

**GOOD ADVICE
TO PARENTS**

Collier's Weekly Gives Valuable Information on Disease

The following suggestions of Hutchins Hapgood, in Collier's Weekly, are given to the readers of the Journal in the hope that they will prove of great benefit to parents of small children. If these suggestions are followed, they may be of great relief to affected children:

"The most important thing that the public needs to know about the terrible disease, poliomyelitis, called infantile paralysis, is that it is contagious. The certain knowledge of this fact is very recent, and is, consequently unknown not only to the general public but to the great majority of even good physicians.

"The disease has recently been shown to be caused by a living organism so small that it can pass through the finest bacterial filter. Experiments on monkeys, in the Rockefeller Institute, under the direction of Dr. Flexner, have succeeded in isolating the germ, which is so small that it is doubtful if by any device it has been seen. That it is a living organism is shown, however, Dr. Flexner points out, by the fact that extremely minute quantities of the virus "suffice to carry infection through an indefinite series of animals. We have propagated the virus now through twenty-five generations, representing twenty-five separate series of monkeys, and as many removes from the original human material supplying it, and the activity of the virus for the monkeys has increased rather than diminished in the course, and as the result of, the successive transplantations."

"For all practical purposes, therefore, the germ, though unseen, is discovered. They can inoculate monkeys with the disease and can produce in them immunization, much in the same way as the smallpox virus is used on human beings. As yet, however, the discovery has not affected the direct treatment of the disease, since the preparation of a serum antidote sufficiently strong to overcome the virus has not yet been made. What these experiments on monkeys have surely accomplished, however, is to establish beyond doubt the infectious and contagious nature of the disease; and when this fact is sufficiently realized by the public, the disease will be greatly lessened in extent and possibly stamped out by quarantine and generally preventive measures."

"A large percentage of the cripples one sees is the result of this disease. You hear someone say that a certain child was dropped by its nurse and so developed a "hump" back; that a certain man with a wasted and useless arm "caught cold" when a child; that some deformity was due to the effect of malaria or some other disease. Such "accidents" and alleged effects from illness are now thought to be largely the result of this germ disease.

"It is probable that a very large percentage of the worst of these deformities may be averted by proper treatment. The disease itself, cannot as yet be treated. For that we must wait for the preparation of an anti-toxin and for more knowledge of the symptoms, so as to be able to make a diagnosis before the paralysis occurs and the damage is done.

"All that can be done at present is to treat the effects of the disease. The paralysis results from the destruction of nerve cells in the spinal cord. A function of these cells is to supply nutrition to the muscles. With the destruction or disturbance of the cells, the nutrition of the muscles is cut off and they tend to wither and die.

"The essential treatment is directed to keeping the affected muscles in as good a state of preservation as possible until the spontaneous improvement in the nervous system takes place and the cells resume their function of supplying nutrition. It is essential that when the nervous force returns it should find sound muscles to affect. Drugs are sometimes given, but the essential treatment consists of massage, electricity, and muscular exercises. Some physicians place great reliance upon electricity, properly applied, but massage and exercise are relied upon especially by the majority of practitioners, as a means of keeping the muscles intact until the cord resumes its activity. It is probable that all these are of use in some cases and at certain stages. The general care of the child is extremely important. It should be kept as much as possible in the open air and should have the most nourishing food.

"The therapeutic value of hopefulness is decided. If the parents, nurse, or child is discouraged, the effect is

