

Build Up the System After Dangerous Grippe

Prompt Assistance Needed to Regain Your Lost Strength

If you have been fortunate enough to survive an attack of this dangerous disease, which has been so severe in all parts of the country, you know the damaging effects which it leaves. Your pain-racked body has been through one of the most trying ordeals of your life, and even if you have won over the millions of disease germs that threatened your life, the effects of the attack are still with you.

Your strength is about all gone, and your vitality is at a low ebb. Experience has proven that no disease leaves the system in a more run-down, debilitated and depleted condition. There is a soreness throughout the body, a reminder of the torturing pains that you suffered; the nerves are all unstrung, and your sense of weakness almost borders upon complete helplessness.

The system is "all shot to pieces," resembling very much a war-stricken land that has been devastated by a ruthless enemy. As soon as you are able to be up and about you realize the important repair that the system needs to restore your former robust vigor.

Nature is the great healer, and when all hindering obstacles are removed, nature does her work well. But the process is slow, and assistance is needed, if you wish to lose no time in being fully restored. The rebuilding of wasted tissue and restoration of lost strength must come

through the blood, which is the source of all life, and it is through this vital channel that the repair work must be done.

The one remedy that has proven of such invaluable assistance in rebuilding the broken down system after influenza or lagrippe, is the well known blood purifier and system tonic, S. S. S. This standard preparation is recognized as the most reliable ever discovered, and its use throughout the length and breadth of the land for more than fifty years, is the strongest evidence of its merit. S. S. S. is sold by drug stores in every state in the union.

Those who are endeavoring to overcome the ill effects of lagrippe will find S. S. S. of great aid in restoring the system to its former strength and vitality. This tonic builds up and enriches the blood supply, through which every part of the body is toned up and strengthened, and a few bottles will prove a great aid in bringing back your old-time health.

S. S. S. is a purely vegetable preparation, being made from the medicinal roots and herbs of the forests, and there is not a particle of mineral in a thousand bottles. It is nature's own remedy. You can always obtain S. S. S. from any drug store.

Get a bottle today, and give all possible help to your broken down system, so that your health and strength may be promptly restored. And if you wish any special advice, you can obtain same without cost by writing all about your case to Chief Medical Adviser, 104 Swift Laboratory, Atlanta, Ga.—adv.

Pensacola is Represented at Medical Association Meeting At Miami By Dr. O. H. Cox

At the meeting of the Florida State Medical Association, being held in Miami, May 20-22, both inclusive, Pensacola is represented by Dr. O. H. Cox, government specialist in the public health service, who has been spending some time in Pensacola aiding in the sanitary campaign being successfully carried on here.

Before the assemblage Dr. Cox read a very interesting paper, much of which was a comprehensive review of his work here, which from time to time has been published, and in addition his paper paid high compliment to the natural and other advantages of Pensacola, and contained other information of interest. Following are some excerpts from the paper:

Organizing For Community Health.
"Mr. President and members of the Florida State Medical Association: My purpose for appearing before you is several-fold. Sergeant General Rupert Blue ordered me to attend to represent the U. S. Public Health Service. I have been on duty in the state sixteen months and have a fair acquaintance with men, affairs, and events from the point of view of sanitation. I count the members of the state health organization and all the physicians as friends. I hail from West Florida now, and am possibly the only representative here for Pensacola and Escambia county."

Organization For Health Work.
"Nobody with a properly functioning mind nowadays denies that sanitation pays. How to prevent certain diseases and keep up the general public health to a better degree has become more than a theory. Therefore we have official organizations for health. A brief sketch of these agencies may be used as a setting for further remarks."

"The public health service in which federal activities center is mostly advisory and least executive when applied to national domestic problems."

"State boards of health are more advisory and less executive within their own boundaries. No two are organized the same. Local organizations are least

advisory and most executive or administrative, and the county is a comfortable unit to handle. All have grown up from an original idea of self-preservation, and the local board of health was the first to organize. The others came into being as interstate and international international intercourse became more complex."

"In accordance with the provisions of the federal constitution powers not expressly delegated by that legal instrument to the federal government are reserved by the individual states to themselves. Therefore all laws of sanitation and public health must be in conformity with state laws. There seems to be no reason why the public health service should not assist state boards of health in raising the standards of administration among the local health organizations where most executive authority lies. In this way all are synchronized and have the benefits of special investigations and expert advice. Many of these theories of sovereignty have gone by the board during the war period or have been worked out in practical affairs much to the advantage of all concerned. It is believed. This is illustrated by the methods followed for sanitation in the extra-cantonment zones all over the country."

Methods Followed by U. S. Public Health Service.

