RED CROSS GIVES AID.

Working in co-operation with the municipal and military health authorities, the local Red Cross Chap-ter's special committee to combat the influenza's spread began yesterday a systematic campaign.

Dr. L. Gregory established committees at headquarters at the chapter's office, 20 Montgomery street, and at police stations throughout the city, to prepare for the fight against Grippe.

The State Board of Health yesterday issued a circular to all the county health officials in the state, warning them of the danger of the epidemic influenza, and pointing out the measures necessary to prevent its spread.


dr. hastler reiterates rules to be followed; red cross takes up fight against grippe

There were 525 new cases and two deaths reported from Spanish influenza in San Francisco yesterday, and 1,434 new cases were reported to the office of Dr. W. Hasler, health officer.

According to the influenza committee of the San Francisco Chapter of the Red Cross, there have been 11 deaths and 1,434 cases reported.

With the recent increase in the number of cases, the committee is urging the public to follow the rules established by the Board of Health and to cooperate with the Red Cross in the fight against Grippe.

The Board of Education yesterday issued a circular to all the school authorities, warning them of the danger of the epidemic influenza, and pointing out the measures necessary to prevent its spread.

The public is urged to cooperate with the health authorities in the fight against Grippe, and to follow the rules established by the Board of Health.

Dr. Hasler reiterates several important rules yesterday and requested that the public obey them.

1. Keep off crowded street cars and away from crowds. It is far safer to travel by street car than by street car, and when you do travel by street car, it is better to travel in the rear of the car, where there is less chance of coming in contact with infected persons.

2. Wash your hands and face as often as possible, using soap and hot water.

3. Drink plenty of milk, tea, and coffee, and eat plenty of fresh fruits and vegetables.

4. Keep your room and your clothes clean, and change your clothing daily if you live in a cold room.

5. Be sure to get plenty of rest.

The public is urged to cooperate with the health authorities in the fight against Grippe, and to follow the rules established by the Board of Health.

V E R Y O N E M U S T A I D.

Now is the time for all of us to make every effort to stop the spread of the influenza epidemic. It is not too late to prevent the spread of the epidemic, and we must all work together to prevent it from spreading.

The public is urged to cooperate with the health authorities in the fight against Grippe, and to follow the rules established by the Board of Health.