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U. S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

Common Colds Highly Catching. "It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are

sprayed into the air when careless or ignorant people cough or sneeze, without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent.

Suitable Clothing Important. "Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice.

Could Save 100,000 Lives. "I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air.

Droplet Infection Explained in Pictures. "The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."



COUGHS, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY
Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

SPOILS HYMN OF HATE

Yank Shell Cuts Short Note Being Written by Hun.
A square hit from an American shell ended the hymn of hate a German non-commissioned officer was writing, in a dugout in a French village, to his sweetheart in Berlin. The letter was found near his body when the American troops occupied the town.
"Dear Frieda," the note read, "I am waiting for the time when this awful war will be over and I can come back and hold you in my arms. But first I hope it will fall to my lot to kill a dozen of these dirty American dogs who—"
The letter ended there. A shell had penetrated the dugout and blown the German to pieces.

Pearls at \$35 Per Day.
Pearls at \$35 a day is the computation made regarding the cost of upkeep of a single string of pearls which have been sold at auction in London.
Mme. de Falbe's pearls were sold for \$237,000, the largest amount ever paid for any article of art or luxury sold at auction. Annual interest on the sum would be approximately \$12,000 a year. If worn but on a few great occasions during a year, as is likely, they become more expensive than Caruso.

Had Sugar in Pillow Slip.
Government investigators are after sugar hoarders at Pottsville, Pa., some of whom bought large supplies before the regulations went into effect. One woman was found to have 350 pounds of sugar concealed in pillow slips.

Patriot's Plenty
Buy less - Serve less
Eat only 3 meals a day
Waste nothing
Your guests will cheerfully share simple fare
Be Proud to be a food saver

Classified Advertising

FOR SALE

1917 CHEVROLET with demountable rims for sale. Is in best running condition. M. J. Barker, 207 West C street. Phone 196-R. 28

FOR SALE—Young team (excellent pullers), wagon, plows, harrows, hay, lumber, cedar posts, shotgun, rifle, bedsteads, oil stove and other articles. Phone 502-F-12, Mrs. George L. Morris, Rd. 1, Grants Pass, Ore. 42

FOR SALE—Furniture, stoves, tables, chairs, rugs, etc., top buggy, a few good hens. 801 North Sixth street. 32

FOR SALE—Good irrigated ranch on the Applegate, house, three barns, and out buildings, first class water right, all fenced, mostly wire fencing. For further particulars inquire of Geo. Feldmaier, Grants Pass. 33

FORD BARGAIN—1917 Ford, quick sale, terms. \$400. C. L. Hobart Co. 32

A FEW ASPARAGUS plants still left and it is not too late to set them out if done at once. One cent each. W. W. Canby. 32

TO RENT

FOR RENT—Cottage 321 Rogue River Ave., three rooms and sleeping porch, good well and one-half acre land, barn, \$4.50 per month. Key at 208 Foundry. 9-11

WANTED

WANTED TO BUY—Power circle saw outfit for cutting cord wood. Write Box 44, Merlin, Ore. 32

MISCELLANEOUS

JITNEY SERVICE—Any where, any time. Phone Mecha Cafe 181-R Otto J. Knips, Residence 149-Y 23

HEMSTITCHING and piecing done to order. Handicraft Shop, Medford, Ore. 38

GARAGE—First class work; electrical work a specialty; satisfaction guaranteed. Oils and gasoline. Everett Steiger Garage, 211 North Sixth Street. Phone 298. 42

TAXI—If going or coming call the White Line Taxi. Safety first. Call at the Spa confectionary. Phone 262-R. Residence phone, 320-R. 45

TO EXCHANGE

FOR EXCHANGE—160 acres black soil in well watered grain district 50 miles north of Calgary, Alberta, 25 acres under cultivation. Small stables, and \$600 house. Prefer to have acreage near Grants Pass, of value \$2,000. For particulars address A. W. Isom, Rt. 1, Grants Pass, Ore. 35

Undertaker Invented Phone. Inventors who have new ideas which are foreign to their vocations or lines of business may derive encouragement from the fact that the inventor of the first practical system of automatic telephony was Almon B. Strowger of Kansas City, who took out a patent in 1889. The inventor of the Strowger system was an undertaker who was in no way connected with electrical engineering or with any telephone enterprise.

The Great Test. Self-control is an easy matter when we are alone, says New Success Magazine. But the moment our lives are thrown in with others, then comes the struggle. To maintain our equality, to restrain the sharp retort, the impatient exclamation, to get along smoothly with disagreeable people, without friction or jarring—this is the great life test. This is what builds character, what tests manhood or womanhood, what makes the ideal employee.

Two Discoveries. A long time ago, a keen observer of human nature put on record his discovery that a small borrower never leaves the doorway of a bank without looking one way and walking the other. A rival of this observer has just turned up. His conclusion, after years of patient observation, is that one never sees a small boy and a brass band moving in opposite directions.—Christian Science Monitor.

Soul That is Truly Great. Emerson, that greatest of modern philosophers, has told us that it is easy when in a crowd to allow ourselves to be swayed by the opinions about us and comparatively easy to keep our individuality and sweetness when alone, but that the great soul is he who in the midst of a mass of other individuals can still keep the peace and sweetness of solitude.

PHOTO STUDIO

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S. LOUGHRIDGE, M. D., Physician and surgeon. City or country calls attended day or night. Residence phone 269; office phone 183 Sixth and H. Tufts Bldg.

DR. J. O. NIMLEY, Physician and surgeon. Laidburg Bldg. Health office. Office hours, 9 to 12 a. m. and 1 to 5 p. m. Phone 310-J

A. A. WITHAM, M. D.—Internal medicine and nervous diseases; 903 Corbett Bldg., Portland, Ore. Hours 9 a. m. to 1 p. m.

A. BURSELL, M. D. D. C.—In block north of postoffice, corner Sixth and D street, surgical, electrical, chiropractic and osteopathic treatments. Office phone 197-R; residence phone 333-R.

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DRAYAGE AND TRANSFER

COMMERCIAL TRANSFER CO. All kinds of drayage and transfer work carefully and promptly done. Phone 181-J. Stand at freight depot. A. Shada, Prop.

THE WORLD MOVES; so do we. Bunch Bros. Transfer Co. Phone 397-R.

F. G. ISHAM, drayage and transfer. Safes, planes and furniture moved, packed, shipped and stored. Office phone, 22-R. Residence phone, 124-R.

The California and Oregon Coast Railroad Company

Effective Nov. 19, 1918.
Trains will run Tuesday, Thursday and Saturday
Leave Grants Pass.....1 P. M.
Arrive Waters Creek.....2 P. M.
Leave Waters Creek.....3 P. M.
Arrive Grants Pass.....4 P. M.
For information regarding freight and passenger rates call at the office of the company, Laidburg building, or telephone 131.

Tire Repairing
Any kind of an injury repaired on any sized tire, and all work guaranteed at the Maxwell Garage.
TAVIS & ADAMS AUTO CO.
PHONE 317

A Morning Breeze. The Jokesmith's Wife (2 a. m.)—"Aw, c'm on to bed, you! Want to sit up all night knocking the weather and us poor girls?" Well, what though the temperature was 100 degrees in the dark, the little remark caused a temporary coolness.

Grants Pass & Crescent City Stage Co.

W. T. Breen, Propr.
H. Giddings, Agent

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Office—Old Observer Bldg. Corner Seventh and G streets—Phone 26
Telephone—228-J and 163

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