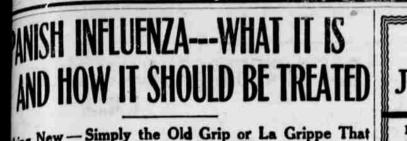
THE FULTON COUNTY NEWS, MCCONNELLSBURG, PA.



Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain

Bed and Stay Quiet -Laxative - Eat Plenty ourishing Food-Keep your Strength - Na-

AYS CALL A DOCTOR

OCCASION FOR PANIC influenza, which appeared in in May, has all the appearances or la grippe, which has swept world in numerous epidemics w back as history runs. Hippoc-refers to an epidemic in 412 which is regarded by many to teen influenza. Every century ad its attacks. Beginning with this country has had five epidemere is no occasion for panic-influ-

itself has a very low percentage milities-not over one death out my 400 cases, according to the board of health. The chief danger is complications arising, attackplacipally patients in a run-down those who don't go to bed sough or those who get up too

THE SYMPTOMS

or influenza, as it is now called, begins with a chill, followed by st feverishness, and sometimes and dizziness, and a general and dizziness, and depression. the fever usually lasts from three days. The germs attack the ress membrane or lining of the air ages, nose, throat and bronchial s; there is usually a hard cough. stally bad at night; oftentimes a schoot or tonsillitis, and frequently the appearances of a severe head

THE TREATMENT

to bed at the first symptoms, not for your own sake, but to avoid ng the disease to others-take mative, ent plenty of nourishing remain perfectly quiet and don't Quinine, aspirin or Dover's eders, etc., may be administered by physician's directions to relieve the ng. But there is no cure or spefor influenza-the disease must course. Nature herself will

our strength. The chief danger the complications which may Influenza so weakens the bodily nce that there is danger of pneuor heart affections. For these reait is very important that the severity of the attack.



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 cover 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 through and stimulates the skin, attracting the blood to the surface, and thus alds in relieving the congestion within.

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 naking the breathing easier, Vick's VapoRub will be found effective. Hot,

wet towels should be applied over the

HOW TO AVOID THE DISEASE Evidence seems to prove that this is germ disease, spread principally human contact, chiefly through by coughing, sneezing or splitting. So avoid persons having colds-which avolding crowds-common means drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food. Above all, avoid colds, as colds irri-

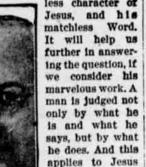
tate the lining of the air passages and render them much better breeding places for the germs.

sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use Vapo-Rub in a benzoin steam kettle. If this is not available, use an ordinary teakettle. Fill half-full of boiling wa-

steam arising.

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 other sections of the country it is the standard home remedy in more than a million or bronchitis developing, and home remedy in more than a million homes inflammation of the middle homes for all forms of cold troubles. Over six million jars were sold last year. VapoRub can be had in three ent remain in bed until his strength sizes at all druggists. It is particular--stay in bed at least two days ly recommended for children's croup are after the fever has left you, or and colds, since it is externally applied nu are over 50 or not strong stay and therefore can be used as freely as sed four days or more, according to desired without the slightest harmful effects.





Christ as well as to anyone else. It is a well attested fact of sa-

cred history that the so-called forces of nature were subject to him. After he had stilled the wind and the waves, those with him in the boat asked: What manper of man is this that even the wind and the sea obey him?" (Matt. 8:27). Their question is ours as we read the record of his miracles. And we should remember that we cannot excise the miracles from the record if we would. They are a vital part of the record that cannot be gainsaid. To inveigh against them and say they are not to be accepted as legitimate testimony

that it is unscientific to believe in

miracles. They must be weighed and

their evidence considered. The Apostle

KEEP FREE FROM COLDS Use Vick's VapoRub at the very first does not alter the fact that they are in the record, nor satisfy the honest man who really seeks an answer to this question. He must not be set aside in his quest to understand the being of Christ by the silly statement

ter, put in half a teaspoon of VapoRub from time to time-keep the kettle just slowly boiling and inhale the

