

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.

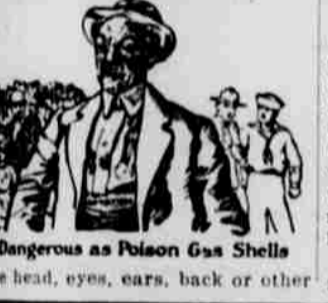
Washington, D. C.—(Special)—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread 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 interpretation:

What is Spanish influenza? Is it anything 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



Winter Furs and Muffs
—We have just received a large shipment of FURS, SCARFS, NECKPIECES and MUFFS. There are some beautiful pieces in the lot and the prices are reasonable.

Children's Coats
—A nice line just received. Latest styles and made of excellent materials.

M. ROSENTHAL

DO YOU LIKE GOOD BREAD?
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IT IS CLEAN APPETIZING AND WHOLESOME

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West St. Helens, Oregon
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War Emergency Course and Certificate
OREGON NORMAL SCHOOL

—Owing to the scarcity of teachers the Oregon Normal School will offer a War Emergency Course of twenty weeks outlined by the Superintendent of Public Instruction. The course will begin with each of the terms, commencing Nov. 16, 1918; Feb. 8, 1919 and April 12, 1919. The Superintendent of Public Instruction will consider it equivalent to the Teachers' Training Course and issue a certificate upon its completion valid to teach in the elementary grades for one year.

—This Course will be open to those who have had two years or more of high school work or its equivalent. No age limit is required for entrance, but before a certificate can be issued applicant must be at least eighteen years of age.

—All regular courses will be offered as usual.

—For detailed information address,
REGISTRAR OREGON NORMAL SCHOOL

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 1647. 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 running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found 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 patent 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 while 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 keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk 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."

EIGHT-HOUR LAW BENEFITS LUMBER REGIONS

Production Has Increased Thirteen Per Cent in State of Washington Since January 1, 1918

Increased efficiency is reported as a result of the operation of the eight-hour law which became operative in the lumber regions of Washington, January 1, 1918. J. C. Reynolds, Secretary of the Timber Products Manufacturers, says:

"Figures compiled by operators show that the per hour production per man has increased 13 per cent on the eight-hour basis in comparison with the per hour production per individual under the old ten-hour working day. The general output of the industry is about 9.41 per cent less than the output under the ten-hour day. The mills are operating with about 65 per cent of the help needed in the industry, but we are better fixed in a labor way than we were a year ago and conditions in this respect are improving."

FORMER CONVICTS IN THE GREAT WAR

General Franklin Bell's true statement that "the army is not a place of refuge for thieves" has been supplemented by letters in the World from Mrs. Ballington Booth and Thomas M. Osborne. Both show that not every man in prison is by nature criminal; that prisoners can be patriotic; that to such men the army is a road to reparation. Mrs. Booth has a service flag with 50 stars for graduates from a single prison engaged in the service. Happier still is Mr. Osborne; over 1000 men under his eyes have passed from Portsmouth prison into the navy and are serving it with honor and fidelity. Great Britain and France have drawn to their armies prisoners worthy of service, some of whom have been decorated for heroism. The French Foreign Legion, which we are rightly honoring in this country, has in the past included many men with records not wholly clear.—New York World.

Unable Seaman: When I come round again the surgeon 'e says to me, 'I'm bloomin' sorry, mate, but there's a sponge missin', and I believe it's inside yer.' 'What's the odds?' I says; 'let it be.' And there it is to this day. Gullible Old Gentleman: Bless my soul! Unable Seaman: I don't feel no particular pain from it, but I do get most uncommonly thirsty.—Cassell's Saturday Journal.

"Mrs. Newbride has made some real war bread." "Oh?" "The trouble is that she can't find a German to feed it to."—Buffalo Express.

Chamberlain's Cough Remedy the Most Reliable

After many years' experience in the use of it and other cough medicines, there are many who prefer Chamberlain's to any other. Mrs. A. C. Kirstein, Greenville, Ill., writes, "Chamberlain's Cough Remedy has been used in my mother's home and mine for years, and we always found it a quick cure for colds and bronchial troubles. We find it to be the most reliable cough medicine we have used."

