

3. Your nose, not your mouth, was made to breathe through—get the habit.

4. Remember the three C's—a clean mouth, clean skin, and clean clothes.

5. Try to keep cool when you walk and warm when you ride and sleep.

6. Open the windows—always at home at night; at the office when practicable.

7. Choose and chew your food well.

8. Your fate may be in your own hands—wash your hands before eating.

9. Don't let the waste products of digestion accumulate—drink a glass or two of water on getting up.

10. Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person and not washed.

11. Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally not your prisoner.

12. When the air is pure, breathe all of it you can—breathe deeply.

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QUESTIONS RE INFLUENZA ISSUED BY THE SECTION ON  
INDUSTRIAL MEDICINE AND SURGERY, AMERICAN  
MEDICAL ASSOCIATION.

Q. Will the epidemic again appear?

A. The epidemic will recur, for medical history shows that we have had a series of influenza or grippe epidemics, the last of which proved to be of the most virulent type. There immediately occur to me those of 1867 and of 1889 to 1895. The Metropolitan Life has issued some very definite figures on this latter epidemic covering millions of policy holders, which show an average increased mortality for the five years following of 40% above the normal death rate. Any estimate of economic loss should include the 40% increased mortality that, in all likelihood, will similarly occur in the next four or five years.

2

Q. Is its origin fairly well known? If not, the likelihood of definite information by research.

A. Much private research has been carried on, but its origin and spread is still undetermined. This must be collected and further stimulated, for only thru careful research is there any likelihood of definite information.

3

Q. What success in the discovery of an antitoxin?

A. The possibility of the discovery of a real antitoxin for influenza is wholly dependent upon the discovery of the actual germ, causing the disease.