"Official orders during the first week of February, 1919, transferring me from the extra-cantonment zone of Camp Joseph E. Johnston at Jacksonville to Pensacola, read in part, 'You will confer with state and local health officials with a view to placing health activities on a better basis. This may serve to illustrate what should be the mutual attitude of the three primary health organizations whose duties we have sketched.'"

Here Dr. Cox gave a full and comprehensive review of the work in Pensacola, including the obstacles encountered and delays experienced before a great many of the people became fully convinced of the great importance of the campaign.

Other Activities in Coordination.
"In the meantime, while public opinion

"By Their Deeds ye Shall Know Them."



FLORIDA WILL NOT HAVE NEW STATE HOUSE FOR WHILE

BY HERBERT FELKEL.

Tallahassee, May 21.—By a vote of seventeen to twelve the senate today failed to pass the bill appropriating \$200,000 for remodeling and enlarging the capitol building at Tallahassee, and the same old statehouse will have to do for another two years. In support of the measure, Senator Lowry exhibited the architect's drawings in colors of the proposed new building with two additional wings on each end, but with the same architectural lines preserved. He eloquently pleaded for the appropriation, declaring that the departments were scattered throughout the city because of the congestion in the capitol not only during the legislature but the year round. He said between two and three thousand dollars annually was paid in rents by the state. All the departments would be cared for in the new structure, he said. Senator

Lowry also spoke in favor of the measure. Senator Russell declared this was not the time to add to the statehouse because of the high cost of building materials. Senator Lowry replied that the contract would not be let till after the first of next year when prices of materials were expected to come down. Senator Russell's opposition was purely on business grounds, he said. He was not in favor of capital removal, however.

TOMATOES.

Set the stakes while the plants are small, and as the plants grow keep them tied up. New shoots will grow in the axils of the leaves, that is, at the point where the leaves join the stem. Take out these new shoots every week or ten days, or they will delay the early ripening.

Set the plants three feet apart in rows four feet apart if they are not to be staked but allowed to spread over the ground. Some vegetable mulching material spread under these plants will protect the fruit from touching the ground.

Tomatoes need rich soil, good cultivation and plenty of moisture. Nothing will respond better to a generous supply of manure than tomatoes. No vegetable that grows in the garden will yield a bigger crop in proportion to the amount of space planted than the tomato. Furthermore, it is a food which can be enjoyed in one form or another nearly every day all summer long.

PALACE CAFE

Under New Management
Everything Good to Eat, Cooked Right
STEPHEN CLEOTELIS
Proprietor

Wanted Several Thousand Juniper Poles

Thirty to sixty feet lengths, seven-inch tops.

Write in for prices and specifications.

White Cedar Pole Co.

FLOMATON, ALA.

So much like coffee that the change is easy when one finds that coffee disagrees.

Instant Postum is a rich, tasty beverage, absolutely free from caffeine.

No Boiling, No Waste, Requires Less Sugar.

There's a Reason

ATTENTION, METHODISTS!

What Are You Doing For the Centenary?

As loyal American citizens you responded to every call of the Government.

You sewed and knitted.

You conserved food and fuel.

You bought War Stamps and Liberty Bonds.

You gave your daughters as Red Cross nurses and your sons to shed their blood for the sacred cause of Liberty.

WHAT ARE YOU DOING FOR THE CENTENARY?

As loyal Methodists have you enlisted in the "Fellowship of Intercession," pledging yourselves to pray for world-wide Redemption?

As loyal Methodists have you enlisted in the "Methodist Million," acknowledging God's ownership?

As loyal Methodists are you preparing to do your part in the BIG DRIVE NOW ON?

LET US HAVE NO SLACKERS

It is the duty of every Methodist to "Carry on" if the world shall be won for Christ.

This space contributed by a contributor.

was being moulded around this central endeavor, other phases of organizing for health were being developed.

"The most noticeable improvement is in the restaurants, soda fountains, markets and other places where food is handled. General screening according to state law was enforced by means of an inspector of the public health service and one of the city working jointly. All other details for improvement were worked out by means of close scoring, which was heartily endorsed as a fair procedure. The individual and general improvements are remarkable. It is all markedly observable and the town is proud of it. The milk problem is a long way from a good solution, but it is believed that consistent work will effect wonderful and permanent improvements."

"At our suggestion the state sanitary engineer sent his assistant who made a very comprehensive survey and report of the drainage conditions in the city. This problem does not loom large because most of the work required would be in the nature of opening up natural courses and cleaning out ditches formerly made."

"From the angle of mosquito nuisance, and also the reduction of possibilities of malaria conveyance by this pest, a judicious expenditure of money would pay good dividends."

