

general lowering of the health of individuals through insufficient or improper feeding, or through the over-work brought about by war conditions, this influenza might never have assumed the proportions of an epidemic. We constantly see people working far beyond their physical capacity in an attempt to do everything possible in this crisis. While the motives are splendid, it is very evident that this condition will soon produce a race of people below par and easily susceptible to any disease appearing in the community. Therefore, while doing as much as health and strength permit, let us realize that it is our first duty to keep well. Never before was the need so great for a race of people at their greatest efficiency. Is it not better to keep fit indefinitely than to do a little more than is best just now?

of which may be enlarged in an emergency. It is quite possible that such hospitals, by providing for those who are ill, might prevent the spread of many diseases. It is certainly true that they could give comfort for many who are forced to get whatever care is possible in home surroundings.

THE RED CROSS

Mrs. Wyn Wylie, chairman of the local Red Cross, has done magnificent work in supplying nurses. Mrs. James' work as chairman of the supply division of the Red Cross gave most necessary aid in the form of hospital garments and medicines.

THE APPOINTEE OF THE STATE BOARD OF HEALTH INCOMING ADMINISTRATION

Word has just reached us of the appointment by Governor Campbell of Dr. George C. Moorehouse as State Superintendent of Public Health. The State Board congratulated upon this selection.

COUNTY HOSPITALS

Another fact brought out by this epidemic is that the hospital facilities of Arizona are far from adequate. Every county should have a hospital for general use, the capacity

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