

THIS IS WHAT TO DO IF YOU GET INFLUENZA

BUY LIBERTY BONDS

[By Universal Service.]

PROFESSOR HENRY F. SMITH bacteriologist of the University of Pennsylvania's laboratory of hygiene, suggests the following treatment for persons attacked by Spanish influenza, the first four suggestions also to be followed as preventive measures:

Use a teaspoonful of salt dissolved in water, night and morning as a douche in the upper respiratory passages and as a gargle.

Get plenty of fresh air.

Keep windows open all the time, rain or shine.

Keep bowels moving freely.

When symptoms first appear take a hot footbath, a hot lemonade, a little quinine, go to bed and stay there for an entire day.

INFLUENZA HITS CAMP FREMONT

Of 153 Soldiers Who Are Ill, but
Three Cases Are Severe; Post
Quarantined.

With 150 mild cases of Spanish influenza and three severe ones reported by Lieutenant Colonel L. L. Smith, Camp Fremont was yesterday ordered into a rigid quarantine by Major General Eli A. Helmick.

No one but married officers with families living in the vicinity of the post will be permitted to leave camp, and these officers must permit no visitors to their homes from areas where influenza cases have been reported.

No visiting between various enlisted units will be permitted. All men, except when on their way to the drill grounds or target ranges, will be confined to their company streets. In this manner it is hoped to check further spread of the disease.

The only visitors to the camp will be those admitted to the artillery drill ground which adjoins Stanford University, and this will be subject to orders of the commanding general.

The only ones permitted to leave camp aside from the married officers will be the quartermaster truck trains, which will proceed to the warehouses in San Francisco, load supplies and return immediately to camp.

All returning officers, enlisted men and civilian employees will be stopped by the military police and taken immediately to the division surgeon's department, where they will be examined. Those found to have contracted influenza while away will be isolated.

During the quarantine all places of amusement in the camp, such as the Liberty Theatre, Y. M. C. A. houses and Knights of Columbus buildings, will remain closed. The only amusements held must take place in the open air.

Lieutenant Colonel Smith stated yesterday that it was hoped by prompt methods to check the influenza before it had gained any great headway at Fremont.