

WHAT DO YOU KNOW ABOUT SPANISH FLU?

Uncle Sam's Health Experts Tell How to Handle Disease if It Hits Your Family

What do you know about Spanish influenza? The United States government has begun a campaign of education. Thru the United States public health service, the "Spanish influenza," or "three-day fever" is discussed as follows:

COLD BROUGHT ON RHEUMATISM

Pain is the symptom of rheumatism that every victim recognizes but the physician appreciates that thin blood is a marked characteristic of the disease. Trying to cure rheumatism while the blood remains thin and weak is an almost impossible task because there is nothing to build on.

Mr. Harry L. Seaver of 69 Union street, Lynn, Mass., a carpenter, was subject to rheumatic attacks, and his experience will interest others who suffer in that way. Mr. Seaver says:

"I had rheumatism off and on for twenty years. My work at one time kept me out in all kinds of weather, and dampness and exposure caused my affliction. I had dull aching pains in the left shoulder and in the right knee. They were so severe at times that they made it impossible for me to rest at night. I suffered with headache, had dizzy spells and was nervous. My stomach was out of order. I learned of a person who had used Dr. Williams' Pink Pills as a treatment for rheumatism, and this decided me to try them. They helped me and relieved me of pain. They have never failed in my case and I have recommended them to many others."

In no disease does the blood show more altering and thinning than in rheumatism. No permanent relief is possible until the blood is restored and the rheumatic poisons are cast out.

You can get Dr. Williams' Pink Pills at the nearest drug store wherever you may live, or they will be sent by mail, postpaid, upon receipt of price, fifty cents per box, six boxes for two dollars and a half by the Dr. Williams Medicine Co., Schenectady, N. Y. Send for the free pamphlet "Building Up the Blood."

NUXATED IRONED
Now being used by over three million people annually. It will increase the strength of weak, run-down folks in two weeks' time, in many instances. Ask your doctor or druggist about it.



EVERY PERSON
subscribing for a Fourth Liberty Loan Bond at the Japanese Commercial Bank will receive a large map of the

Battle Ground of Liberty
with the pronunciation of the hard words indicated on the back of the map.

Japanese Commercial Bank



DR. J. R. BINYON
Free Examinations
ONLY \$2.50 GLASSES
on Earth
We are one of the few optical houses in the Northwest that really save lenses from start to finish. We are the only one in SEATTLE, ON FIRST AVE.
Examination free, by graduate optometrist. Glasses not prescribed unless absolutely necessary.
BINYON OPTICAL CO.
1116 FIRST AVE.
Phone Main 1550.

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, pain 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" in-

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 other germs with long names.

Coughing Dangerous
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

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 30 years ago, and was again stricken during the recent outbreak in Spain.

How can one guard against the 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.

Don't Overcrowd
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 thru open windows can not be over emphasized.

Where 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.

Get Out of Doors
It is especially important to be aware of the person who coughs or sneezes without covering his mouth or 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. "Cover up each cough and sneeze. If you don't you'll spread disease."

SHROUD FOR THE KAISER



T. S. Maguire, an undertaker of St. Paul, has been drafted and has taken with him to camp at Camp Wadsworth, S. C., a burial shroud he made for Kaiser Wilhelm. He confidently expects to take it along to the front and have it in his kit when he marches into Berlin. The photo shows Maguire and the shroud.

fluenza is identical with the epidemics of influenza of earlier years is not yet known.

Epidemic in 1647
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 1859 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.

Altho 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 thru 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.

Patients "Look Sick"
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 thru 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

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?

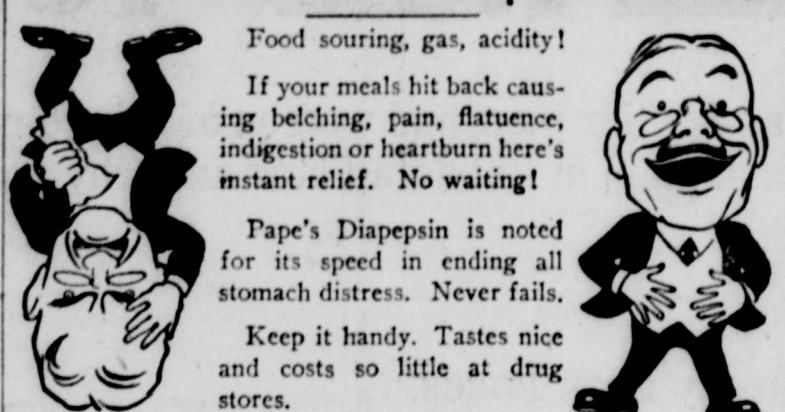
It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in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

If there is cough or 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.

Beware Safe Cure
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

Stomach Acts Fine, No Indigestion!

Eat without Fear of Upset Stomach



UPSET? Pape's Diapepsin WILL PUT YOU ON YOUR FEET

MORE WEIGHT, STRENGTH, VIGOR AND NERVE-FORCE

If You Take Bitro-Phosphate—Says Dr. F. S. Kollé

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness. Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive, and is sold by most all druggists under a guarantee of satisfaction or money back.

Frederick Kollé, M. D., editor of New York Physicians' "Who's Who," says: "Bitro-phosphate should be prescribed by every hospital to increase strength and nerve force and to enrich the blood." By feeding the nerves directly, and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance of the individual. This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, disappear. Our bodies become bright, and pale cheeks glow with the bloom of perfect health. CAUTION: Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties be used by anyone who does not desire to put on flesh.

Why the Best



—IN—

SUITS AND OVERCOATS

can be bought at the minimum of price at this great upstairs store is easily answered---

The ideal of the founders was to sell good, honest clothing at a real saving and guarantee of satisfaction to every buyer.

To do this meant cutting out non-essential operating expense; careful selection of high quality fabrics and buying from America's foremost clothing manufacturers, which in-

sure tailoring that can be absolutely guaranteed for style, fit, good workmanship and shape-retaining qualities. These factors are essential to satisfactory wear.

Make your dollars Thrifty Dollars. Buy your Overcoat and Suit the Upstairs way.

Thousands to select from—

\$15 to \$45

HATS We sell high quality Hats at a real saving. **\$2.50 to \$5.50**

Lundquist-Lilly
Upstairs Clothes Shop

JOSHUA GREEN BUILDING

FOURTH AT PIKE