

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 Plen-
ty 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, has all the appearance of grip, or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

There is no occasion for panic; influenza itself has a very low percentage of fatalities—not over one death out of every four hundred cases, according to the N. C. Board of Health. The chief danger lies in complications arising, attacking principally patients in a run-down condition—those who don't go to bed soon enough, or those who get up too early.

THE SYMPTOMS

Grippe, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness and sometimes nausea and dizziness and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages—nose, throat and bronchial tubes; there is usually a hard cough, especially bad at night, oftentimes a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

THE TREATMENT

Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others; take a purgative, eat plenty of nourishing food, remain perfectly quiet, and don't worry. Quinine, aspirin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course—but Nature will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 60 or

not strong, stay in bed four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot wet towels should be applied over the throat, chest and back between the shoulder-blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and covered with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed thru and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly thru coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds, common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food. Above all, keep free from colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

Use Vick's VapoRub at the very first sign of a cold. For a head cold melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam-kettle. If this is not available, use an ordinary tea-kettle. Fill half full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

NOTE—Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubeb, etc., so that, when this salve is applied to the body heat these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York State and New England and a few Western States where it is just now being introduced, but in the other sections of the country it is the standard home remedy in over a million homes for all forms of cold troubles. Over six million jars were sold last year. It is particularly recommended for children's croup or colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects. VapoRub can be had in three sizes at all druggists.