

GRIPPE FOUGHT WITH 'GAS' MASK

Germs Can't Enter Nor Conversation Depart, So Yeomanettes Have to Work.

Sparkling eyes—dozens of them, all pretty and bewitching—peeped above improvised "gas" masks at the headquarters of the Twelfth Naval District yesterday. San Francisco's yeomanettes were taking the initial precautions against Spanish influenza now raging throughout the country.

First thoughts of those who visited the offices in the early morning were that the Navy Department had ordered an observance of the Mohammedan faith, and there were excited inquiries as to who would be the over-lord.

Volunteers were many. And sighs of regret were many, too, when the reason for the use of the face coverings was explained.

The yeomanettes at first regarded the "gas" masks humorously. Very soon, however, a general dislike was voiced, for the coverings effectually prevented all conversation.

This ban on their speech was smilingly approved by the officers, and at the close of the day it was said that more work had been accomplished than in any other single day since the yeomanettes have been in office.

From room to room the girls moved briskly, looking as if they expected a gas attack at any moment. Now and then they would come up for air, by removing for a second the covering from their noses.

The masks, which were made by the local chapter of the American Red Cross, were distributed at the direction of the Naval medical officer.

It is claimed that their use is a certain preventive against Spanish influenza, and later on they likely will be used throughout the entire clerical branch of the army and navy here.

PHYSICIANS PLAN WAR ON GRIPPE

Preventives and Remedies Suggested; Committee Named to Conduct Campaign.

To ward off an epidemic of Spanish influenza in San Francisco, the League for the Conservation of Public Health met in the Physician building yesterday and planned a campaign of preventives.

Dr. William Hassler, health officer; Dr. Leroy H. Briggs of the medical department of the University of California and Dr. William Ophuls of Stanford University medical school, were selected as a special committee to direct the campaign.

The following educational bulletin was issued by the physicians with the statement that observance of the remedies and preventives indicated would thwart the spread of influenza in the community:

CAUSES OF INFECTION.

- 1--Use of "roller" or other "community" towels.
- 2--Contact with microbic effluvia in crowded or badly ventilated gathering places.
- 3--Exposure to inclement weather without proper protection of lungs and throat; getting feet wet, etc.
- 4--Expectoration; failure to disinfect clothing, bed linen or other articles that have been in contact with infected persons.

SYMPTOMS.

Coughing, sneezing, chills (sometimes slight), headache, backache and prostration; sometimes nausea and vomiting.

The disease may be distinguished from an ordinary cold by prostration, pains in the back and head. Symptoms develop rapidly.

REMEDIES.

Go to bed at once and call a physician. If this is done, the most serious and often fatal danger, pneumonia, may almost certainly be avoided.

Aspirin, the salicylates and quinine—which should, however, be used advisedly.

PREVENTIVES.

Keep the body vigorous and clean by bathing, exercise, deep breathing and good ventilation. Avoid exposure and infection by familiarity with causes of the disease.

Powdered boric acid may be used as a snuff; Dobell's or similar antiseptic solutions as a gargle. Avoid worry or overwork.