

## Surgeon General

### Outlines Home Treatment for Influenza Patients

Washington, Oct. 18.—In connection with the appeal to the public, Surgeon-General Blue outlined some "home treatment" and precautions to be taken in the care of patients. He believes that a patriotic service will be performed if the public heeds his advice.

"The present generation," said the surgeon general, "has been spoiled by having had expert medical and nursing care readily available. It was not so in the days of our grandmothers, when every good housewife was expected to know a good deal about the care of the sick. While I cheerfully recognize all the good that has been done by our splendidly-trained graduate nurses, I believe that the public generally has come to rely too much on their services and has not interested itself sufficiently in studying ordinary home care of the sick.

"Every person who feels sick and appears to be developing an attack of influenza should at once be put to bed in a well ventilated room. If his bowels have moved regularly it is not necessary to give a physic; where a physic is needed a dose of castor oil or rochelle salts should be given.

"The room should be cleaned of all unnecessary furniture, bric-a-brac and rugs. A wash basin, pitcher and slop bowl, soap and towels should be at hand, preferably in the room or just outside the door.

"If the patient is feverish a doctor should be called, and this should be done in any case if the patient appears very sick, or coughs up pinkish (blood-stained) sputum, or breathes rapidly or painfully.

"Most of the patients cough up considerable mucus; in some, there is much mucus discharged from the nose and throat. This material should not be collected in handkerchiefs, but rather on bits of old rags, or toilet paper or on paper napkins. As soon as used, these rags or papers should be placed in a paper bag kept beside the bed. Pocket handkerchiefs are out of place in the sick room, and should not be used by patients. The rags and papers in the paper bag should be burned.

"The patient will not be hungry, and the diet should therefore be light. Milk, a soft boiled egg, some toast or crackers, a bit of jelly or jam, stewed fruit, some cooked cereal, like oatmeal, hominy or rice—these will suffice in most cases.

"The comfort of the patient depends on a number of little things, and these should not be overlooked. Among these may be mentioned a well ventilated room; a thoroughly clean bed, with fresh, smooth sheets and pillowcases; quiet, so that refreshing sleep may be had; cool drinking water conveniently placed; a cool compress to the forehead if there is headache; keeping the patient's hands and face clean, and the hair combed; keeping his mouth clean, preferably with some pleasant mouthwash; letting the patient know that some one is within

call, but not annoying him with too much fussing; giving the patient plenty of opportunity to rest and sleep.

"It is advisable to give the sick room a good airing several times a day. The patient should be well protected against cold and drafts and then the windows should be opened widely to let in the fresh air."

## Christmas Presents

### For Officers and Men in the United States Navy.

The Navy Department has advised that parcels intended for officers and men on United States naval vessels in home waters and abroad or stationed at naval bases or stations in foreign waters should conform to the following conditions:

1. Parcels may not exceed 20 pounds in weight and must be so prepared for mailing that the contents can be readily examined. Substantial boxes or other suitable containers should be used.

2. The parcels must bear the name and address of the sender in the upper left corner of the address side and be addressed in the following manner:

(a) Name of addressee in full together with his rank or rating.

(b) The designation of vessel or station or naval base to which addressee is attached.

(c) "Care of Supply Officer, Fleet Supply Base, Twenty-ninth Street and Third Avenue, Bush Terminal Station, Brooklyn, New York."

(d) The words "Christmas box" or "Christmas present."

3. Parcels prepared and addressed in accordance with the foregoing will be chargeable with postage at the fourth class or parcel post zone rate applicable between postoffice where mailed and Brooklyn, N. Y.

4. No perishable food products other than those packed in tin containers should be included in Christmas parcels.

5. Parcels may bear inscriptions such as "Please do not open until Christmas," "Merry Christmas," "Happy New Year" "With best wishes," and the like; also the names and quantities of articles inclosed together with such other marks or words as may be necessary "for purpose of description" of the articles.

6. Christmas parcels for naval officers and men should be mailed as soon as possible so as to reach Bush Terminal Station not later than November 15, 1918.

The above applies also to all marines (except those in Russia and Siberia) whose address is not "American Expeditionary Forces." To those having that address soldiers regulations apply.

The regulation for soldiers' parcels will be given in The Big Stone Gap Post next week.

When in doubt consult Home Service Section, American Red Cross, Postoffice Building, Big Stone Gap, Va. Phone 220.

