

SPANISH INFLUENZA.

Effective methods of combatting the Spanish influenza must be mainly personal. The Provincial health authorities are justified in advising that there should be a minimum of disturbance in the normal life of a community. Extreme measures such as the closing of schools, churches, and places of amusement and public resorts have had no appreciable effect in Boston, where the malady has been specially prevalent. In large cities precautions of this kind would be offset by the necessity of using street cars. Certainly in Toronto no other agency brings so many people into such close contact. But although it is not a time for panic, the situation is serious, owing to the highly epidemic character of the malady. Each person can aid in fighting it by taking particular care of his health and building up his powers of resistance. The best preventive is fresh air, combined with exercise. Those who are in good physical condition and avoid crowds as much as possible will stand a better chance of escaping the infection than those who pay no attention to the rules laid down by the medical authorities. The Surgeon-General of the United States Army has issued the following set of terse instructions, useful as preventives and specifics:

"(1) Avoid needless crowding—influenza is a crowd disease.

"(2) Smother your cough and sneezes—others do not want the germs which you would throw away.

"(3) Your nose, not your mouth, was made to breathe through—get the habit.

"(4) Remember the three C's—a clean mouth, clean skin, and clean clothes.

"(5) Try to keep cool when you walk and warm when you ride and sleep.

"(6) Open the windows—always at home at night; at the office when practicable.

"(7) Food will win the war if you give it a chance—help by choosing and chewing your food well.

"(8) Your fate may be in your own hands—wash your hands before eating.

"(9) Don't let the waste products of digestion accumulate—drink a glass or two of water on getting up.

"(10) Don't use a napkin, towel, spoon, fork, glass, or cup which has been used by another person and not washed.

"(11) Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your prisoner.

"(12) When the air is pure breathe all of it you can—breathe deeply."

These rules have been published by the Health Department of New York city as an advertisement in the newspapers. They are applicable everywhere.