

THE LOCAL INFLUENZA SITUATION

Professor Dahlgren Gives Valuable Health Hints

The influenza that started in our camps continues to increase. According to reports in the press the conditions in all camps show totals for Tuesday of 14,600 new cases and 300 deaths. It is hoped that this is the highest record and that during the week the numbers will diminish. From the camps the disease has spread first to the larger cities where it is still increasing and it is beginning to appear in the smaller cities and towns. The lines of greatest traffic are the paths along which it appears to travel.

According to Prof. Ulric Dahlgren, Princeton appears to be fortunate so far in not having developed a marked epidemic of the virulent type that so often ends in a severe or even fatal attack of streptococcus pneumonia. We have many cases of bad colds or even "grippe" or severe influenza. But the same conditions that make it possible to contract these lighter troubles also make it possible to incur an attack of the particular strain of influenza (the so-called Spanish influenza) that is causing so much illness and loss of life. The time of greatest liability appears to be during the present week if we are going to get it, when the population is showing a lower resistance to diseases of the air passages. This lower resistance is probably brought about by chilling and dampness due to the coming on of cooler weather and as a group we will probably react by increasing our power to resist chilling as well as learn to prevent it in the next week or few days.

As precautions to avoid this infection which is near us or possibly among us, the Board of Health has

asked for the closing of Movies, Pool-rooms, Schools and Churches and other public gatherings during the time of most probable contagion. The public is also advised to avoid travel out of town when possible and to observe the best known aids to keeping in condition, sufficient warm clothing by day and night, good ventilation, freedom from dampness and wetting, regular habits of eating and sleeping. A morning sousing or washing of face, neck and chest or, with young strong people, a cold bath followed by vigorous drying and rubbing helps to increase the resistance if it results in healthful glow.

Needless visits from Camp Dix and other infected centers are being discouraged.

Spitting on our public sidewalks is dangerous and is to be looked after by the military and town police. Everyone with a cold, especially if it is accompanied by a rise in temperature and chill and aching is urged to go to bed and call a doctor. Such persons should avoid contact with others especially when sneezing and coughing.