

Victoria's Experience with Spanish Flu:

The First Few Weeks

September 25 – October 21, 1918

Transcribed and Annotated by
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Victoria and the “Spanish” flu: the first few weeks

From 1918 to 1920, the world suffered from the “Spanish” influenza pandemic. Recent genomic sequencing¹ suggests that the “Spanish” flu may have originated in birds and passed to humans, becoming the ancestor of the H1N1 virus. Its origin is uncertain, but cases were reported as early as March 1920 among the soldiers in a military base in Kansas². Soon, European troops were affected. The first World War was in its final year, and reporting was restricted³ to keep up morale. Eventually the virus made its way to neutral Spain, where it made international news⁴ by devastating the population and infecting King Alfonso. This renown earned it the inaccurate nickname of the “Spanish flu”.

Spanish influenza made its way across the globe, reaching Victoria at least as early as October, 1918. The following advertisements and articles, taken from the Victoria Daily Times, chronicle how Victorians reacted to the first few weeks of the pandemic.

¹ Taubenberger, J. K. (2006). The Origin and Virulence of the 1918 “Spanish” Influenza Virus. *Proceedings of the American Philosophical Society*, 150(1), 86-112.

² Tognotti, E. (2003). Scientific Triumphalism and Learning from Facts: Bacteriology and the ‘Spanish Flu’ Challenge of 1918. *Social History of Medicine*, 16(1), 97-110.

³ An early report in a Victoria, B.C. newspaper was unusually honest about this: “AMSTERDAM, June 17. – A serious outbreak of influenza in Berlin is reported by The Berlin Lokal Anzeiger. The newspaper says the publication of the number of cases under treatment has been forbidden.” AMSTERAM. (1918, June 18). *The Daily Colonist*, p. 7.

⁴ “King Alfonso, of Spain, is the victim of an epidemic that is sweeping the country, according to dispatches from Madrid. Spreading swiftly, it is estimated that forty per cent of the Spanish population is affected by the disease, which is paralyzing the country’s industries. The disease in some respects is similar to influenza, but differs from the ailment, inasmuch as some of its victims are suddenly seized with fits.” KING ALFONSO VICTIM OF MYSTERIOUS ILLNESS. (1918, May 31). *The Durhan Morning Herald (North Carolina)*, p. 1.

SEPTEMBER, 1918

1. The Public Should Watch for Epidemic Influenza⁵ (September 25)

In view of the prevalence of “Spanish” or “Russian” influenza, Dr. A. G. Price⁶, Medical Health Officer for Victoria, has supplied *The Times* with a short sketch of the history of the disease, its symptoms, methods of cure and prevention of infection.

He says:

“There is no other epidemic and infectious disease which spreads over such large territories, and with such speed as influenza.

“There are reports of epidemics of this disease occurring in England in the year 1803⁷, and subsequent epidemics at intervals of five to ten years until 1860, when epidemics ceased, and nothing more was heard of the disease until another series of epidemics commenced in 1889⁸, each succeeding the other at intervals of about a year until 1905 when the disease practically disappeared. This last series of epidemics appears to have originated in Siberia, to have traveled to China and Japan, and westward through Europe, thence across the Atlantic to America and southward to Africa and Australia, becoming world-wide.

“The disease has been called Russian Influenza, Epidemic Influenza, La Grippe and now Spanish Influenza. The name “Influenza” has been unfortunately given to this disease, the same having been applied to non-epidemic ordinary catarrh, and many of those afflicted with the severer disease regarding it with the contempt given to an ordinary influenza cold, with disastrous and often fatal consequences, for there are few diseases which, though amenable to proper treatment, are so fatal, if neglected, as Epidemic Influenza.

PREVALENT IN EUROPE

“Influenza has been prevalent in Europe during the present year and has more recently crossed the Atlantic, and is occurring in Eastern cities in severe epidemics. Following the usual course, we must expect the disease to break out in epidemic form in western cities, and in Victoria before long. The citizens should therefore be prepared to co-operate and do their utmost to check its spread, not only having in

⁵ PUBLIC SHOULD WATCH EPIDEMIC INFLUENZA. (1918, September 25). *The Victoria Daily Times*, p. 9.