MAIL CARRIERS HELP AS HARVEST HANDS

Five mail carriers from a station in Knoxville, Tenn., formed themselves into a gang of harvesters for two days only and cut five acres of wheat belonging to a widow, Mrs. B. H. Bell, who lives near the city. The grain was cut and stacked in five hours' work and the mail carriers went back the next day to store the crop. The volunteers refused to accept any pay for their labor.

Correct. Sit Down

Teacher—"Robert, can you tell me who wrote the seven ages of man?"
Robert—"Shakespeare."
Teacher—"That's right and are there seven ages of women?"
Robert—"No, ma'am. Papa says ladies only have one age."

Political Announcements

REPUBLICAN TICKET

General Election, November 5, 1918

- United States Senator (short term) FRED W. MULKEY
- United States Senator (long term) CHARLES L. McNARY
- Representative in Congress (1st Dis.) W. C. HAWLEY
- Governor JAMES WITHYCOMBE
- State Treasurer O. P. HOFF
- Justice of Supreme Court CHARLES A. JOHNS
- Attorney General GEORGE M. BROWN
- Superintendent of Public Instruction J. A. CHURCHILL
- Labor Commissioner C. H. GRAM
- Public Service Commissioner FRED A. WILLIAMS
- County Ticket
- For Representative EDISON I. BALLAGH
- For County Judge MARTIN WHITE
- For Sheriff E. C. STANWOOD
- For County Clerk J. W. HUNT
- For Treasurer BESSIE HATTAN
- For Surveyor L. J. Van ORSHOVEN
- For Coroner T. S. WHITE
- For County Commissioner JUDSON WEED

Pa Advt

GEORGE B. CONYERS

I believe that county business should be done in the open and on the square, and if I am elected I will, to the best of my ability, work for the best interests of the county and will not be influenced by any clique, clan or corporation and will endeavor to secure co-operation between the citizens of the several road districts and the County Court.

I believe that my election to this office is warranted by my past record and ability, having served as Recorder of the City of Clatskanie for the past four years, together with several other responsible offices including County Surveyor and Justice of the Peace.

(Signed) GEORGE B. CONYERS.

For a Patriotic and Progressive Administration Vote for



W. J. FULLERTON
for County Judge

Good roads are an absolute necessity for the development of Columbia County and I am in favor of such. Your support at the coming election will be appreciated.

W. J. FULLERTON.

To the Voters of Columbia County—Having received the nomination on the Democratic ticket for the office of sheriff of this county, I wish to state, I have been a resident and a



taxpayer of this county for nearly eight years, I am a working man, a member of the L. L. L. and also belong to the International Union of Steam and Operating Engineers. I elected to the office of sheriff, I promise an economical business administration and an impartial enforcement of the law. If you want that kind of a man and that kind of an administration, I shall greatly appreciate your votes.

Respectfully submitted,
H. H. BUNTING,
Democratic Candidate for Sheriff.

FOR COUNTY COMMISSIONER

JAMES D. M'KAY
A Native Born Columbia County Man.
What He Stands For.

- Only one Roadmaster, if any.
- Abolishing Office of County Agriculturist.
- One Road supervisor in each district.

If the voters of the county agree with my platform, I will appreciate their support at the coming election.

JAMES D. M'KAY.

For a limited time only the subscription price of the Mist will be \$1.50 per year. Subscribe or renew now.

How's Your Automobile?

Now, more than ever before, you must watch your automobile and keep it in perfect order. Automobiles are hard to get, parts are getting harder to get every day. So watch your car to see that it is kept in good repair. Don't neglect the valves, don't run with an engine knock. Keep the play out of the rear axle.

The St. Helens Garage is one of the best equipped repair shops in the county and special work is easy for us. We handle lathe work, make small parts, battery work besides all automobile repairs.

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