of colors in changeable effects with Green predominating. They are specially priced for the last three days of Clearance Sale, at $2.95.

World Of White Starts Here Monday

WE want you to read the Washington Dispatch. This appeared in The Herald Monday. There is no doubt about there being a shortage of Cotton.

We want to impress on you that you can come Monday and buy White Goods, White Wear and all manner of World of White items at less than present Wholesale Cost of those same items today.

Watch Our Ads--See Our Window Displays

The Popular Closes At 6 P. M. Each Saturday.

CROP SHORT, PRICE IS LOW

Cotton Owners Hold For Better Prices; Not Enough For Demand.

By FREDERIC J. HASKIN.

Washington, D. C., Jan. 15.—The world rarely, if ever, produces as much cotton as it needs, and now, with the Russian crop somewhere around the zero mark, the Indian crop smaller than usual, and the United States crop depleted by the summer drouth, there is a distinctly outlined cotton situation.

The extent of shortage in the United States crop is shown by the fact that 16,000,000 bales were counted upon and only 11,700,000 survived drouth, pests and disease.

British Soldiers Carry Food To Hungry Viennese

Reward Austrians' Humane Treatment Of Prisoners Of War.

Vienna, Austria, Jan. 15.—A small body of British troops arrived here Tuesday as the convoy of a trainload of foodstuffs, a present from the British army in Italy to the women and children of Vienna. Great crowds followed the convoy through the streets, giving the men a cordial welcome, but devoid of any especial enthusiasm.

More Food To Follow.

The British officer in command explained to the burgomaster that the supplies were sent in recognition of the fact that Austria had treated her British prisoners with consideration, in contrast with the inhuman treatment given them by the Germans. Three additional trainloads are to follow.

$400,000,000 Is Needed To Feed Freed Peoples

Payments Made In This Country Must Exceed Sum Wilson Asked.

Paris, France, Jan. 15.—The supreme council of supply and relief which has been engaged for the last three days in considering the situation of the liberated countries, stretching from Belgium to Poland and Armenia, has concluded that the minimum sum necessary to feed these peoples until the next summer is $400,000,000. The council has asked the treasury departments of the associated governments to determine how the money can be provided. The allied governments in Europe, it is said, have agreed to undertake their full responsibilities in the matter.

U. S. Must Furnish Much.

Purchases made in the U. S. will greatly exceed the $100,000,000 which president Wilson has asked congress to appropriate. Herbert C. Hoover, director general of international relief, has proposed that a commission, representing each of the four great powers, be established in each of the countries to be relieved, under the general term of "relief to liberated countries."

Distribution Held Up.

It is understood that the American war department is cooperating with the food administration in sending foodstuffs into various Mediterranean ports, but the distribution of these supplies is necessarily being held up until financial matters can be arranged.

Choose Successor To Grand Duchess Marie

Luxemburg, Jan. 15.—Princess Charlotte, sister of grand duchess Marie, has been chosen as the latter's successor by the chamber of deputies, which met immediately after the abdication of the grand duchess was announced. Princess Charlotte will assume office Wednesday.

BRITISH DIVULGE PLANS FOR MONSTER SUBMARINES

London, Eng., Jan. 15.—The admiralty today permitted to be made public the description of the submarine cruisers the British successfully constructed at the time the Germans were boasting of their super-submarine.

The British craft have two funnels and make 24 knots on the surface under steam power. They carry from eight to ten torpedo tubes, two or three four inch guns and also are equipped with internal combustion motors for surface cruising. The batteries for the undersea power can be charged from both the steam and combustion engines and an ingenious scheme has been devised for quickly dismantling the funnels for the purpose of submerging.

Displace 2700 Tons.

The vessel displaces 2600 tons on the surface and 2700 tons submerged. They are 340 feet long, have a beam of 26 feet and a cruising radius of 2000 miles.

So far as known, the new craft was never employed against any enemy vessel.

Curtiss & Co. buy Liberty Bonds.—Adv.

SPANISH INFLUENZA--JUST GRIP CAMOUFLAGED UNDER A 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, La Grippe. 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 bad at night, often times a sore throat or tonsilitis, and frequently all the appearances of a severe head cold.

THE TREATMENT.

Go to bed at the first symptoms—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 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, sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remains 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. 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, spread on thickly and covered with two thicknesses of hot flannel cloths. Leave 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.

NO OCCASION FOR PANIC.

There is no occasion for panic—influenza or grip has a very low percentage of fatalities—not ever 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 go to bed soon enough, or those who get up too early.

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 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 ordinark 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 Camphor with such volatile oils as Eucalyptus, Thyme, Cubeba, 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 can, therefore, be used freely and often without the slightest harmful effects.—Adv.

Use Herald Want Ads