John says they are signs and that they were done by Jesus in the pres-Note-Vick's VapoRub is the dis-covery of a North Carolina druggist, ence of his disciples and recorded that who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubebs, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of va-

Sure Enough.

when Kaiser Bill dies?"

a funeral for him."

to one widower.

note some of Christ's other works, He met a hard-fisted taxgatherer one day and said unto him, Follow me! And worms miracle of miracles! this money-loving Jew left all and followed him. Suppose you try the same thing on some Jewish financier and see if it works. Get him, if you can, to leave all and follow you. "What manner of man is this Jesus that a tax-gathering Jew leaves all and follows him?" He happened one day to pass "What do you think will happen through Jericho, and again his word was obeyed by another Jew whose occupation was like Matthew's, Zac-"Well, we'll have a picnic instead of chaeus obeyed the Lord's word to come down from his vantage point in the Of men who marry, 10 are bachelors sycamore tree, and lo! a greater miracle was wrought in him than that which turned the water into wine, or Germany is using substitutes for tostilled the storm. It was the instant transformation from a sordid, selfish, grasping character to a generous, penitent, repentant one, determined to right the wrongs of his life. As he stands in the presence of the Master he says: "Behold, Lord, the half of my goods I give to the poor; and if I have taken anything from any man by false accusation, I restore him fourfold." (Luke 19:1-10.) These are only two of the wonder works of Jesus. The record is full of them. If you would find the right answer to our question, study that marvelous record as given in the gospels. And the record is not yet complete

ESSON (By REV. P. H. FITZWATER, D. D., Teacher of English Bible in the Moody (Copyright, 1918, Western Newspaper Union.)

LESSON FOR NOVEMBER 3

APPETITE AND GREED.

LESSON TEXT-Genesis 25:27-34. GOLDEN TEXT-Every man that strivath for the mastery is temperate in all things. Now they do it to obtain a corruptible crown, but we an incorruptible.-I Corinthians 9:25. DEVOTIONAL READING-Romans 14:

ADDITIONAL MATERIAL FOR TEACHERS-I Corinthians 8:1-13; 10:23-33; Hebrews 12:15-17.

1. Boys With a Difference (v. 27). Esau and Jacob were in decided contrast. They differed in appearance and disposition. Esau was a cunning hunter, a man of the field. Jacob was a plain man, dwelling in tents. They were born that way. Every child born

into the world possesses a peculiar bent which we call individuality. No two nre exactly alike, even twins like Esau and Jacob. The wise parent, the wide-awake teacher, the educator, seeks diligently to discover that pecallar individuality, and to give it di-rection according to the laws of its own being. This bent is the basis of character. Neither Esau nor Jacob is an ideal personality. Both are selfish.

II. Parental Favoritism (v. 28). Isanc loved Esau because he did eat of his venison. He ought to have loved him because he was his son; but it is a sad commentary upon a father that his love for his son had such a sordid basis as that of his stomach. Isaac, however, was like many today whose love is secured through their appetites. Rebecca loved Jacob, though we are not told why. Perhaps it was because of his cunning. In this respect he was like his mother, who practiced craftiness to a finish on her husband. Cleverness is a bond which strongl; binds together many people. Many hold the respect of their friends because of their shrewdness, irrespective of their moral qualities, Parents should treat their children alike. To show partiality is both unwise and unjust. Even when children possess peculiar qualities which call forth parental affection, it should never be made manifest that preference is made. III. A Birthright Sold (vv. 29-34).

1. Esau's profanity (Heb. 12:16-17). He sold his birthright for a bowl pottage. The birthright was the right of being at the head of the patriarchal family, a position of honor and influence, as well as being the inheritor of a double portion of the father's estate. This being a gift of God should not be despised. He came from hunting physically exhausted. In this moment of distress, he thought only of that which promised immediate sattsfaction. He was willing to relin-quish all claim upon the future, if only his present desire could be grati-result of kidney or bladder disease. A profane person is one who | If the kidneys are not in a healthy fied. for the enjoyment of the present will condition, they may cause the other or

tite is to be profane. What profan-

ity about us! For a moment's sin-

ful pleasure men and women are

throwing away innocence, happiness,

and their souls eternally. This is

most serious, for acts are irrevocable.

