

# 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 Plenty  
of Nourishing Food—Keep  
Up Your Strength—Nature  
is the Only "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.

Grip, 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, often times 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. Nature herself 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 50 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 grip 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 through 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 through 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.

### KEEP FREE FROM COLDS.

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, Cubeba, etc., so that when the 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 other sections of the country it is the standard home remedy in more than 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.

# HOW TO USE VICK'S VAPORUB IN TREATING SPANISH INFLUENZA

20 lbs.  
Cough  
Catharsis

-25

-26

12 M. Chalk  
Catharsis  
Bell

10 M. Chalk  
Bell  
Catharsis

The Influenza Germs Attack the Lining of the Air Passages. When VapoRub is Applied Over Throat and Chest the Medicated Vapors Loosen the Phlegm, Open the Air Passages and Stimulate the Mucous Membrane to Throw Off the Germs.

38

In Addition, VapoRub is Absorbed Through and Stimulates the Skin, Attracting the Blood to the Surface and Thus Aids in Reducing the Congestion Within.

(24)

10 lbs. Caps

(12)

**CALL A PHYSICIAN—GO TO  
BED—STAY QUIET—  
DON'T WORRY**

~~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.~~

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### THE SYMPTOMS.

Grip, 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 101, 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, often times 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 herself 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 50 or not strong, stay in bed four days or more, according to the severity of the attack.

### EXTERNAL APPLICATIONS.

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### HOW TO AVOID THE DISEASE.

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through 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.

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**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 essential 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 vapors.

VapoRub is comparatively new in New York, New England and a few western states, where it is just now being introduced. In other sections of the country, however, it is the standard home remedy in over a million homes for all forms of cold troubles—more than 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—30c, 60c, \$1.20—at all druggists.

## SPANISH INFLUENZA--THE WAY TO TREAT IT AND TO AVOID IT

### Simply the Old-Fashioned Grip Masquerading Under a New Name.

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.

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## SPANISH INFLUENZA--A NEW NAME FOR AN OLD FAMILIAR DISEASE

Simply the Same Old Grip That Has Swept Over the  
World Time and Again. The Last Epidemic  
in the United States Was in 1889-90.

### ORIGIN OF THE DISEASE.

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## SPANISH INFLUENZA--JUST GRIP CAMOUFLAGED UNDER A NEW NAME

Most Authorities Now Agree That This Disease is Simply the Old-Fashioned Grip, the Same That Has Swept Over the World Times Without Number. Since 1831 the United States Has Had Five Epidemics.

**The Last Epidemic in 1889-90 Came From Russia by Way of France and Was Given a French Name, La Grippe. This Time It Comes By Way of Spain.**

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Ad. No. 6---Spanish Influenza Series, 1918

## THE WAY TO USE VAPORUB FOR SPANISH INFLUENZA

**The Influenza Germs Attack the Lining of the Air Passages. When VapoRub is Applied Over Throat and Chest, the Medicated Vapors Inhaled Loosen the Phlegm, Open the Air Passages and Stimulate the Mucous Membrane to Throw Off the Germs.**

Most authorities now agree that what we call Spanish Influenza is simply the old-fashioned grip, which was epidemic here in 1889-90. The influenza germs enter through the nose and mouth and attack the lining of the air passages—nose, throat and bronchial tubes.

There is no cure or specific for this disease, but Nature will throw off the attack, if only you conserve your strength. A competent physician should always be called. The use of VapoRub does not interfere with any internal treatment and it is now being used by broadminded physicians everywhere, in order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier. 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 through and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

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