

DOZEN GOOD RULES TO PREVENT INFLUENZA

Through K. H. Owens, captain of the sanitary corps, U. S. A., located at Camp Crane, the Morning Call is able to present to its readers 12 rules on "How to Strengthen Our Personal Defence Against Spanish Influenza", prepared by Charles Richards, brigadier-general in the medical corps, acting surgeon-general of the U. S. Army. Copies of the rules have been sent to all camps and training stations in the country and this paper is asked to print them for the benefit of the public. They follow:

- 1.—Avoid needless crowding—influenza is a crowd disease.
- 2.—Smother your coughs and sneezes—others do not want the germs which you throw away.
- 3.—Your nose, not your mouth, was made to breathe through—get the habit.
- 4.—Remember the three Cs—a clean mouth, clean skin and clean clothes.
- 5.—Try to keep cool when you walk, and warm when you ride and sleep.
- 6.—Open the windows—always at home at night; at the office when practicable.
- 7.—Food will win the war if you give it a chance—help by choosing and chewing your food well.
- 8.—Poor fate may be in your own hands—wash your hands before eating.
- 9.—Don't let the waste products of digestion accumulate—drink a glass or two of water after getting up.
- 10.—Don't use a napkin, towel, fork,

spoon, glass or cup which has been used by another person and not washed.

11.—Avoid tight clothes, tight shoes, tight gloves,—seek to make nature your ally, not your prisoner.

12.—When the air is pure breathe all of it you can—breathe deeply.

There are no cases of contagious diseases at Camp Crane at the present time, with the exception of one recovering case of typhoid fever, and, this soldier was ill when he reported for duty. Only eight cases of influenza developed at the camp, five of them developing within a few hours after arriving in Allentown. All of the cases are practically well, and are ready for discharge and no new cases have been reported.