Jacob should have the birthright, for

under price because one is obliged to

To get rich at the expense of anoth-

er is to practice Jacob's sin. Modern

competitive business methods to a de-

cided extent are of this type. Let each

one ask: "Is my name Jacob?" The

soll.

2. Jacob's cunning. It was right that

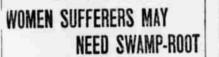


LIFT OFF CORNS!

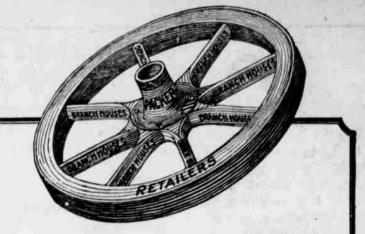
Try Freezone! Your druggist sells a tiny bottle for a-few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation. Freezone is the discovery of a noted Cincinnati genius. -Adv.

Costly Red Window.

Visitors to the financial district stand in wonderment before a building facing the curb market which is leased for a long term by a cigar company. The company has a store on the ground floor, but instead of a window containing the usual signs, a glaring red board with tiny windows well above the street level, greets the eye. In these windows, between 10 a.m. and 3 p. m., sit the telephone operators of curb houses, operating switchboards in connection with stock dealings on the curb. The "cubby" holes behind the windows are barely big enough to hold the operators. The upto-date switchboards are connected with brokerage houses in the street. Orders are signaled or shouted to the curb men on Broad street, who congregate directly in front of the store. There are hundreds of wires In this small window space, and the Inside of the store is fitted with addltional booths containing dozens of private wires. The system is co-operative among the brokers, and brings about \$12,000 revenue annually to the cigar company, so that the red window can certainly be classed as the most expensive one in New York .--New York Tribune.



Thousands upon thousands of women have kidney and bladder trouble and never suspect it,



"Spokes"and the Swift "Wheel"

What would you consumers think of a wheel without spokes?

What would you think of a man who would take any or all of the spokes out of a wheel to make it run better?

Swift & Company's business of getting fresh meat to you is a wheel, of which the packing plant is only the hub. Retail dealers are the rim-and Swift & Company Branch Houses are the spokes.

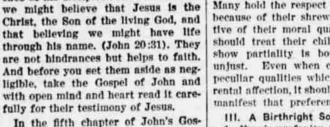
The hub wouldn't do the wheel much good and you wouldn't have much use for hub or rim if it weren't for the spokes that fit them all together to make a wheel of it.

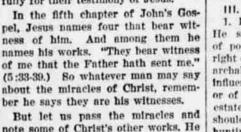
Swift & Company Branch Houses are placed, after thorough investigation, in centers where they can be successfully operated and do the most good for the most people at the least possible cost.

Each "spoke" is in charge of a man who knows that he is there to keep you supplied at all times with meat, sweet and fresh; and who knows that if he doesn't do it, his competitor will.

How much good would the hub and the rim of the Swift "wheel" do you if the spokes were done away with?







"Wormy," that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as distemper. Cost you too much to feed 'em. Look bad—are bad. Don't physic 'em to death. Speha's Compound will remove the worms, improve the appetite, and tone 'em up all round and don't "physic." Acts on glands and blood. Full directions with each bottle, and sold by all druggists. SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

No Doubt of It. you engaged in war work?" ed the sweet young thing of the a with the underslung spectacles

the coarse voice and features. "les, I am a divorce lawyer," anted the man, with a sigh.

emany has so far lost more than 0 U-boats and 8,000 submarine sallbacco. Americans sank 50.