### Died of Influenza.

Freeling, Va., Oct. 16.—Mrs. Cora Dotson, (nee Trivitt), formerly of this place, but late of Jenkins, Ky., died of Spanish influenza. Her remains will be brought to the Trivitt cemetery near here for burial. She leaves a husband and one child.

## Nation Goes Beyond Goal in Loan Drive

Washington, Oct. 21.—Over-subscription of the Fourth Liberty Loan seemed assured when the three weeks' campaign closed Saturday night. While official reports were lacking it appeared that again the American people have given to their government not only what was asked, but more than was asked in order that the war against Germany and her allies may be carried to a successful conclusion.

How far the total will run above the six-billion-dollar goal officials would not attempt to estimate. It all depends, they said, on whether the big financial interests filed the big lump subscriptions expected of them, and whether the number of small subscriptions by individuals is found to meet expectations.

New subscriptions entered during the last day, and those made effective by payment of the 10 per cent. installment probably will amount to a billion and a half dollars for the entire nation, it was said. Before business opened Saturday morning \$1,599,719,450 had been reported to Federal Reserve Banks. For the next five days banks in every city and town in the United States will be busy adding up subscriptions.

Reports and payments then must be made to Federal Reserve Banks, which are expected to take at least five days more to report to the Treasury.

Indications are that the number of individual subscribers will far exceed 20,000,000 and break all records for distribution of war bonds for either this nation or any other.

## Wise County Largely Oversubscribed its Quota

In the Fourth Liberty Loan campaign, which closed on Saturday night, Wise county largely oversubscribed its quota of \$532,000, based on its banking resources, which, taking the country over, was sufficient to raise the \$6,000,000,000 asked for by the government. Later the Federal Reserve Board increased this quota to \$760,000, figured at \$20.00 per person on a population of 3,850,000, which was sufficient to raise near \$8,000,000,000 as the government desired this loan, which was known as the fighting loan, to be largely oversubscribed.

Wise county has largely oversubscribed the last quota, the amount of bonds sold in the county amounting to \$904,550, so if the country over has done as well as Wise county has the total subscription will be nearer ten billion than eight.

All of the workers in the drive, both men and women, throughout the county deserve the highest praise for the way they went about the work and the able manner in which they accomplished the task assigned them. And the people are to be congratulated for the interest they took in this campaign. Every one, with few exceptions, subscribed willingly and seemed anxious to help the government all they could.

The amount subscribed by the different towns in the county, through the various banks as officially reported to the County Chairman C. S. Carter, is as follows:

APPALACHIA BANKS		CORNER LUMBER COMPANY	
Appalachia	\$ 90,800	Corner Lumber Company	5,000
Stonegap	47,600	Stonegap Colliery Company	1,000
Roda	28,200		
Arno	13,500		
Osaka	26,400		
Human	3,500		
Exeter	28,500		
Hubbards	12,500		
Southern Railway	25,000		
L. & N. Railroad	500		
<b>Total</b>	<b>\$283,300</b>		
NORTON BANKS			
Norton	\$ 126,950		
Blackwood	30,650		
Dorchester	50,000		
Pardee	7,000		
Dooley	4,500		
Esserville	17,900		
Clear Creek	1,650		
Roaring Fork	1,350		
Lapps	1,550		
N. & W. Ry. Col. for Norton	21,300		
<b>Total</b>	<b>\$271,950</b>		
WISE BANKS			
Wise	\$30,300		
Glomorgan	7,500		
Stevens	7,200		
Herriean	4,550		
Flat Gap	3,450		
<b>Total</b>	<b>\$43,000</b>		
COBURN BANKS			
Coburn	\$80,000		
Toms Creek	40,000		
Cranes Nest	10,000		
Little Stone Creek	3,000		
Banner	6,700		
Shannon	3,200		
<b>Total</b>	<b>\$143,300</b>		
St. Paul	\$60,000		
Big Stone Gap	\$80,000		
<b>Total for County</b>	<b>\$904,550</b>		

## CORPORATIONS BUY BONDS.

The following corporations who purchased Liberty Bonds at their main banking center outside of Wise County have identified themselves with the efforts of Wise county by subscribing through the Wise County banks the additional purchase over what they are expected to subscribe in the large cities in which they do their principal banking:

Stonegap Interests	\$37,000
Blackwood Interests	35,000
The Dorchester Interests	25,000
Interstate Railroad Company	5,000
Kentucky Utilities Company	2,000
Union Tanning Company	2,000

the basis of the census of 1910. The additional allotment over the allotment based on the banking resources that it was necessary to make in order to raise our subscriptions from \$532,000 to \$760,000 for the Fourth Loan as requested by the Central Liberty Loan Committee was cheerfully accepted by every chairman in Wise county, and with one exception, all banks accepted the per capita allotment without grumbling. While I take this opportunity of thanking every one who helped in the campaign, you all must know the satisfaction you have in not in the thanks from me but in a satisfaction of the heart, that you have done your duty as loyal and patriotic citizens, and I ask that you hold your organization together, so that we will be prepared to take ahead of the next Liberty Loan with the same vim and determination that you all took hold of this one.

