

# U.S. FIGHTING INFLUENZA HARD; RULES ISSUED BY GOVERNMENT TO STOP SPREAD OF NOXIOUS DISEASE

The rapid spread of influenza throughout the country is alarming many. It started on the Atlantic coast and is coming west. It reached Boulder, where 20 have been stricken by the disease, which seems to have had its origin in Spain. All the cases in Boulder developed in 48 hours. None are serious, it is reported, but in the east the death toll has been heavy.

—Pa—

WASHINGTON, Sept. 24.—So high has become the death toll of Spanish influenza in the army and navy and efficiency of this country that the surgeon general of the army yesterday afternoon issued rules to observe in avoiding the disease.

President Wilson urged that the directions be distributed widely throughout the country. The president later will order the directions printed and posted in all government departments and army and navy posts.

### The American Soldier:

"How do you prevent the spread of Spanish influenza?  
 The great secret is avoiding in-

fluenza is a crowd disease.

"2—Smother your coughs and your sneezes—others do not want the germs which you would throw away.

"3—Your nose, not your mouth, was made to breathe thru—get the habit.

"4—Remember the three 'C's'—a clean mouth, a clean heart and clean clothes.

"5—Try to keep cool when you walk and warm when you ride and sleep.

"6—Open the windows and at the office.

"7—Your fate may be in your hands—wash your hands before eating.

"8—Don't let the waste product of digestion accumulate—drink a glass or two of water on getting up.

"9—Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person not washed.

"10—Avoid tight clothes—tight shoes—tight gloves—seek to make loose your shirt, hat, your trousers.

"11—When air is pure breathe all you can—breathe deeply.

"12—Food will help the war—eat your food well."