U.S. FIGHTING INFLUENZA HARD; RULES ISSUED BY GOVERNMENT TO STOP SPREAD OF NOXIOUS DISEASE

Th rapid spread of influenza through the country is alarming many. It started on the Atlantic coast and is coming west. It reached Boulder, where 20 have been stricken by the disease, which seems to have had its origin in Spain. All the cases in Boulder developed in 48 hours. None are serious, it is reported, but in the east the death toll has been heavy.

WASHINGTON, Sept. 24—So high has become the death toll of Spanish influenza in the army and navy and efficiency of this country that the Surgeon General of the army yesterday afternoon issued rules to observe in avoiding the disease.

President Wilson urged that the directions be distributed widely throughout the country. The president later will order the directions placed and posted in all government buildings and every post office.

The directions include:

1. Do not allow anyone you know with Spanish influenza to enter your house.
2. Smother your coughs and your 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 Cs—a clean mouth, a clean heart and clean clothes.
5. Try to keep cool when you walk and warm when you ride and sleep.
6. Open the windows and air the office.
7. Your faeces may be in your hands—wash your hands before eating.
8. Don't let the waste product of digestion accumulate—drink a glass or two of water on getting up.
9. Don't use a napkin, towel, mace, fork, glass or cup which has been used by another person get washed.
10. Avoid tight clothing—tight clothes—tight clothes—work to make our skin soft, but your stomach tight. But—When, sir, is your best friend all eyes and stomachs equally.
11. Don't put any more into your face.