

Sleep and Food Best Antidotes For Influenza

PROPER attention to food and sanitation as the best preventives of the disease was urged on all San Franciscans yesterday by Dr. George E. Elbright, president of the State Board of Health. He said:

Plenty of sleep and plenty to eat are essential. The experiences of the last few days have shown us that those who neglect their daily sleep are first to be attacked.

Sleep is the worst foe of influenza, and combined with plenty of fresh air and good food, makes it well nigh impossible for the germ to live.

Conditions in the extreme southern and northern portions of the State have improved, as well as in many other sections. I cannot say whether the crisis has passed.

MASK NO BAR TO SMOKING SAILOR

Ingenious Tar Devises Plan of Burning Incense and Foiling Germs at Same Time.

If you see a handsome sailorman bearing down along the waterfront under forced draught, with a cloud of smoke issuing from his for'ard funnels, the stacks camouflaged with a "flu" mask, don't call the fire department.



It'll be Charles T. Chance, U. S. N., radio sealer on duty at Meliggs wharf and vicinity, inventor of the latest and last product of Yankee sailorman ingenuity—the flu mask, adapted from the famous rubber hose narghile tobacco pipe of the Sultan of Sulu.

Chance is a deepsea sailorman who has seen service on more than half the ships of Uncle Sam's navy in the days of peace. He has visited nearly every port in every clime and he knows the taste of every tobacco under the sun.

So when Commandant Jayne of the Twelfth Naval district gave orders that all our handsome gobs in both ranks and ratings should hide their tanned and beautiful complexions behind gauze veils, Chance recalled how he and his comrades inhaled "the makin's" in the South Sea regions of the Moro monarch—and solved the problem of how to smoke without absorbing stray influenza germs.