

avoided. The ventilation and cleanly keeping of any building in which many people are necessarily collected together should receive special attention when influenza threatens or is present, with a view to secure that the air of the building shall be frequently changed—at any rate during the intervals of its occupation—and to avoid accumulation of dust and dirt. The liability to contract influenza, and the danger of an attack, if contracted, are increased by depressing conditions, such as exposure to cold or to fatigue, whether mental or physical. It is therefore important that at the time of an epidemic all persons should, as far as they are able, pay attention to such measures as tend to the maintenance of their health, wearing clothing of suitable warmth, and avoiding unnecessary exposure to cold and fatigue, unwholesome food, and excessive use of alcoholic liquors. Similar principles should be borne in mind by those who, as managers of institutions and establishments, have to make regulations for others. There is also a very general agreement among medical practitioners that the risk of a relapse and of the occurrence of those pulmonary complications which constitute a chief danger of the disease is increased by anything which involves exposure to cold or fatigue before complete recovery. Persons, there-

fore, who are attacked by this malady should not attempt to fight against it, but should at once seek rest, warmth, and medical treatment.

* * *

THE Clerk to the Metropolitan Asylums Board writes to the press: "Will you allow me through your columns to make known that the Managers of the Metropolitan Asylums Board, having had it represented to them that great difficulty is experienced in obtaining conveyances for the removal from one place to another of patients suffering from influenza, the only available conveyance being the public cab—the use of which for an infectious patient is, in the interests of the public health, extremely undesirable—have given careful consideration to the question of extending the use of their ambulances to this disease. Under their existing powers this was impossible, but they have applied to the London County Council to issue an order under the Public Health (London) Act, 1891, extending the provision of section 79, sub-section 3, of that Act to the disease of influenza; and in the meantime the Managers have determined, with the sanction of the Local Government Board, to immediately place the ambulance service at the disposal of the public for influenza patients. I give below directions for the guidance of those who may

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