

## Influenza.

If you have a chill or aches and pains throughout your frame, a headache and feeling of great prostration, there is a possibility, nay, even a probability that you will join the ranks of those entertaining within themselves the bacillus influenza, or even two of the little creatures.

Spanish influenza is the name that has been popularly ascribed to the epidemic that is sweeping not only America but Europe, and it is so called not because it is typically Spanish, but that the present epidemic seems to have originated there. It swept that country, extended to the soldiers of Europe and is supposed to have been brought to America by way of transports.

It has spread through many of the cantonments and has not ignored the civil population.

If you acquire the disease, rest is one of the most important features in its care. It is accompanied always by great prostration and undue and unnecessary effort merely places an added burden on the vitality of the patient. Rest in bed is one of the first elements in its treatment and those who have the first symptoms would do well not to try to "stick it out." If the first symptoms are properly cared for and no complications develop the disease is of short duration.

In addition to the foregoing bits of advice every bright person knows that there is nothing better to do than call a good doctor.

If, after reading the foregoing, you are still feeling fairly well, the plan of action to avoid contracting Spanish influenza, may be of interest. One of the most effective methods is to go—as the western movie hero goes—"ironed," and shoot on the jump anybody who indulges the open face sneeze or cough within your five-foot radius. It has been suggested, but not officially, that anyone guilty in these days of the open face sneeze should be shot at sunrise for this is one of the diseases that is absolutely transmitted by the secretions from the nose and throat. Anyone suffering with it or even a suspected case, in the interests of the public should isolate himself or wear a gauze mask of two or three layers of cheesecloth.

The feature of the present epidemic is its tendency to develop lung complications, many cases of pneumonia developing and many of

them resulting fatally. The complications which may result provide the serious features of the disease. Extreme prostration is almost invariably present and ignoring that or trying to overcome it is a great mistake.

This disease is so widespread in the cantonments throughout the country that the provost marshal general has halted the calls for the entrainment of new soldiers, planned for early in October, until the disease has been checked.

Every citizen in or out of the service, owes it to himself and to the public to take extra precaution against so-called Spanish influenza infection. He should shield himself to the best of his ability and he should abstain from an habit or act calculated to spread the infection.

An epidemic of this trouble would make serious temporary inroads on war efficiency and application which should be at the topmost point in these days of fateful happenings in Europe. Spanish influenza at best is physically distressing. It is an excellent preparer of the way for the more deadly disorder, pneumonia.

For the most part the precautions to be taken are identical with those to be taken to prevent or cope with colds. The body's power of resistance should be kept up to a high standard. Fresh air and judicious exercise count big. There should be no over-heating in home or office—a bit of advice that is always good. Mouth, nose and throat should be kept clean with antiseptic spraying. Unnecessary contact with crowds in ill-ventilated places is to be avoided. Coughing and sneezing in public are to be brought to the irreducible minimum and are to be blockaded with handkerchiefs. All these precautions hold good after the trouble grips one, but in that case there should be isolation at least to the extent of sticking to one's room and maintaining a discreet quiet. This policy is advised for the good of both the sufferer and of others whom he might cause to suffer. Finally, it is wise to rely on the doctor's aid and counsel rather than on one's own devices.

Abe Martin says: "If th' worst comes t' th' worst th' Hun army kin live on canned generals."