THE OFFICIAL VOTE
OF CASS COUNTY, NEBRASKA, CAST AT ELECTION NOVEMBER 8, 1910

Candidates	Malott	Total	Plattsmouth, 5th Ward	Plattsmouth, 4th Ward	Plattsmouth, 3d Ward	Plattsmouth, 2d Ward	Plattsmouth City, 1st Ward	Ward 2	Weeping Water City, W. 1	Plattsmouth Prec.	Rock Hill, 1st	Rock Hill, 2d	Liberty	North	Eight Mile Grove	Mc. Pleasant	Avoca	Londonville	Center	Weeping Water Prec.	South Bend	Edinwood	St. Creek	Greenwood	Tippecanoe		
Senator																											
Burkett	115	93	91	162	124	49	68	74	135	80	57	50	109	117	29	77											
Hitchcock	109	79	102	103	85	60	63	93	131	75	79	160	66	102	49	99											
Governor																											
Aldrich	124	113	109	201	143	51	69	78	159	99	70	53	107	128	35	108											
Dahlman	101	64	88	68	73	62	63	90	108	57	68	158	72	96	39	72											
Lieut. Governor																											
Hopewell	106	96	101	168	136	50	67	79	146	85	60	51	113	125	29	85											
Clark	111	77	87	95	75	60	64	91	117	67	77	159	64	96	51	91											
Secretary of State																											
Walt	113	97	98	168	131	48	72	77	143	84	58	51	112	129	29	87											
Pool	108	76	94	98	77	61	59	93	119	69	78	157	65	93	50	88											
Auditor																											
Barton	121	99	106	170	140	49	73	79	149	91	60	52	119	132	28	86											
Hewitt	101	75	88	99	72	59	56	90	113	64	76	158	58	86	50	87											
State Treasurer																											
George	111	94	102	165	126	47	71	81	144	83	57	52	115	124	26	85											
Hall	110	81	87	101	81	61	58	91	117	68	79	157	62	96	52	91											
Supt. of Pub. Inst.																											
Crabtree	129	98	121	192	129	58	79	86	147	92	66	53	115	141	28	101											
Jackson	92	79	72	78	80	55	50	85	115	61	72	157	60	83	51	76											
Attorney General																											
Martin	110	91	107	171	137	50	69	83	146	87	59	54	115	126	27	86											
Whitney	106	76	82	90	71	60	59	86	114	68	76	155	62	93	50	88											
Land Commissioner																											
Cowles	112	92	100	171	134	55	69	81	149	83	60	53	116	128	28	88											
Eastham	107	83	89	96	74	56	61	83	115	70	77	157	61	94	50	87											
Railway Com.																											
Clarke	109	91	101	173	134	49	69	81	149	86	62	53	118	128	28	90											
Hayden	114	83	90	91	74	62	58	88	113	67	77	157	61	94	50	84											
To Fill Vacancy																											
Mortenson	81	89	73	99	70	33	76	47	77	60	27	19	65	61	17	42											
Congressman																											
Hayward	116	91	99	166	123	48	74	76	145	95	60	52	115	124	28	85											
Maguire	112	84	97	105	86	62	57	91	119	62	79	159	64	103	50	93											
Senator																											
Noyes	103	89	89	169	131	48	67	71	150	81	56	47	83	95	27	83											
Banning	117	84	107	104	80	64	65	98	122	75	81	165	97	136	54	97											
Representative																											
Wescott	104	90	94	169	133	49	70	71	117	79	43	34	98	124	32	78											
Wolph	92	72	77	149	108	37	61	64	106	81	49	40	111	112	22	73											
Metzger	114	72	109	103	81	65	61	95	155	70	77	173	65	102	47	97											
Puls	92	60	82	78	65	49	58	84	116	63	100	165	70	91	51	98											
Nutzman	111	99	107	175	142	47	70	79	145	98	67	56	131	138	29	99											
Bates	108	67	84	92	67	59	61	86	115	56	70	156	48	89	51	78											
County Attorney																											
Taylor	129	113	122	186	142	50	81	91	160	105	60	56	129	164	33	101											
County Com.																											
Muenchau	124	70	86	128	107	36	64	72	135	81	65	50	116	121	24	85											
Jordan	96	106	106	73	95	74	62	87	119	64	71	161	58	101	54	89											
Dettman	1	2		2	12	1	3	8	2	6	1	3	4	3	1												
For Jail	43	68	85	23	39	34	8	6	27	29	21	135	33	59	30	45											
Against Jail	85	38	35	94	94	22	83	132	112	75	86	14	69	62	22	48											

unfavorable. Belief that a limb may ultimately be properly used tends to have a direct muscular result. The concentration of the child's mind, and its cheerful concentration, on the exercises, is helpful.

"The fatalistic attitude toward paralysis, so long held, forms a bad moral atmosphere for the stricken child. He should believe that he will get entirely well, and should be cheerful, interested, happy, and free from all possible nervous irritation."

The Whole Truth.

No business man in any town should allow any newspaper published in his town to go out without his name and business being mentioned somewhere in its columns.

This applies to all kinds of business—general stores, dry goods, groceries, furniture dealers, lumber dealers, implement dealers, manufacturing establishments, automobile dealers, mechanics, professional men and in fact, all classes of business men. This does not mean that you should have a whole or a half page or even a quarter of a page ad in every issue of the paper, but your name and business should be mentioned in every issue of your town newspaper, even if you do not use more than a two-line space.

A stranger picking up a newspaper should be able to tell just what business is represented in a town by looking at the business mentioned in the paper. It is the best possible town advertising.

The man who does not advertise his business does injustice to himself and injustice to his town. He is the man who expects the newspaper to do the most free boosting for the town.

The man who insists on sharing the business which comes to a town but refuses to advertise his business is not a valuable addition to any town.

The life of any town depends on the live, wide-awake, liberal, advertising business men. Fill any town with selfish, penny-squeezing non-advertising business men and business stagnation, death and decay is certain to be the fate of the town.—Marysville, Kansas, News.

"I am pleased to recommend Chamberlain's Cough Remedy as the best thing I know of and safest remedy for coughs, colds and bronchial trouble," writes Mrs. L. B. Arnold, of Denver, Colorado. "We have used it repeatedly and it has never failed to give relief." For sale by F. G. Fricke & Co., Union block.

Fred Gorder, mayor of the city of Weeping Water, was a Plattsmouth visitor today, having motored from his home city this morning, leaving the president of the council and Joe Corey to run the city until he returns.

DR
Herman Greeder,
Graduate Veterinary Surgeon
(Formerly with U. S. Department Agriculture)
Licensed by Nebraska State Board
Calls Answered Promptly
Telephone 378 White, Plattsmouth.

Notice to Creditors.
State of Nebraska, Cass County, ss.
In the matter of the estate of John H. Wallinger, deceased.

Notice is hereby given that the creditors of said deceased will meet the administrator of said estate, before me, County Judge of Cass County, Nebraska, at the county court room in Plattsmouth, in said county, on December 12, 1910, and on June 14, 1911, at 9 o'clock, a. m., each day, for the purpose of presenting their claims for examination, adjustment and allowance.

Six months are allowed for the creditors of said deceased to present their claims, and one year for the administrator to settle said estate, from the 12th day of December, 1910.

Witness my hand and seal of said County Court, at Plattsmouth, Nebraska, this 10th day of November, 1910.
(Seal) Allen J. Beeson, County Judge.

Owls Are Organized.

Last evening, at the A. O. U. W. hall, Mr. L. H. Hellig, national deputy of the order of Owls, assisted by J. G.