⁶ Dr. Arthur G. Price was born around 1864, and in 1918 he had his home at 671 Beacon Street. As of the 1921 census, he lived with his wife Charlotte. Arthur and Charlotte were Irish (though Charlotte was born in Brazil to Irish parents), and they emigrated to Canada in 1910. It appears that Dr. Price earned \$3,900 in 1920 (\$46,800 in 2020 dollars), though this figure had a line through it in the census form. He died some time between 1942, when he was named delegate to a conference, and 1956, when a clinic was dedicated in his honor.

⁷ “The *French influenza* is among the latest importations from Paris :- thanks to the admirers of the CONSULAR COURT. Lady NEWARK, and the three MISS PIERREPONTS are confined by it, in Portman-square.” The French influenza. (1803, March 2). *The London Morning Post*, p. 2.

⁸ “The epidemic of Influenza which appears to be rapidly spreading over Europe, differs in at least one respect from even the greatest of its predecessors – its outbreak in Russia was known to the ends of the earth before it was a day or two old.” The epidemic. (1889, December 10). *The London Standard*, p. 5.

view the commercial interests of the city, but the actual preservation of life of the citizens themselves. We know that an unchecked epidemic of this disease would be a serious hindrance to the progress of shipbuilding, and other Win-the-War Industries.

“The spread of influenza can be checked by attention to ordinary precautions. In the first place, everyone should be acquainted with the earliest symptoms, and know how to act promptly. The onset of the disease is very sudden; the patient may be enjoying his usual health when he is more or less suddenly seized with severe frontal headache, and pains in back and limbs, with a feeling of cold in the head, soreness of throat, and chills, accompanied by rise of temperature, perhaps a cough and a feeling of weakness. When such symptoms occur, the person afflicted should go to bed at once and remain there warm and at rest, and send for the doctor. If there is neglect or postponement of going to bed on account of keeping some appointment or through other cause, the disease may, and probably will, attack in its worst form. Heart failure in the aged, and pneumonia in both young and old are the most common results of neglect, and are the principal cause of death during influenza epidemics. Influenza has a low mortality rate, but the sequelae of neglected influenza are very fatal.

THE RULES OF CONDUCT

“The spread of the disease may be checked by using precautions. It is an infectious disease, infective from its earliest stage like measles, from the breath and by contact; it is caused by numerous very minute germs found in the saliva of persons affected. Therefore, to prevent the spread of such a disease, isolation is necessary from the appearance of the first symptoms.

“Children commencing an attack of influenza should, not only for their own welfare, but for the sake of others, be kept from school or any other gatherings, and during epidemics common towels for the general use of scholars should not be permitted in schools. Adults affected with the symptoms of approaching influenza should immediately isolate themselves as far as possible in their homes, and do all they can to keep from contact with others.

“Further preventive measures are the attention to general health during an epidemic, sufficient sleep, sufficient fresh air, sufficient food and exercise, avoiding of chills, fatigue and over-crowded assemblies, the regular use of baths and the frequent cleansing of teeth, throat and nostrils. All these will tend to prevent the disease and check its spread. To sum up, there are four rules to be remembered:

- “1. Do all you can to keep from getting the disease.
- “2. If you get it, go to bed.
- “3. Send for your doctor.
- “4. Do all you can to keep infection from others.”

OCTOBER 1 – 7, 1918

2. A Special Circular⁹ (October 1)

“Warning! Influenza! To be Forewarned is to be Forearmed!” are exclamations appearing under the Provincial Coat of Arms on a circular just issued by the Hon. J. D. MacLean¹⁰, as head of the Provincial Board of Health. Its terms are mindful of the reports in the Press of an alarming spread of influenza on this continent, and are similarly anticipatory of its spread from the cities of the east to those of the west.

