



# A Message to New Zealanders

The possession of money at all times confers a great responsibility on the holder. This responsibility, in time of war, takes on an even deeper significance. It is our war-time duty to marshal our monetary forces, and to place them at the disposal of the nation in the needed form and at the needed time. If you have money at your disposal, enlist it in the £10,000,000 War Loan. Invest in Victory.

NEW ZEALAND GOVERNMENT

# WAR LOAN

## £10,000,000

*Issue of Stock in either of the following forms:*

**2½ per cent. Stock**

maturing 1st August, 1946

**3 per cent. Stock**

maturing 1st August, 1951/54

Copies of Prospectus and forms of application may be obtained at the Reserve Bank of New Zealand, Wellington; at the District Treasury Offices at Auckland, Christchurch, or Dunedin; at any branch of any Bank in the Dominion; at any Postal Money-order Office in New Zealand; or from members of any Stock Exchange in the Dominion.

**LOAN CLOSES TUESDAY, 2nd SEPT.**

An advertisement authorised by the Reserve Bank of New Zealand.

## INFLUENZA

(Written for "The Listener" by DR. H. B. TURBOTT, Director of the Division of School Hygiene, Health Dept.)

**I**NFLUENZA is no modern upstart, but an ancient and inveterate enemy of our race. From 1173 onward, epidemics are recorded, explosive outbreaks that gravely raised the death rates. They came and went in waves, the big pandemics being remembered by the havoc caused. In the nineteenth century 1833, 1847 and 1889 were years of widespread virulent influenza. In the twentieth century who can have forgotten the 1918 pandemic that caused 3129 deaths per million of population in England and Wales, and about 5 per thousand of our New Zealand people in that year? When a virulent wave strikes the country, beware: Influenza ranks among the great pestilences.

Now, in between times, influenza never leaves us. You would almost think the culprit was a female, for each visit there seems to be a fondness for slightly different garb. One time sore throats predominate, another time loss of voice, or coughs, or simply high fever—no two visits seem quite the same. But one thing is always sure, exhaustion. "Flu" exhausts you out of all proportion to the length of time you are sick.

Have you been out and come home with a dry, tickly, or sore throat? The eyes seem to burn. You are unduly tired and weary. Next morning you feel rotten. Your nose is blocked. Your throat is worse. You sneeze and cough. You ache all over. But you are tough. You are not going to stay home from work. So off you drag yourself, and breathe, sneeze, and cough around so that others can share your troubles. You take a little punishment in return, for you feel more and more miserable. You may struggle off to work next day, but that's your last effort. That third day the "flu" virus will win, and you'll take the count. You'll have a high fever, you'll need a doctor; you will be a very sick person, who has to fight influenza for two or three weeks, and after that slowly get your strength back.

This is influenza, caused by a virus working in the nose and throat. The virus is so small it cannot be seen under the microscope. It passes through the finest filter. It passes from the nose and throat of the sufferers, into the air we all breathe. That is the way we catch "flu."

Don't be taking a chance with a "cold." None of us can tell at the start whether we are in for a "cold" or the "flu." That is why at the very beginning of either we should go to bed and stay there till better. It pays. It is the quickest way to recovery. It avoids pneumonia, infected ears, bronchitis, infected air cells in the face bones. Being safe in bed, you are guarded from others carrying the pneumonia germ just at the time when the influenza virus is working in the nose and throat and making it easy for the pneumonia one to get through. Being safe in bed, you are being good to others and shielding them from being peppered with your influenza virus.

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