

AVOID CROWDS, COUNTY HEALTH BOARD WARNING

**Danger at University Is Waning,
Says Board at Meeting; Urges
Public to Wash Throats and
Noses, Keep Out of Crowds**

The Pima county board of health held a meeting yesterday afternoon and reviewed the situation caused by the widespread epidemic of Spanish influenza. The only cases reported thus far, other than those occurring in the city of Tucson, have been from three sources, the university, the Indian school and Sahuarita.

The Indian school authorities, acting in co-operation with the county board of health, have quarantined that institution. The military and administration authorities of the university, acting in conjunction with the county board of health, have so tightened the campus quarantine that nothing further is to be feared from that source.

As a result of the meeting, the following statement was issued by the board:

"The Pima county board of health desires to have it made plain that Spanish influenza is a disease spread by personal contact with those who have it. The health authorities in other jurisdictions have gone so far as to put into force regulations prohibiting people from going within six feet of other people.

"The public is urged not to congregate in crowds. Refrain from shaking hands. Do not stand close to others while talking to them and do not permit them to stand close to you. Keep away from crowds. Keep your place of work and sleeping room well ventilated.

"Preventive measures such as these will save many lives. It is a good thing to use a mild spray to keep the nose and throat clean, for there are the places where the infection enters the body. For these sprays the use of any one of the following solutions is suggested:

"A weak solution of salt water; 1 per cent solution of listerine; 1:10,000 solution of bisulphate of quinine.

"Do not forget that personal contact causes the spread of this disease. Keep away from those who have it. Keep away from crowds—a bargain counter crowd is just as much a crowd as in any other crowd.