

# HEALTH BOARD

## GIVES WARNING OF INFLUENZA DANGER

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

To be prepared for the serious out-  
breaks of Influenza and Pneumonia that  
are now sweeping over the entire country  
and that have seized on this community  
Public Health Boards everywhere are is-  
suing cautions and instructions to the  
public not to neglect treatment at the  
first symptom of a cold and to co-operate  
with the board and physicians in stamp-  
ing 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 the nearest drug  
store a complete Hyomel outfit consist-  
ing of a bottle of the pure Oil of Hy-  
omel and a little vest pocket, hard rub-  
ber inhaling device into which a few  
drops of the oil are poured.

This is all you will need. Put the in-  
haler 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 antiseptic germ-  
killing, balsam that will absolutely de-  
stroy the germs of influenza that have  
found lodgment there.

You can't do this too often. The Hy-  
omel Inhaler is small and can be con-  
veniently carried in a hand-bag or in  
your vestpocket. Every half hour or so  
throughout the day take it out and draw  
a few breaths of its pure healing air  
into your nose and throat. Relief comes  
almost instantly. The Grip or Influenza  
symptoms subside. Congestion ceases,  
fever disappears, throat conditions be-  
come normal and you soon are feeling  
fine. The outfit is not at all expensive  
for the rubber inhaler will last a life-  
time while the Oil of Hyomel can be  
obtained at little cost from any reliable  
druggist. Lots of people already have a  
Hyomel Inhaler. Take it out, charge it  
and use it without delay. If you haven't  
one get it today.

A few cents spent now may easily pre-  
vent serious illness and save you many  
dollars and help stamp out the spread of  
the disease. Sold by The May Drug  
Co.'s Nine Stores and other leading  
druggists.