

Commander Hamilton Glover, of the U.S.N., issued among other instructions, the following:—"It must be remembered that coughing is the means whereby contagious diseases are most effectually spread and men are enjoined to bear this fact in mind whenever they are in enclosed places in company with other men. Stop that coughing, will prevent the inception and spread of disease."

Dr. Copeland, New York City Health Commissioner, lays down the following rules:—

"Avoid crowded places and poorly ventilated places.

"Keep as far as possible from sneezers and persons with coughs.

"Avoid use of public and all insanitary drinking cups.

"Persons with colds should sneeze and cough only into handkerchiefs, to protect their neighbors.

"Persons who actually contract Spanish influenza should immediately go to bed, and remain quiet. Disease will normally run its course in three days. So far, there is no known cure for it."

Surgeon-General Blue, of the Public Health Service, Washington, has issued a statement in which he makes the following assertions: "The infectious agent is the bacillus influenza of Pfeiffer; the sources of infection are the secretions from the nose, throat and respiratory passages of cases or carriers; the incubation period is one to four days; the mode of transmission is by direct contact, or contact with soiled articles, common water supply, contaminated dishes, etc. The period of infectivity lasts so long as the germs are found in the discharges; methods of control are the isolation of infected persons and the disinfection of articles used by him; immunizing vaccines are used with only partial success; attendants should wear gauze masks.

The latest and most reliable reports go to show that in influenza there is often intense congestion of the mucous members that may cause hemorrhage from the nose, throat, trachea, bronchi, stomach, and bladder; but that when a true lobar pneumonia occurs there is also found the pneumococcus present.

Dr. Blue gives the treatment thus: "The treatment is simple, but important, consisting principally of rest in bed, fresh air, abundant food, with Dover's powder for the relief of pain. Every case of fever should be regarded as serious and kept in bed until the temperature is normal. Convalescence requires careful management to avoid complications, such as bronchial pneumonia. Such drugs as asparin may be used in the early stages for the relief of pain."

Dr. Beverley Robinson, writing to the *Medical Record* of 28th September, claims much benefit from the administration of salicylate of ammonia and coffeeine. To an adult he gives from 5 to 10 grains of the