"School inspection of course needed attention. Dr. Tatum, district state health officer, was conducting the work in the rural areas. There are something like 5,000 children in the city schools. Dr. Grace Whitford of the child welfare bureau of the state board of health, detailed her assistant, Dr. Josie Rogers, for duty during the month of May. Having examined 1,200 children before her arrival and assisting considerably up through last week, it can be announced that even the 25% high school students have been physically inspected and all defects which were found have been recorded. The Red Cross, by its home service department, is supplying lay workers for follow-up work, and it is anticipated that part of the new health organization will have a nursing corps or one or more members. Eye defects have been too frequent. Some rural schools have shown from eight to ten per cent trachoma. The city schools will go four or five per cent. Where hookworm examinations were made a high prevalence was found, though the grade of children seemed to be fair. Already parents are waking up to the serious aspect of defects in their children. Once the work with a system is well under way the good accomplished will be inestimable."

"I have not mentioned morbidity reporting. This deals with doctors and until we could show them that we had real use of their reports we rather hesitated in forcing a rather difficult issue with them. It seems strange that there are doctors opposed to carrying out this important provision for the good of the community."

"Taken all together the ideas mentioned and others have grown toward the one big central idea of a full functioning city and county health organization under a full time health officer, supported by the state, county and city. It is believed that enlightened public opinion has come finally to see how this can be effected for the great benefit of all concerned. It nothing more is accomplished thinking people will be better able to understand more fully what is meant when they are told that health is a purchasable commodity."

"BLUE RIBBON" TALKS.
By using Blue Ribbon Extracts, Vanilla and Lemon, you have delicious desserts and save money—"Best and takes less."

Now is the Time to Get Rid of Your Rheumatism.

If you are troubled with rheumatism get a bottle of Chamberlain's Liniment and use it according to the plain printed directions. You will be surprised at the quick relief which it affords. No internal treatment is required in cases of chronic muscular rheumatism. All you need is to use this liniment freely.—Adv.

NEWS BRIEFS.

The Epworth League of the Gadsden Street Methodist church, will hold a special business meeting Thursday night at 8 o'clock, it is announced, at the home of the president, 1815 East Jackson street. All members are urged to attend.

Mr. and Mrs. J. E. Malone, of 609 West Barden street, are receiving congratulations on the birth of a son on May 17.

H. E. Butler, who has been doing overseas duty with the expeditionary forces in France, has arrived at Camp Jackson, and is expected in Pensacola at an early date.

Mr. Butler was connected with The Journal, before enlisting in the army.

A MISTAKE MADE BY MANY.

Don't wait for rheumatism to indicate diseased kidneys. When you suffer pains and aches by day and sleep disturbing bladder weakness by night, feel tired, nervous and run down, the kidneys and bladder should be restored to healthy, strong and regular action. It is a mistake to postpone treatment. Foley Kidney Pills put the kidneys in sound, healthy condition and keep them active and strong. Begin taking today. Good results follow the first dose. Sold everywhere.—Adv.

When the Boys Come Home

Remember to care for their feet. The government supplied the troops with 1,500,000 pounds of powder for the feet because it makes the men more efficient. They could walk twice as far and be comfortable if they had some Allen's Foot-Ease in each shoe. Try it yourself and see what comfort you get from this standard remedy. Ask for Allen's Foot-Ease, for tired, aching, swollen feet, blisters and sore spots. Sold everywhere.

and has many friends in Pensacola and West Florida.

from near the corner of Chase and Baylen streets and it sowner, John Massey, has asked the assistance of the police department in locating it. Nothing has yet been learned regarding its whereabouts.

The city commissioners are awaiting with some anxiety the signing by the governor of the bills legalizing bond issues to relieve financial conditions connected with the operation of the city government. Mayor Sanders stated last night that as soon as word is received of the signature, a special meeting of the commissioners will be held to arrange for submission of the bond issues at the June election.

J. S. Robinson, of South Carolina, is the guest of Rev. W. E. McIlwain, pastor of the Knox Presbyterian church. Mr. Robinson has been engaged in Y. M. C. A. work at Camp Jackson for about seventeen months. It is expected that he will be appointed Sabbath school missionary for the Florida Presbytery.

CATARRH

For head or throat Catarrh try the vapor treatment—

VICK'S VAPORUB

"YOUR BODYGUARD" - 50¢, 60¢, \$1.20



BESSIE JONES
A colored girl of Houston, Texas, gives Nelson a credit for her long, silky hair.
Send us your photograph if you use NELSON'S.

"NELSON'S will make you proud of your hair"

Nelson's Hair Dressing

Nelson's is the original and genuine high-grade hair dressing. For more than 30 years it has been the favorite with the particular colored people of the United States.

Nelson's is fine for the scalp, relieves dandruff, and makes the hair grow. It makes stubborn, curly hair soft and easy to manage.

Take this advertisement to the drug store and be sure to get the genuine NELSON'S.
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