

# HEALTH TALK

## Spanish Influenza or Grip

BY DR. LEE H. SMITH.

An old enemy is with us again, and whether we fight a German or a germ, we must put up a good fight, and not be afraid. The influenza runs a very brief course when the patient is careful, and if we keep the system in good condition and throw off the poisons which tend to accumulate within our bodies, we can escape the disease. Remember these three C's—a clean mouth, a clean skin, and clean bowels. To carry off poisons from the system and keep the bowels loose, daily doses of a pleasant laxative should be taken. Such a one is made of May-apple, leaves of aloe, root of jalap, and called Dr. Pierce's Pleasant Pellets. Hot lemonade should be used freely if attacked by a cold, and the patient should be put to bed after a hot mustard foot-bath.

To prevent the attack of bronchitis or pneumonia and to control the pain, Anuric tablets should be obtained at the drug store, and one given every two hours, with lemonade. The Anuric tablets were first discovered by Dr. Pierce, and, as they flush the bladder and cleanse the kidneys, they carry away much of the poisons and the uric acid.

It is important that broths, milk, buttermilk, ice-cream and simple diet be given regularly to strengthen the system and increase the vital resistance. The fever is diminished by the use of the Anuric tablets, but in addition, the forehead, arms and hands may be bathed with water (tepid) in which a tablespoonful of salaratus has been dissolved in a quart. After an attack of grip or pneumonia to build up and strengthen the system, obtain at the drug store a good iron tonic, called "Ironic" Tablets, or that well known herbal tonic, Dr. Pierce's Golden Medical Discovery.