

# STATE HEALTH OFFICIAL GIVES FACTS ON INFLUENZA CRISIS

## Epidemic Will Be Limited According to Common Sense Exercised by All, He Declares

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It is foolish to speculate on the number of influenza cases we may have to combat for the simple reason that the number will be limited by the common sense exercised by the individual and the authorities.

An odd feature of influenza is that a person carrying its germs may not, himself, be subject to the disease or may have sufficient natural resisting powers to make himself immune. But when he spits or sneezes he is making all those around him susceptible. The disease first came to international attention of physicians when it developed in Spain. It was then carried into Germany, thence to England and finally to the United States. There is no question but that it was carried here unconsciously, but this fact should make everyone realize how insidious it really is. We've all had colds, we've all awakened in the morning with stopped-up nostrils and headaches, but now, above all times, is the time to exercise precaution, for the cold of today is likely to develop into influenza and so run down our bodily health that before we know it we awake in a hospital and learn that we are being treated for pneumonia. There is no means of preventing

the spread of influenza aside from plenty of fresh air, proper ventilation and the exercise of due care when stricken with what appears to be a cold. The Health Board recognizes that the epidemic is here and is going to spread, and its sole object now is to check it. This can best be accomplished, as I have said, by the individual with a cold taking no chances, and consulting his physician at once.

Unnecessary public meetings are a menace while the epidemic prevails. The health officers of various municipalities of the State were to have met in Santa Barbara next week, but have called off the meeting because, they believe, the meeting is not essential. If other organizations would adopt this same attitude in this crisis—for it is a crisis—they would contribute much to the welfare of the State.

Women can help a great deal toward checking the epidemic by avoiding travel on street cars and automobiles during the 5 and 6 o'clock rush hours. At that time every day the offices, the shipyards and the industrial places disgorge their employes, many of whom carry the Pfeiffer germ. If, as frequently happens, the street cars are not sufficiently ventilated, the germ is bound to spread and flourish.