

THE 'FLU MENACE - Universal present  
the advice of an eminent medical man  
on how to avoid the prevailing epidemic.

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Picture:- I pass on the instructions of a Doctor on how to --

-- avoid catching the dreaded 'flu. Keep the throat clean !  
Gargle frequently with a solution of salt and water. Some  
employers are now calling gargle parade for their workers.

A mixture of menthol and vaseline introduced into the  
nostrils aids to keep --

-- the head clear. Keep fit ! In fresh air do exercises  
designed to open the lungs and induce deep breathing. More  
oxygen is absorbed by its means and more oxygen means purer  
blood to resist infection. Its pleasing I --

-- know but don't kiss the girl. With 'flu about its really  
dangerous -- as well as compromising.

(EFFECTS)

When the medical thermometer reads above --

-- the usual ninetyeight and you're feeling as  
everything mentioned in the advertisements, go to bed --

-- and take Nurse's advice - see a Doctor ! Faith in  
old-fashioned remedies still exists. To an enquiry from --

-- an old-fashioned lady , the answer was "a lemon" !