Sleep and Food Best Antidotes For Influenza

Proper attention to food and sanitation as the best preventive of the disease was urged on all San Franciscans yesterday by Dr. George E. Ehrlich, president of the State Board of Health. He said:

Plenty of sleep and plenty to eat are essential. The experiences of the last few days has shown us that those who neglect their daily sleep are first to be attacked.

Sleep is the worst foe of influenza, and combined with plenty of fresh air and good food, makes it well nigh impossible for the germ to survive. Conditions in the extreme southern and northern portions of the State have improved as well as in many other sections. I cannot say whether the crisis has passed.

MASK NO BAR TO SMOKING SAILOR

Ingenious Tar Devises Plan of Burning Incense and Foiling Germs at Same Time.

If you are a hardy sailorman bearing down along the waterfront under forced draughts, in a cloud of tobacco smoke from the栈 kernels, the stacks camouflaged with a "tie" mask, don't call the fire department.

Chase, Charles T., Chance, U.S.N., radio sealer on duty at Magellanic wharf for the last and last product of Yankee sailorman ingenuity—the no-germ, odorless but ambushous rubic baccy pipe of the Sultan of smokeless tobacco.

Chase is a skilful sainorman who has seen service on more than half a dozen of His Majesty's ships during the days of peace. He has visited nearly every port in the line and he knows how to handle a vessel.

Socha's commandant, Jayne, of the Twelfth Naval district made orders that all their handsome goods in both the village stores and the hotel were to be sealed and kept out of the hands of the natives. After Chase had talked about the problem of how to smoke without absorbing some of the smell, he was satisfied that the instruction was adequate.