

USE GAS MASKS TO WARD OFF INFLUENZA

Dr. Burns Issues School
Health Circular Approved
by Dr. Davidson.

Upon the individual, rather than methods of quarantine, is placed the chief reliance in warding off Spanish influenza by Dr. H. B. Burns, director of hygiene in the public schools, who, in a circular sent out last night to principals, through Supt. of Schools William M. Davidson, practically calls upon the people to wear "gas masks," or to protect themselves "from within" against the disease.

Supt. Davidson definitely decided yesterday that evening schools, sched-

uled to open Monday evening, will remain closed for the present. The day schools will continue in operation under stringent medical supervision.

School Health Circular.

Director Burns' circular, to be read when the public schools of the city resume Monday, is as follows:

Commissioner Royer's order regarding the influenza epidemic states that "where school children are under medical supervision they can continue in school."

Pittsburgh has an excellent system of medical supervision of its day schools and will continue their operation pending the receipt of further orders from health authorities.

Influenza of a mild, short duration type is now pandemic, so widely disseminated and so infectious as to nullify largely the usual and established methods of quarantine control.

Quarantine measures short of those constituting absolute stagnation of industry and commerce cannot now be depended upon to prevent the disease reaching every community of susceptible individuals.

Susceptible individuals are those whose disease resistance has been temporarily lowered by other illness, insufficient sleep, improper food, exposure to cold or dampness, unusual exertion or undue mental and emotional stress.

The serious cases—about 10 per cent—are usually the result of improper care during the early stages of the disease with resulting complications like pneumonia.

Our defense must necessarily be largely one of individual defense and individual care under specific general direction.

The situation can be likened to that of poison gas warfare.

We cannot get entirely away from the gas nor shut it entirely out of the fighting zone.

We must, therefore, put on a gas mask and be instructed and trained in the use of the mask.

The influenza gas mask instructions are:

Early to bed, an extra hour or two of sleep every night during the epidemic.

Avoidance of any but plain, easily digested food.

Protection of the body, especially the feet from dampness or wetting.

Adjustment of clothing to the temperature rather than the season.

Moderate exercise each day in the open air and sunshine (walking).

Daily attention to nature's requirements for elimination.

Avoidance of over-exertion and great mental or emotional stress.

Consultation with your physician or the use of a small daily dose of quinine during the epidemic.

In the event of the development of a cold, stay at home, rest in bed and send for a physician.

Finally, observe all the orders of the state and local health officers, particularly those regarding the exclusion and admission of children from school.