

KEEPING WELL.

Since almost every means of communication but the newspapers and the postoffice have been caught in the grip of the "Spanish Flu" quarantine, many are wondering what precautions to take to prevent it. A bag of medicine equally as bad to smell as it is to smell worn about the neck is not a sure preventative and worries your neighbors, so try something else.

Any one working in the open air is not very liable to it, so the farmers should be thankful. Plenty of fresh air, in the sleeping rooms as well as in the daytime, care against over-heating and over-loading the stomach and careful smiles are as good preventions as can be found. It does not grow upon one gradually as does a very bad cold; but usually comes suddenly with fever and severe pain in the head and back. If these symptoms come to you get a doctor at once and then go to bed in order to keep from giving your family and neighbors the disease.

otherwise don't worry and you'll be doing much toward keeping well. If you know that you have been exposed, it is not a bad plan to gargle the throat well with a good disinfectant, two or three drops of formaldehyde in a glass of water does as well as anything, and take due precautions against taking cold. We should keep well; we are needed in the work of the world right now, but we never can help toward keeping well by worrying about ourselves.

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