ST. ALBANS STREET OF INFECTIOUS ANY CASES SHOULD BE REPORTED IMMEDIATELY TO HEALTH OFFICER

Spanish influenza now forms the chief topic of conversation in St. Albans, as well as in other towns and cities throughout the state. There have been a number of cases reported, but though there are a large number of cases of grip and hard colds in the city, St. Albans is free from this disease so far. At least no cases have been reported to the health officer. It is too early to say anything, as up to this time the disease has not been a reportable one. Mere statements, however, in an epigrammatic order from the state board of health, do not cause the disease to be reported immediately to the local health officer, the houses of the victims placed under quarantine, and report made to the board.

There are a great many colds in St. Albans at the present time, perhaps an unusual number and there are also a large number of cases of grip. Many people, however, feel it is the beginning of a cold as Spanish influenza. Thus it is that the story has started that there are cases of the disease here and in other places.

The following instructions are issued by the state board of health through Dr. Charles P. Dalton to health officers:

Present indications are that, within a few days, Spanish influenza, as well as colds and pneumonia, will affect the southeastern counties of Vermont will be visited by an epidemic of the so-called Spanish influenza. All citizens are asked to observe the order of the state's health board, that the disease will gradually invade the interior states. This order is not made without very serious consideration. Some cases of this disease make it necessary that some preventive measures be taken against its spread. Thus the disease is not essentially different from the influenza or grip which occur with great frequency in Vermont for a long period of years. It is called Spanish because the present pandemic is being spread by persons from Spain. The disease is transmitted by the air, and it is spread by the coughing, sneezing, and talking of the sick. The symptoms are fever, chills, cough, headache, vomiting, and looseness of the bowels. The symptoms last from three to five days and after that the patient recovers.

The disease itself is not serious. The chief danger in dealing with the disease is that the health of the community is not seriously affected. The disease is not contagious and the patient is not infectious after the first three days. The patient should be isolated from contact with the public as soon as possible. The patient should be kept in bed until the fever subsides. The patient should be fed a nutritious diet, and the home should be aired and well ventilated.

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Influenza is hereby added to the list of communicable diseases. Every school shall publish a report of the case attended or present. The report shall be sent to the health officer of the locality. The health officer shall visit and plumb the home premises of the patient.

All persons should understand that this is a contagious disease and that it is necessary to keep the patient in bed at home and from all visitors. Handkerchiefs, napkins, and other articles used by the patient should be kept separate from those used by the family. The family should attend public gatherings, especially picture shows, or other crowded places. The patient should be isolated as far as possible from the public. The disease is contagious, and the patient should be kept in bed as long as the fever continues.