It sets out to warn people who may be led into regarding the epidemic as a common cold, and asks the populace to remember that it is very infectious. “If you catch it, it is your duty to your neighbours to prevent them from catching it,” says the official circular. “It begins as a common cold, headache, pains in muscles, chills, feeling of cold in the head, soreness of throat and fever. Keep warm, send for the doctor, and keep other members of the family out of the room. If the children complain, keep them at home and remember, if care is not taken, that the after effects of the disease are the cause of the deaths.”

And the circular goes on to add that isolation of the patient will prevent the spread of the disease.

3. First Cases Reported¹¹ (October 2)

In view of the fact that a number of cases of Spanish influenza have been reported in Victoria to-day to the City Health Department, in common with all other cities on the Pacific Coast, and in fact throughout the greater portion of Canada and the United States, Dr. A. G. Price, Medical Health Officer of Victoria, has taken occasion again to emphasize the rules for exercising all due precaution as set out in his letter published in *The Times* of September 25.

4. Have you tried taking cinnamon?¹² (October 4)

To the Editor, - In view of the expected invasion of influenza, the following is of interest: Dr. Ross¹³, of Manchester, claims quite convincingly a power for cinnamon of cutting short the invasion of influenza poison, if only this antiseptic spice is given (in some form) early enough to prevent a development of the enemy, and of its mischievous juices throughout the blood.

⁹ SPECIAL CIRCULAR OUT TO KILL “FLU”. (1918, October 1). *The Victoria Daily Times*, p. 9.

¹⁰ John Duncan MacLean (1873 – 1948) would serve as Premier of British Columbia in 1927 and 1928.

¹¹ DUE PRECAUTIONS SHOULD BE TAKEN. (1918, October 2). *The Victoria Daily Times*, p. 8.

¹² CORRESPONDENT. (1918, October 4). PREVENTION AND CURE OF INFLUENZA. *The Victoria Daily Times*, p. 4.

¹³ Dr. Joseph Carne-Ross (1846-1911) recommended cinnamon for the treatment of scarlet fever and cancer, in addition to influenza. Some of his research was published in *The Lancet* in the 1890s.

“In those cases,” he says, “where the cinnamon treatment has been commenced within four or five hours from the onset of the attack, I have found patients usually able to resume their duties within forty-eight hours.” “My experience,” he adds, “during the past five years, leads me to believe that no patient, if promptly and systematically treated, need be on the sick list, even after a most severe attack, for more than five or six days at the outside.

“The cinnamon is employed either as boiled down in water to a strong decoction, or as made into a tincture, or essence. Half an ounce of the decoction, or two teaspoonfuls of the tincture, in a little water, are given, to begin with, every half-hour for two hours, then the same dose for every hour until the temperature, as shown by the medical thermometer, falls to normal. It is indispensable that this cinnamon treatment should be commenced within twenty-four hours from the onset of the attack of influenza. Carefully reviewing results, I have learned that they stand in some direct relation to the period in the course of attack at which my cinnamon treatment has been begun, so I determined to take twenty-four hours (the sooner than this the better) from the onset of the attack as a time limit, and to treat no cases with cinnamon when this time limit was already over past. Since the spring of 1894 I have invariably observed this rule, and have treated a large number of cases, and in every case so treated within twenty-four hours from the onset, the patient has returned to his place in society not later than five days from the commencement of treatment, and in no case have I been embarrassed by complications of any kind.”

CORRESPONDENT.

5. Advertisers start to notice¹⁴ (October 4)

Be prepared for the wet. Influenza, colds, etc., all are often traceable to wet feet. We specialize in Wet-proof Boots. Try our special “Echo” Boot. Heavy brown “elk” top; double soles; worth \$8.50 at today’s cost. “C. S. H.” price \$6.39¹⁵

6. Schools Close¹⁶ (October 7)

Commencing to-morrow the schools of the city will close, and remain closed until further notice, on account of the Spanish influenza epidemic. There is every probability that all public places will be closed, formalities relating thereto now being completed.

