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## UNNECESSARY CALLS MADE ON PHYSICIANS

Proper Treatment of Mild Cases of Spanish Influenza.

Use of Gauze Masks is Recommended for Those Nursing Sick—Handkerchiefs Are Out of Place—Rest is Important.

Washington.—In an effort to reduce unnecessary calls on the over-worked physicians throughout the country because of the present epidemic of influenza, Surgeon General Bliss of the United States public health service calls upon the people of the country to learn something about the home care of patients ill with influenza. Physicians everywhere have complained about the large number of unnecessary calls they have had to make because of the inability of many people to distinguish between the cases requiring expert medical care and those which could readily be cared for without a physician. With influenza continuing to spread in many parts of the country, and with an acute shortage of doctors and nurses everywhere, every unnecessary call on either physicians or nurses makes it so much harder to meet the urgent needs of the patients who are seriously ill.

**Present Generation Spoiled.**  
"The present generation," said the surgeon general, "has been spoiled by having had expert medical and nursing care readily available. It was not so in the days of our grandmothers, when every good housewife was expected to know a good deal about the care of the sick."

"Every person who feels sick and appears to be developing an attack of influenza should at once be put to bed in a well-ventilated room. If his bowels have moved regularly, it is not necessary to give a physic; where a physic is needed, a dose of castor oil or Rochelle salts should be given."

"The room should be cleared of all unnecessary furniture, bric-a-brac, and rugs. A wash basin, pitcher, and slop bowl, soap and towel should be at hand, preferably in the room or just outside the door."

"If the patient is feverish a doctor should be called, and this should be done in any case if the patient appears very sick, or coughs up pinkish (blood-stained) sputum, or breathes rapidly and painfully."

"Most of the patients cough up considerable mucus; in some, there is much mucus discharged from the nose and throat. This material should not be collected in handkerchiefs, but rather in bits of old rags, or toilet paper, or on paper napkins. As soon as used, these rags or papers should be placed in a paper bag kept beside the bed. Pocket handkerchiefs are out of place in the sick room and should not be used by patients. The rags or papers in the paper bag should be burned."

"The patients will not be hungry, and the diet should therefore be light. Milk, a soft-boiled egg, some toast or crackers, a bit of jelly or jam, stewed fruit, some cooked cereal like oatmeal, hominy or rice—these will suffice in most cases."

**Comfort of Patient.**  
"The comfort of the patient depends on a number of little things, and these should not be overlooked. Among these may be mentioned a well-ventilated room; a thoroughly clean bed with fresh, smooth sheets and pillowcases; quiet, so that refreshing sleep may be had; cool drinking water conveniently placed; a cool compress to the forehead if there is headache; keeping the patient's hands and face the forehead if there is headache; clean, and the hair combed; keeping his mouth clean, preferably with some pleasant mouth wash; letting the patient know that someone is within call, but not annoying him with too much fussing; giving the patient plenty of opportunity to rest and sleep."

"It is advisable to give the sick room a good airing several times a day."

"So much for the patient. It is equally important to consider the person who is caring for him. It is important to remember that the disease is spread by breathing germ-laden matter sprayed into the air by the patient in coughing or even in ordinary breathing. The attendant should therefore wear a gauze mask over her mouth and nose while she is in the sick room. Such a mask is easily made by folding a piece of gauze four fold, sewing a piece of tape at the four corners."

**Observe Cleanliness.**  
"The attendant should, if possible, wear a washable gown or an apron which covers the dress. This will make it much simpler to avoid infection."

"It is desirable that all attendants learn how to use a fever thermometer. This is not at all a difficult matter, and the use of such a thermometer is a great help in caring for the patients. The druggist who sells these thermometers will be glad to show how they are used."

"In closing, and lest I be misunderstood, I wish to leave one word of caution: If in doubt, call the doctor."

## Navy Lads Not Content With Land Camouflage Surroundings

"Pep, pep, pep." That's the password with Nebraska's new sailor boys. The bluejacket aggregation is rather small, but they have the spirit. The latest evidence of this excessive pep was shown in yesterday's hike. In their barracks on the third floor, everything is in perfect order and the floor is kept absolutely clean. In the evening the "jacks" break away from all formalities and mingle with their brother sailors in all kinds of sport. The "ship," from one end to the other, is busy with fun makers, but when the "go to sleep" sounds every sound ceases until reveille.

"Shore leave," "swabbing decks," "all hands on deck" and the like are common among the sailors. The P. O.'s do their best to make the "gobs"

### A. E. ANDERSON, '20, DIES

A. E. Anderson, '20, died at Jefferson Barracks, October 12, of the Spanish influenza. Anderson was a member of the Sigma Phi Epsilon fraternity and was very prominent in "Ag" work at the university farm, being a member of the Saddle and Siroin club and one of the members of last year's stock judging team.

"There isn't a blamed thing to do here; nothing to see; nothing to entertain a fellow. I'm going to curl up and see if I can't go to sleep."

The speaker, a young man of about 25, had concluded his business in a country town and had to wait two hours to get out.

"You remind me of something Robert Louis Stevenson once said," suggested his companion, a young man of about the same age. "You haven't got anything inside your head to fall back upon."

"What was it Stevenson said?"

"Oh, nothing much—something about like this: 'Some people are so poor in thoughts they do not have as much as two ideas to rub against each other while waiting for a train.'"

Two hours without anything to do but think. What a treat it ought to be.

think they are on shipboard, although the surroundings are rather contrary. And then, too, those navy boys can certainly jazz their arms.

Navy headquarters recently received instructions concerning officers' material schools and special training branches that are open to the S. N. T. C. men. According to the latest reports of the navy department which call 200,000 additional men in the next year, 65,000 new officers will also be needed. It is probable that the unit will be kept intact for about two months yet before any candidates for the various schools will be sent out.

**Huge Deficiency Bill**  
Washington.—The largest deficiency bill of the American congress carrying \$6,345,755.66 was admitted to the house by Chairman Shirley, of the appropriation committee. Of the huge sums granted in the bill, \$6,152,062.704.52 goes to the war department, and \$107,217,778.26 goes to the navy department. In addition the bill authorizes the president to create a salvage committee, to recommend to congress the disposition of government property acquired during the war. The measure gives the shipping board power to acquire, construct, establish or improve any plants or land or to make loans to private persons for this purpose with the approval of the president. The amount carried in the measure brings the total appropriations of this congress to more than \$36,000,000,000, two-thirds of which is for army activities.

No matter what you say

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