SPANISH INFLUENZA—WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New—Simply the Old Grip, or la Grippe, That Was Epidemic in 1889-90—Only Then It Came From Russia by Way of France, and This Time by Way of Spain.

Go to Bed and Stay Quiet—Take a Laxative—Eat Plenty of Nourishing Food—Keep Up Your Strength—Nature is the “Cure.”

ALWAYS CALL A DOCTOR.

NO OCCASION FOR PANIC

Spanish influenza, which appeared in Spain in May, is the only appearance this year of any complaint of any kind that was not expected. It is not the Grippe of 1889-90, which was epidemic in those days, but it is not new. It is the same old Grippe, but it is not strong enough to make a panic. According to the severity of the epidemic and the number of cases, the Grippe of 1889-90 was much stronger than this year's Grippe.

EXTERNAL APPLICATIONS

In order to relieve the irritation of the skin, a moistening of the skin may be applied, followed by a soothing effect. The mixture of VapoRub, in hot water, will be found effective. The mixture of VapoRub is made by first adding hot water to the mixture, then add the blades to open the pores. Then VapoRub should be spread over the parts until the mixture is applied. The mixture is then applied to the face and relieved from the irritation within.

HOW TO AVOID THE DISEASE

Evidence seems to prove that this form of Grippe is spread principally by sneezing or spitting, and by coughing. Avoid persons who have Grippe, and by keeping your mouth closed, the disease can be prevented from spreading. Keep up your body strength by plenty of nourishing food. VapoRub is the best cure for colds, and colds irritate the lining of the air passages and render the body more susceptible to the effects of colds. Use VapoRub as directed by applying a small amount of VapoRub on the chest and neck, and then rub vigorously. The Kettles are boiled in a small amount of water, and a tablespoonful of VapoRub is added. The steam is inhaled, and the effect is similar to that of a warm bath.

THE SYMPTOMS

Spanish influenza, as it is now known, is characterized by fever, headache, general feeling of weakness, and a temperature from 101.5 to 102.5. The fever usually lasts two or three days, and bronchial troubles, nose trouble, and slight cough usually occur. Frequently temperature is from 102.5 to 103.5. The fever usually lasts two days, and by the third day the temperature is down to normal. The sufferer usually recovers in two or three days, and by the fifth day the temperature is back to normal. The worst danger lies in the complications which may follow the fever, such as pneumonia or bronchitis. Develop these complications at once and deliver in time for the benefit of the body, and the disease will not recur. The best treatment is to keep up your strength. The body often resists the attack of the disease if the body is strong enough to overcome it. Keep up your strength.

THE TREATMENT

To be effective, the treatment must be given to those who have Grippe, and to those who are not suffering from Grippe, to those who have Grippe, and to those who have not Grippe. Take VapoRub, or a mixture of VapoRub, and give the same amount as directed. But there is no food that will cure Grippe. The disease must be cured by the body. Do not attempt to cure Grippe by food, and do not attempt to cure Grippe by food. The best treatment is to keep up your strength. The body often resists the attack of the disease if the body is strong enough to overcome it. Keep up your strength.