C. S. CARTER, Chairman.

## Influenza

The people of Big Stone Gap are to be congratulated that as yet influenza has not ravaged the town to the extent which has been feared. Nevertheless the danger continues and all persons are cautioned not to relax from the requirements of the health authorities to which is attributed in large degree our present comparative immunity.

JAMES M. HODGE, Chairman Home Service Section American Red Cross.

## More Coal

### Being Mined Than in Any Period in History of Industry.

Revised coal production figures, prepared by the United States Geological Survey and made public by the Fuel Administration, show that more bituminous and more anthracite were mined during the first half (26 weeks) of the coal production year, than in any previous six months' period in the country's history.

The bituminous tonnage was 311,216,000, an increase of 33,418,000 or 12 per cent. over the record breaking production of the corresponding period in 1917. The anthracite production from April 1 to September 28 was 51,651,000 tons, which is 1,072,000 or 2.1 per cent. over last year's figures.

These production records were established in the face of many handicaps, chief of which was a reduced man-power at the mines. It is estimated that the draft took between 50,000 and 60,000 coal miners during the last year, while probably as many men left the mines to work in other war industries.

By working more regularly than ever before the men who remained at the mines have been able to offset this loss in man-power. Responding to appeals to their patriotism, which have been made directly to them by representatives of the Fuel Administration, the miners generally have been working full days and full weeks and foregoing many of the holidays and vacations which they were accustomed to take in the past.

Car shortage has limited production during the last six months. The weekly reports show that from four to eighteen per cent. of full time has been lost by lack of cars for loading. In most districts, however, there has been a material improvement in this respect during the last few months. The loss of time during the last week of September was six per cent.

## How to Doctor "Flu"

### State Health Board Tells What to Do When Physician's Aid Cannot Be Had.

Richmond, Va., Oct. 18.—The State Board of Health urgently recommends that gauze masks be used by all persons caring for or compelled to visit those sick with influenza. Unnecessary visiting should be avoided. Soda fountains should not be allowed to operate.

All persons are called upon to help in the present emergency not only by assisting in the care of the sick but also by spreading information as to the common-sense preventive measures. Avoidance of common drinking cups and care not to put in the mouth objects soiled with the secretions from the mouths of other persons will decrease the spread of the disease. The poison of influenza is conveyed chiefly by the spray thrown out in front of the face when one coughs or sneezes, therefore, cover the mouth and nose when you cough or sneeze.

Spanish influenza is characterized by a sudden onset usually in from twelve to forty-eight hours after exposure; by a chill or chilly sensation; a slight sore throat, stiffness about the head; loss of appetite; occasional nausea; rise of temperature and marked weakness.

Since there is much poisoning in the disease, it is a matter of primary importance that the strength be saved by promptly going to bed and remaining there long enough for the heart and other vital organs to recover from the effect of this poisoning. This means from two to six days according to the severity of the case.

As it is impossible for physicians to see all the cases, it is most important that people understand something of the nature of this disease and of the proper care of its victims. In many instances patients are getting along well by simply remaining in bed, taking a laxative, drinking an abundance of water and keeping quiet. There is no known drug cure for influenza and great danger attends the promiscuous use of depressing drugs.

Surgeon General Blue of the United States Public Health Service says:

The present generation has been spoiled by having expert medical and nursing care readily available. While I cheerfully recognize all the good that has been done by our splendidly trained nurses, I believe that the public has come to rely too much upon their services and has not interested itself sufficiently in studying the home care of the sick.

Every person who feels sick and appears to be developing an attack of influenza should be put to bed at once in a well ventilated room. If the patient has fever a physician should be called and this should be done in any case if the patient appears very sick, coughs up a pinkish sputum, or breathes rapidly or painfully.

### Soldier Dies of Pneumonia.

Freeling, Va., Oct. 16.—Nelson Mullins, of Ramey Flats, died a few days ago of pneumonia. He had been at Camp Lee in training, and was home on a furlough. The young man's father, David K. Mullins, died a month since.