

# TORTURED BY RHEUMATISM

### "FRUIT-A-TIVES" Brought Quick and Permanent Relief



MR. P. H. MCHUGH  
108 Church Street, Montreal.  
December 13th, 1917.

"I was a great sufferer from Rheumatism for over 15 years. I consulted specialists, took medicines, used lotions; but nothing did me good. Then, I began to use "Fruit-a-tives"; and in 15 days, the pain was easier and the Rheumatism was better. Gradually, "Fruit-a-tives" overcame my Rheumatism; and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation, and "Fruit-a-tives" relieved me of these complaints; and gave me a good appetite; and in every way restored me to health." P. H. MCHUGH.  
One a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price, by FRUIT-A-TIVES Limited, OGDENSBURG, N. Y.

## LOW PRICED ADVERTISING

**FOUND**  
FOUND—Suit case on east road. Owner may have same, by proving property and paying Joseph Kittel, Park St., Extension, for this adv. 712\*

**FOR SALE**  
FOR SALE—Young pigs. Joseph Kittel, Park St., Extension. 212\*

FOR SALE—Jersey milk cow. Jennie Finlay Park St., Extension. 1816\*

FOR SALE—Both new and second-hand. Sharples separators at closing. Inquiries, A. H. Winslow. 92\*

FOR SALE—House and labor by installing a furnace. Furnace this fall. Two of the best makes in stock. A. H. Winslow, 3215 Main St. 921\*

FOR SALE—7 room house and barn, wired for electric lights, garage, 13 acres land with good 1/2 mile walk from Bennington Falls. Price reasonable. Address Bennington R. F. D. 1, Box 194. 1125\*

FOR SALE—Modern house, 7 rooms, bath, toilet, hot and cold water and gas, lot 44x200, location central, price \$2,400—\$1,000 cash, balance on easy monthly payments. H. B. Hutchins, 447 Main Street. 1816

FOR SALE—National cash register, two show cases, 3 coffee urns, Christmas toys and a variety of goods will be sold at less than cost. Also ladies and children's hats, 50c to 75c. Inquiries, 542 Oage Street. 1916\*

**TO RENT**  
TO RENT—Furnished front room, with all modern improvements, 819 Main Street. 2116

TO RENT—3 furnished rooms for light housekeeping, electric lights, hot and cold water. Tel. 376-J. 1916

TO RENT—Furnished front room, suitable for two people with all modern improvements. Also single room. Inquire 516 Main Street. 2016\*

TO RENT—Stores, offices, tenements, shops, stables, individual stores by lockers, furnished apartments and rooms all centrally located. Geo. S. Hawks, 426 Main Street. 7617

**WANTED**  
WANTED—Wet wash to do and will go ironing. Also table and chairs. 103 Division Street. 1912\*

WANTED—Young man and young lady to assist Saturdays at The New York Store, one with some experience preferred. 2017

WANTED—To rent small farm with good land and buildings. Must be near good market. Box 51, North Bennington, Vermont. 1912\*

WANTED—Several men for laboring and mill work. Boarding houses for single men, tenement houses for married men. Highest rate of wages. F. Moore & Sons, Tel. 484. 1917

WANTED—Will buy chicks one year old with or without mother, 50c each for chicks, 2 lb. or less if good condition, 1 lb. P. T. Huntington. 1916

WANTED—Pupil nurses male, and female at the Taunton State Hospital Training School for nurses. For particulars address Dr. Arthur V. Goss, 401, Taunton State Hospital, Taunton, Mass. 1917

**E. L. LAMBERT**, 220 School St., Bennington, Vt.

## POOR MUSIC STOOL

A farmer went to the nearest town and purchased a music stool, taking it home with him in his trap. In a few days, however, he brought it back and demanded the money he paid, as the stool was no good at all. The storekeeper examined it and said it was in perfect order, and that it should not be thrown on his hands. "Well," said the farmer, "I took it home careful, and I gave it a turn, and every one of the children gave it a turn, and never a tune could one and all of us screw out of it. It is no more a music stool than the four-legged washing stool, the misbegotten tubs oh."

**Forget Early Training.**  
"How did Bill happen to be arrested?"  
"Left his car in the street all night without complying with the biblical injunction."  
"Didn't know the Bible made any ruling on the subject."  
"Oh, yes. It says, 'Let your light shine.'"

## BY PARCEL POST.



**Mailing Clerk**—You can't send that stuff. It weighs several hundred pounds.  
**Plain Citizen**—But this is a balloon. Wait till I inflate it before you weigh it.  
**Otherwise Engaged.**  
Though opportunity may knock And greet you with a bow profound, If you do naught but watch the clock You'll miss him when he comes around.

