

7

"HOW TO STRENGTHEN OUR PERSONAL DEFENCE

AGAINST SPANISH INFLUENZA.

1. Avoid needless crowding - influenza is a crowd disease.
2. Smother your coughs and sneezes - others do not want the germs which you would throw away.
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. Food will win the war if you give it a chance - help by choosing and chewing 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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C-412