HAARLEM OIL CAPSULES **IF YOUR BACK ACHES**

Do you feel tired and "worn-out?" | Don't gnore the "little pains and a jou nervous and irritable? Don't aches," especially backaches. They any well at night? Have a "dragged "a" unrested feeling when you get "h the morning? Dizzy spells? Bil-ense of which they are the forerun-ners may show itself. Go after the the pain or soreness in the loins, cause of that backache at once, or you ad abdomen? Severe distress when may find yourself in the grip of an inting, bloody, cloudy urine or sed- curable disease.

mating bloody, cloudy urine or sed-eat? All these indicate gravel or Do not delay a minute. Go to your in the bladder, or that the pol- druggist and insist on his supplying nous microbes, which are always in sur system, have attacked your kid-wur system, have attacked your kid-

You should use GOLD MEDAL After you have cured yourself, conthe off soaks gently into the walls ad lining of the kidneys, and the lite condition, and ward off the danger of lising of the kidneys, and the lit- condition, and ward off the danger of onous animal germs, which are future attacks. Money refunded if using the inflammation, are imme-tiely attacked and chased out of original imported GOLD MEDAL war system without inconvenience or brand, and thus be sure of getting the genuine,-Adv.

It's Acid-Stomach That Makes Millions **Sick and Suffer**

Momach kills Hope, Amblion, Courage. It mays the strength of rougest bedy-impoverishes the causes untold suffering-makes weak, unit and brings on pre-cid age-tai

b oid age. show what acld-mouth does to and gume-bow the acid literally through the hard enamel, causing with to decay. Just imagine, then, have an acid stomach must do to clicate organization of the stomach. How of number are mark and the incide organization of the stomach, loos of people are weak and unfit, ing all the time, in one way or an-from superacidity or acid-stomach. V don't seem dangeronsly sick, silling. Going through life weak, ..., dragging one foot after another, re nervous and irritable; lack power found, frequently have severe at-of bilnding, splitting beataches: t to fits of melancholis and meetal when. And nearing always their else are out of order, even though erpertence no actual stomach palus milen. Dear getting anywhere setion poor never setting anywhere like full strength from their food. You see, it's just this acid stom inst is holding so many people back ording up the strength they should from their food taking away their and sitality-leaving them weak isofficient.

Get rid of the excess acid. That's

<text><text><text><text>

thing could bring them such quick relief. EATONIC is absolutely goaranteed so get a big 50c box from your druggist. If it does not help you your money will be refonded. If your druggist does not keep EATONIC, send your name and address to the Eatonic Remedy Company, 1018 S. Wabash Ave., Chicago. III., and they will at once mail you a 50c box and you can send them the money for it after you re-ceive it.

end never justifies the means. God and will not be till grace is no more, said that the elder should serve the for today Jesus transforms men who younger. It was his plan that Jacob obey him as marvelously as he did in should be at the head, but God was the case of any of whom we read in able to bring his own plans to pass. Holy Writ. Your own life may be a He did not need the scheming of Jawitness to his work in you. "Ye," says cob and his mother to further his the apostle, speaking of believers, "are plans. To do evil that good may come his living epistles known and read of is always wrong. all men." And if you would answer the Master's question aright read these living letters that speak of his work of grace, as well as those recorded in the Scriptures. You will find them in hamlet, town and city, in stores and offices, behind the plow and the throttle, in busy marts of trade and on blood-

stained battlefields; wherever men are there you will find among them his living epistles. Read them! And when you have read them ask yourself. Who is this Jesus who has wrought such a marvelous work in these lives, that they show forth the love and humility and power of him who died for them?"

Listen not to human voices that would deflect your faith, but to the inner voice of your soul. Does it not say with Peter: "Thou art the Christ, the Son of the living God?"

Daily Thought. Every man's life is a fairy tale writ-Andersen.

