

THE DAILY NEWS

PRINCE RUPERT - BRITISH COLUMBIA

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DAILY EDITION.

Wednesday, Oct. 23, 1918.

History of Influenza.

Influenza, which is now sweeping over Canada from one end to the other, is a very old disease. It was known in ancient times and as early as 1510 it over-ran the whole civilized world. The last great world epidemic was in 1889-1890 when it was generally known by the French name of la grippe. The disease has always travelled from east to west. The following is taken from a report just to hand from Ottawa sent out by the Commission of Conservation:

Symptoms of The Disease.

The symptoms are similar to those of a heavy cold; more or less severe headache, cold in the head and throat, fits of sneezing, flushed face, chills, aches and pains in the back and limbs, pains in the eye-balls and behind the eyes, general physical depression, and temperature rising to between 101 and 104 degrees.

How to Prevent It.

As it is such an old disease, doctors have naturally learned a great deal about its prevention and treatment. The first principle of prevention is to keep away from those infected, and the second, to build up the germ-resisting parts of the body by eating nourishing foods, dressing comfortably, getting lots of sleep, and by living in the open air and in bright, well-ventilated rooms as much as possible. The mouth, throat and nose should be systematically and frequently disinfected by antiseptic inhalations, sprays and washes. Such preparations as chloretone and listerine are well adapted for this purpose.

In fighting previous epidemics, doctors found quinine a useful preventive. One grain of sulphate of quinine mixed with (but not dissolved in) a wineglassful of cold water makes an excellent antiseptic gargle. The anti-microbial properties of quinine are well known and its use as described above at once relieves the symptoms of sore throat, which result from the strain of the fight between the white blood corpuscles and the invading germs in the tonsils—the body's first line of defence. Quinine is also given internally with success as a preventive. In one of the more recent outbreaks in Europe an experiment was tried in which the men of one squadron of a regiment of cavalry were given 7½ grains of quinine in ¼ ounce of whiskey daily for 22 days, whilst those of the other squadrons were given none. The latter squadrons had from 22 to 44 cases each of influenza, whilst the squadron treated with quinine developed only 4 cases. Inhalations of oil of eucalyptus, thymol, oil of mountain pine and the like are also valuable as preventives.

How to Treat It.

When a person is struck by influenza, only one course lies open. That is to take to bed with the least possible delay and call a doctor. Rest, warmth and quiet are three sovereign remedies of the primary disease, and the best preventive of its more deadly complications, of which pneumonia is the most frequent. While there is no specific for influenza, yet there are many drugs which play a useful part in relieving it, such as quinine, aspirin and various tonics, anti-neuralgic, antiseptic and heart medicines, to be prescribed by the physician in charge.

The dietetic rules which apply to any fever apply equally to influenza. Liquid foods at first, solids a little later on in a gradually increasing scale from lightly boiled fresh eggs to chicken, roast joints, etc. Water, cold or hot, may be sipped or "egg water" may be given. This excellent dish is prepared by blending with a pint of cold water the whipped whites of from 2 to 4 eggs, flavored with salt or cinnamon. Then the animal broths may be given. There are many cases in which even the lightest foods are spurned with loathing and common sense must be used in adapting diet to the particular case in hand.

Precautions Against Epidemic's Spread.

- (1) The sick should be separated from the healthy. This is especially important in the case of first attacks in the household.
- (2) Discharges from the nose and mouth should not be allowed to get dry on a pocket handkerchief or inside the house, office or factory. They should at once be collected in paper or clean rags and burned. If this cannot be done, they should be dropped into a vessel containing water.
- (3) Infected articles and rooms should be cleansed and disinfected. Use disinfectants everywhere. Wash the hands frequently.
- (4) Those attacked should not, on any account, mingle with other people for at least a period of ten days from the commencement of the attack. In severe cases, they should remain away from work for a longer period.
- (5) Special attention should be given to cleanliness and ventilation. Warm clothing should be worn, the feet should be kept dry and all unnecessary exposure avoided.

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TO SUBSCRIBERS

Subscribers to The News are asked to pay the delivery boys each month when they call, except where payment has been made for the year in advance. The boys when collecting carry official receipts which should always be preserved.

ATTENTION CITY VOTERS

VOTERS, either male or female, claiming to vote on road tax certificates or as licence holders must file declarations with me this month.

I will attend at the City Clerk's office on Tuesday, Thursday and Friday of every week between 8 and 10 p.m. to facilitate the taking of such declarations.

FREDERICK PETERS,
City Clerk.

Advertise in the Daily News.

MINERAL ACT

Certificate of Improvements.

NOTICE

Ferro Fraction Mineral Claim, situate in the Skeena Mining Division of Cassiar District.

Where located:—Near the head of Alice Arm.

TAKE NOTICE that I, Lewis W. Patmore, Free Miner's Certificate No. 20107-C, as agent for John Walford Strombeck, Free Miner's Certificate No. 14194-C, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action, under section 85 must be commenced before the issue of such Certificate of Improvements.

