

With 27 Cases of Spanish Influenza in Tucson, All Public Places Are Closed

Churches, Motion Picture Houses, Public and Private Schools, And Pool Rooms Are Included In Order By Acting Mayor

Owing to the fact that there is present in Tucson what appears to be the beginning of an epidemic of Spanish influenza, as a protection to the public health, we hereby order you to close your place of business.

By order of

MEADE CLYNE,
City Health Officer.

In compliance with above order, as acting mayor, I hereby declare for the public health and safety until further notice is given that the following places of business will be closed to the public:

Churches of all denominations.

Public and private schools.

Moving picture houses.

Pool rooms and other places of amusement where people congregate.

This is in accordance with the orders of the surgeon general of the United States and also the superintendent of health, together with the city health.

I urge upon every person, above named places of assemblage and all ministers of the gospel to strictly observe this request.

We are not only fighting the enemy abroad, but also the enemy at home.

In order to conserve all our forces and resources it becomes a necessity for each and every one to observe this request.

A. C. BERNARD,
Acting Mayor.

With 27 actual cases of Spanish influenza in the city of Tucson it has been deemed necessary for the protection of the health of the city to close all places of congregation, whether they be for worship, entertainment or business, until further notice. Acting Mayor A. C. Bernard has issued the proclamation stated at the top of this column and has acted on the advice of the city health officer, Dr. Meade Clyne.

Until yesterday it was thought that Tucson might escape the epidemic, which appears to be spreading throughout the state of Arizona. The physicians of Tucson met yesterday and after pooling their observations recommended that a strict quarantine be established. This recommendation the acting mayor promptly put into effect.

The first cases to develop in Tucson were found chiefly among the railroad men who work on the trains in and out of this division point. The quarantine at this time is to prevent the spread of the epidemic as much as possible.

In addition to churches and places of amusement, the city schools will be closed. It is expected that the school children will go to their respective schools this morning and then be sent to their homes by the various teachers and principals. Parents are warned that in order to prevent the spread of the disease it will be absolutely necessary to keep their children off the streets of the city during the quarantine. It is pointed out that should children be allowed to roam at will the object of the quarantine would be entirely lost in its effect.

The following bulletin, issued by the United States health service, will throw much light on Spanish influenza. What it is, how to treat it, the symptoms and other facts concerning it:

What is Spanish influenza? Is it something new? Does it come from Spain?

The disease now occurring in this country and called "Spanish influenza" resembles a very contagious kind of "cold," accompanied by fever, pains in the head, eyes, ears, back or other parts of the body, and a feeling of severe soreness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering; some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called "Spanish" influenza is identical with the epidemics of influenza of earlier years is not known.

Epidemics of influenza have visited this country since 1845. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over

(Continued on Page Two.)

PUBLIC PLACES IN TUCSON CLOSED

(Continued from Page One.)

the United States.

Although the present epidemic is called "Spanish influenza," there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917.

How can "Spanish influenza" be recognized?

There is as yet no certain way in which a single case of "Spanish influenza" can be recognized; on the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year, thus the present epidemic raged intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively low.

In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly "bloodshot" or "congested," as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing "Spanish influenza," for it has been found that in this disease the number of white corpuscles show little or no increase above the normal. It is possible that the laboratory investigations now being made through the national research council and the United States hygienic laboratory will furnish a more certain way in which individual cases of this disease can be recognized.

What is the course of the disease? Do people die of it?

Ordinarily the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication.

What causes the disease and how is it spread?

Bacteriologists who have studied influenza cases in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by other germs with long names.

No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases a person who has only a mild attack of the disease himself may give a very severe attack to others.

What should be done by those who catch the disease?

It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

If there is cough and spitting or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called "safe, sure and harmless" remedies advertised

by patent medicine manufacturers.

If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient.

Will a person who has had influenza before catch the disease again?

It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of "Spanish influenza." According to newspaper reports the king of Spain suffered an attack of influenza during the epidemic 20 years ago and was again stricken during the recent outbreak in Spain.

How can one guard against influenza?

In guarding against disease of all kinds it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed and by eating sufficient, wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

Where crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"Cover up each cough and sneeze,
If you don't you'll spread disease."