

HEALTH BOARDS

GIVE WARNING OF INFLUENZA DANGER

Ask People to Be Careful and
Take Proper Treatment
Promptly. Many Pneumonia
Cases Follow Influenza.
What to Do.

To be prepared for the serious outbreaks of influenza and pneumonia that are now sweeping over the entire country and that have seized on this community Public Health Boards everywhere are issuing cautions and instructions to the public not to neglect treatment at the first symptoms of a cold and to co-operate with health boards and physicians in stamping out the spread of the disease.

No disease develops so quickly or spreads so rapidly. The first symptom usually is a sharp rise in temperature to 103 or 104 degrees, headache, pain in the back, throat feeling dry or sore. Unless promptly checked by proper treatment, the best plan is to go to bed and stay there for at least a week, keeping warm to avoid pneumonia and let the minor ailment run its course and also prevent the spread of the disease to others.

Most of us, in these busy days, cannot afford, if it can be avoided, to lose a week or more of work so it is all the more necessary that at the very first sign of grip or influenza a counter-acting treatment should be taken.

Probably no better or more effective treatment could be followed at such a time than to get from Henry K. Peters & Co., the American Medicine Co or the nearest drug store a complete Hyonol and a little vest-pocket, hard rubber inhaling device into which a few drops of the oil are poured.

Put the inhaler in your mouth and breathe its air deep into the passages of your nose, throat and lungs: Every particle of air that enters your breathing organs will thus be charged with an aseptic healing balsam.