DATED this 15th day of August, A. D. 1918. 028

LAND REGISTRY ACT.

(Sections 36 and 134.)

Re Application No. 9768-1 & 9774-1.

TAKE NOTICE that application has been made to register Nathan Louis Lando and Dora Scheinman as owners in fee under two Tax Sale Deeds from the Collector of the City of Prince Rupert, bearing date the 24th day of November, 1917, of ALI AND SINGULAR that certain parcel or tract of land and premises situate, lying and being in the Municipality of the City of Prince Rupert, more particularly known and described as Lot eleven (11), Block twenty-five (25), Section seven (7), and Lot thirteen (13) Block thirty-five (35), Section eight (8), Map 923. You are required to contest the claim of the tax purchaser within 35 days from the date of the service of this notice (which may be effected by publication in the Daily News, and your attention is called to section 36 of the "Land Registry Act" with amendments, and to the following extract therefrom:—

"and in default of a caveat or certificate of its pendency being filed before the registration as owner of the person entitled under such tax sale, all persons so served with notice, . . . and those claiming through or under them, and all persons claiming any interest in the land by virtue of any unregistered instrument, and all persons claiming any interest in the land by descent whose title is not registered under the provisions of this Act, shall be forever estopped and debarred from setting up any claim to or in respect of the land so sold for taxes, and the Registrar shall register the person entitled under such tax sale as owner of the land so sold for taxes."

AND WHEREAS application has been made for a Certificate of Indefeasible Title to the above-mentioned lands, in the name of Nathan Louis Lando and Dora Scheinman.

AND WHEREAS on investigating the title it appears that prior to the 12th day of October, 1916 (the date on which the said lands were sold for overdue taxes), you were the registered owner thereof.

FURTHER TAKE NOTICE that if the same time I shall effect registration in pursuance of such application and issue a Certificate of Indefeasible Title to the said lands in the names of Nathan Louis Lando and Dora Scheinman unless you take and prosecute the proper proceedings to establish your claim, if any, to the said lands, or to prevent such proposed action on my part.

DATED at the Land Registry Office, Prince Rupert, B.C., this 22nd day of August, 1918.

H. F. MACLEOD,
District Registrar of Titles.

To Robert Hildebrandt, Prince Rupert, B.C.,
Michael Byrne, Butte, Montana,
Francis Calve, Prince Rupert, B.C.

MAIL SCHEDULE

For the East.

Mondays, Wednesdays and Saturdays at 9:30 a.m.

From the East.

Sundays, Tuesdays and Thursdays at 5:45 p.m.

For Vancouver:

Sundays 10 p.m.
Tuesdays 5 p.m.
Thursdays 10 p.m.
Saturdays 7 a.m.

From Vancouver

Sundays 10 p.m.
Wednesdays 10:30 a.m.
Saturdays 10:30 a.m.

For Anyox:

Sundays 10 p.m.
Wednesdays 10 p.m.
Saturdays 10 p.m.

From Anyox:

Tuesdays a.m.
Thursdays a.m.
Sundays p.m.

For Port Simpson and Naas River points:

Sundays 10 p.m.

From Port Simpson and Naas River Points:

Tuesdays a.m.

Queen Charlotte Islands:

For Massett, Port Clements and Upper Island points:

Wednesdays 6 p.m.
From Massett, Port Clements and Upper Island points: Saturdays, p.m.

For Skidegate, Queen Charlotte City and Lower Island points: Saturdays 8 p.m.

From Skidegate, Queen Charlotte City and Lower Island points: Tuesdays.

For Skagway and the Yukon.

Every ten days.

From Skagway and Yukon.

Every ten days.

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a 5-cent package of WRIGLEY'S will give you several days' enjoyment: It's an investment in benefit as well as pleasure, for it helps teeth, breath, appetite, digestion.

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Keep up the Food Supply and Help Make Victory Sure

OUR soldiers must be fed; the people at home must be fed. And—in spite of Germany's murderous campaign to cut off the Allies' Food supply, by sinking every ship on the High Seas—an ample and unfailing flow of food to England and France must be maintained.

*This is National Service—
Not to the Farmer only—
But to YOU—to everybody—
This appeal is directed*

WE must unite as a Nation to SERVE—to SAVE and to PRODUCE. Men, women and children; the young, the middle aged and the old—all can help in the Nation's Army of Production.

EVERY pound of FOOD raised, helps reduce the cost of living and adds to the Food Supply for Overseas.

PLANT a garden—small or large. Utilize your own back yard. Cultivate the vacant lots. Make them all yield food

WOMEN of towns can find no better or more important outlet for their energies than in cultivating a vegetable garden.

Be patriotic in act as well as in thought.

*Use every means available—
Overlook nothing.*

For information on any subject relating to the Farm and Garden, write:

INFORMATION BUREAU
Department of Agriculture
OTTAWA

Dominion Department of Agriculture
OTTAWA, CANADA.

HON. MARTIN BURRELL, Minister.

Phone 37

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