## 'A Hot One.

"My mind to me a kingdom is," launched out the chap who would rather quote than eat.  
"Oh, well," soothed the other, "I shouldn't let that worry me. It's not in danger of invasion for conquest, at any rate."  
**Expensive Experience.**  
"So you never make fun of your wife's hair."  
"No, I've got over that."  
"You did once, then?"  
"Yes, and she kept on buying other trying to please me."

## No Spot.

"That newly rich family are very pretentious. Have they a clean record?"  
"They ought to have. The father was a street cleaner and the mother was a washerwoman."

## No Playtime.

"I understand you have quit playing politics."  
"Never did play it," replied Senator Sorghum. "With me, politics was always business and hard work."  
**Time Limited.**  
Bix—What did your wife say to you when you got home at four o'clock this morning?  
Dix (wearily)—Say, old man, I've got some work to do today."

## ARMY DOCTORS SAY: RADWAY'S READY RELIEF Better Than ALL OTHER PAIN REMEDIES

A LETTER from Dr. Simpson of the Anderson Zouaves, N. Y. (62d Regt.), 2327  
"During the time our regiment was stationed on Riker's Island we were out of medicinal stores. I obtained some of RADWAY'S READY RELIEF and used it with greater success in the treatment of Bowel Complaint, Chills, Rheumatism, Chills, Pains, Aches and Soreness of the limbs than all other remedial agents."  
This letter was also approved by Col. Riker, Lieut. Col. Tisdale and Gen. O'Casey V. Dayton of the same regiment.  
Cut out this ad and send with name and address for this FREE SAMPLE BOTTLE to RADWAY & CO., 208 Centre St., N. Y. For sale at all druggists, 25c, 50c, \$1.00

### Honor thy Father and Mother

Erect a suitable memorial to mark the last resting place of those departed ones, near and dear to you. Phone, write or call on

**E. L. LAMBERT**, 220 School St., Bennington, Vt.

# UNCLE SAM'S ADVICE ON FLU

### U. S. Public Health Service Issues Official Health Bulletin on Influenza.

## LATEST WORD ON SUBJECT.

**Epidemic Probably Not Spanish in Origin—Germ Still Unknown—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.**

Washington, D. C.—(Special).—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

**What is Spanish influenza? Is it something new? Does it come from Spain?**  
"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold' accompanied by fever, pains

## Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called "Spanish" influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1847. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917.

**How can "Spanish influenza" be recognized?**  
"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot' or 'congested' as the doctors say. There may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized.

**What is the course of the disease? Do people die of it?**  
"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication.

**What causes the disease and how is it spread?**  
"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

**What should be done by those who catch the disease?**  
"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by present medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask white near the patient."

**Will a person who has had influenza before catch the disease again?**  
"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain.

**How can one guard against influenza?**  
"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that cold is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places, as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze, if you don't you'll spread disease."

## LITTLE PLEASURE IN TRAVEL

### German Trains Creep Along in Darkness for Fear of Bombs of Allied Aviators.

Special precautions against air raids are now being taken on the German railways in those districts especially liable to aerial bombardments by the allies. Railway Age states. The Palatine railways, in particular, are adopting precautionary measures, and a writer in the Lokal Anzeiger who recently traveled on this system describes the darkening methods adopted at night.

"For hours," he writes, "the train traveled as though in a dark cave, without lights, without conductors, without any station names being called out when the train stopped. When every lamp is extinguished throughout the countryside, and the towns and villages, as though constrained by agony, have closed their shops, the journey oppresses one's mind and is nowise reassuring. One goes on in uncertainty, facing danger.

## GOLD MINING HIT BY WAR

### Many Properties That Were Profitable Have Been Forced to Close Down Temporarily.

Gold is one of the war victims. The war has forced down, in market value, measured by human labor, many kinds of property and most of the staple commodities, until some gold mines which yielded a fair profit before the war have become temporarily useless to their owners. It costs so much to operate them that they cannot be worked without a loss.

There has been change in the value of gold itself, in the money of great nations which have maintained their monetary systems on the specie basis, while almost everything else has gone up. The result is that any given number of ounces of gold mined will buy much less material used in mining, such as explosives, drills, pumps and other machinery, and will pay for fewer days' work. This change is still going on and the position of the gold-mining companies grows less and less secure and sound.

## PILES! PILES! PILES!

### WILLIAMS' PILE OINTMENT For Blind, Bleeding and Itching Piles. For sale by all druggists, mail 50c and \$1.00 WILLIAMS MFG. CO., Prop., Cleveland, Ohio

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