Religion. By religion I mean the power, whatever it be, which makes a man choose what is hard rather than what is easy, what is lofty and noble rather than what is mean and selfish; that puts courage into timorous hearts, and gladness into clouded spirits; that consoles men in grief, misfortune and at the end of the road."-Moody. disappointment; that makes them joyfully accept a heavy burden; that, in a word, uplifts men out of the dominion of material things and sets their feet in a purer and simpler religion. Arthur Christopher Benson.

forfeit all claim upon the future. He Pain in the back, headache, loss of amwould gladly gain both worlds, but bition, nervousness, are often times symp seeing that mess of pottage he lets go toms of kidney trouble. Don't delay starting treatment. Dr. of the future for the present. Swear-Kilmer's Swamp-Root, a physician's pre-acription, obtained at any drug store, may be just the remedy needed to overcome ing is profanity, but not the most common. To be under the sway of appe-

such conditions. Get a medium or large size bottle im-

mediately from any drug store. However, if you wish first to test this

Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.-Adv.

It was according to God's plan which Squeals. had been pronounced (v. 23), but his "What makes more noise than a scheme to get it is to be condemned. hog under a fence?" He took advantage of his brother's "Two hogs under a fence." weakness to drive a sharp bargain. "Wrong, The answer is a Hun about The same thing is practiced when unto be licked." der the force of necessity unlawful interest is exacted, or property is bought

When Baby is Teething (BOVH'S BABY HOWBL, MEDICINE will correct the Stomach and Howel troubles. Perfectly harm-loss. See directions on the bottle.

Despite the many hues in fruits and flowers, nature furnishes only three coloring substances to form them.

The occasional use of Roman Eye Baisam at night upon retiring will prevent and re-lieve tired, watery eyes, and eye strain. Adv. Only 73 in 1,000 letters delivered in

the United Kingdom come from abroad.

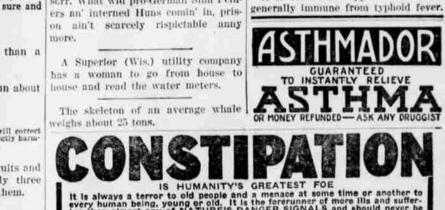
Middle Aged Understanding the Bible.

I believe that the Bible is to be understood in the plain and obvious meaning of its passages; for I cannot persuade myself that a book intended for the instruction and conversion of the whole world should cover its true meaning in any such mystery and doubt that none but critics and philosophers can discover it .- Daniel Webster.

There is a dull light of worldliness in which evil things do not reveal their terror. There is a moral twi light in which even glaring wrong does not expose its hideousness. There are commonly accepted standards before which, even shabby things do not ap pear mean. But when we bring this crooked conduct or this shabby character into the presence of the Light of Life, the revelation is astounding-in the glory of the Lord all our decorated evil and all our powdered hypocrisies ten by God's fingers .- Hans Christian show themselves for what they truly are.-J. A. Jowett.

> In my opinion no one is fit for God's service until he is willing to be considered mad by the world. They said Paul was mad. I wish we had many more who were bitten by the same kind of madness. As someone has said: "If we are mad, we have a good Keeper on the way and a good asylum

Humility consists not of thiobin meanly of ourselves but in not thinking of ourselves at all. Moses wist not that his face shone. If how the speaks of itself it is gone .- Moody.



Prison Chaplain -- Well, good-by,

O'Reilly, and good luck. I hear that

Ex-Convict-Sure an' 'twas time,

crr. What wid pro-German Sinn Fein-

you are going out today.

It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more Ills and suffer-ing than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For cale by druggists and dealers everywhere. **Dr. Tutt's Liver Pills**



Freemont, 0 .- "I was passing through the critical Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change — heat finshes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pink-ham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be 1 for the transformer in every way fine to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disap-peared."-Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegeta-ble Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms." —Mrs. FLORENCE ISELLA, BOX 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S **VEGETABLE COMPOUND**

has the greatest record for the greatest good LYDIA E.PINKHAM MEDICINE CO. LYNN. MASS.



pathy between a good-looking lass and

It is said that copper workers are

a good looking glass.