

dollars to combat it everywhere. It is peculiarly virulent in the State of Massachusetts, which has 50,000 cases. The city of Boston has been so overwhelmed that it has been compelled to seek outside aid. Hundreds of doctors and thousands of nurses have responded to the call. Schools, theatres, and dance halls have been closed, and many churches have suspended their services voluntarily. The Massachusetts Health Department recommends for the benefit of the general public the following measures:

"(1) All those who are ill with symptoms of beginning cold, chills, fever, backache or headache should go to bed and call for medical advice; that in all instances these cases be isolated, and that all attendants take precautions to prevent their taking the disease or to prevent its spread to other members of the household.

"(2) Avoid all unnecessary crowds, such as in theatres, movies, crowded street and railroad cars, also all private and semi-public gatherings. Keep out of doors, walk to work if possible and sleep with the windows open. Make use of all available sunshine.

"(3) Clothing should be ample to furnish protection both by day and night. Keep the feet dry and warm. Use sufficient heat to keep the house dry and comfortable.

"(4) It is important for everyone, especially the attendants upon the sick, to get at least seven hours' sleep and plenty of good, clean food, so that their strength may be kept equal to the demand.

"(5) It is essential that all those coming in contact with the sick should wear gauze face masks covering the nose and mouth with at least four thicknesses of the cloth. These should be changed at two-hour intervals and either burned or boiled for five minutes. It is equally important to wash the hands carefully after handling a patient or any of the things which have come in contact with a patient, such as dishes, clothing, bedding, etc. All persons should wash their hands immediately before eating.

"(6) Avoid all sneezing and coughing individuals. If necessary to sneeze or cough cover the face with a cloth or handkerchief.

"(7) Refrain from eating at restaurants where dishes are either imperfectly sterilized or not sterilized at all. There is grave danger of conveying infection from this source as well as from soda fountains. Ask for destructible cups and saucers, or be sure all dishes and spoons are sterilized by being boiled."

The mild form of influenza now invading Canada, particularly the military camps and hospitals, may or may not be identical with that raging in Massachusetts, but influenza of any kind is dangerous, as neglect may lead to pneumonia. The number of fatal pneumonia cases developing from influenza is alarmingly high in the centres of infection across the line.

THE SPANISH INFLUENZA.

Many physicians contend that the so-called Spanish influenza is only an intensified form of the ordinary influenza, but apparently it has not been identified beyond question. Early symptoms are coughing and sneezing, which seem to be the chief means of transmitting the infection. For this reason it is specially prevalent in military camps, where men are thrown together, and in large communities, where people jostle one another in the stores, the street cars and meeting places.

The epidemic is widespread in the United States, and Congress has voted a million