¹⁴ C.S.H. (1918, October 4). Rain! Rain! [Advertisement]. The Victoria Daily Times, p. 12.

¹⁵ \$130.65 and \$98.22 in 2020 dollars, using the Canadian CPI.

¹⁶ SCHOOLS CLOSING. (1918, October 7). The Victoria Daily Times, p. 14.

OCTOBER 8 – 14, 1918

7. Public Places Closed¹⁷ (October 8)

The local authorities have ordered the schools and public places generally to be closed as a precaution against the epidemic of influenza which is spreading over America. This is a drastic measure, but the authorities are acting on the principle that where the public health is concerned no chances should be taken. Similar steps have been taken in many other places, and in some, notably Seattle, an even more extreme course has been pursued. An ounce of prevention in such a situation is better than a ton of cure, and we predict that some of those communities which have decided to wait until after the epidemic has gained a footing before taking the utmost precaution will be sorry for their carelessness. Victoria has escaped any serious attention from the unwelcome visitor so far, and if the public will co-operate with the authorities it will not be long before the “all clear” signal may be sounded.

8. The Provincial Cabinet Passes Regulations¹⁸ (October 8)

Regulations issued by the Provincial Board of Health this afternoon, and the customary proclamation giving effect thereto, compel the closing of all places of assembly as a preventive measure against the spread of Spanish influenza. To deal with this vitally important question a special meeting of the Provincial Cabinet was called at noon to-day to consider the draft of regulations submitted by the Attorney-General, made necessary in view of the absence of the requisite by-laws empowering the City Council to take this procedure. As well as the City of Victoria, the Township of Esquimalt, the Municipality of Saanich, and District of Oak Bay are similarly included and are subject to the effect of the regulations now in force until such times as the Provincial Board of Health deems the danger past.

“PLACE OF ASSEMBLY” MEANS:

In the regulations referred to, the expression “place of assembly” means any cathedral, church, chapel, mission or place used for the holding of any religious or devotional meeting, school, class or service; any public or private school, college or university; any class-room, lecture-room, or assembly-room; any public library; any theatre within the meaning of the interpretation section of the Health Act; any moving picture theatre, dance-hall, pool-room, gymnasium, swimming pool or skating rink; any public fair or exhibition; any public auction; any lodge or society meeting of any fraternal, benevolent, or trades order, society, or union; any literary or social club; any place where any public or private dance is held; and such buildings, rooms and places as the Provincial Board of Health may by order from time to time add to those enumerated in this section.

¹⁷ “SPANISH INFLUENZA.” (1918, October 8). The Victoria Daily Times, p. 4.

¹⁸ PROHIBITION OF MEETINGS TO CHECK SPREAD OF GERMS; CABINET PASS REGULATIONS. (1918, October 8). The Victoria Daily Times, p. 7.

WORD "THEATRE" MEANS:

For the general information of the public it should be noted that the word "theatre," mentioned as a "place of assembly," includes the building, rooms, and places where any play, concert, opera, circus, trick, or juggling show, gymnastic or other exhibition, masquerade, public dance, drill, lecture, address, or other public gathering is or may be held, given, performed, or takes place, and the approaches thereto, and the appurtenances thereof.

And that section of the Public Health Act upon which the issuance of the regulation was determined provides that whenever the province, or part thereof or place therein, appears to be threatened with any formidable epidemic, infectious, or contagious disease, the Provincial Board may issue such rules, orders, and regulations as the Board may deem necessary for the prevention, treatment, mitigation, and suppression of the disease, and may from time to time renew, alter, or repeal any such regulations, or substitute new regulations.

REGULATIONS FURTHER PROVIDE

The regulations put into effect today provide that in any part of the Province of British Columbia where they are in force:

(a) No person, firm, association, company or corporation, whether as owner, proprietor, lessee, manager, board of management, agent, trustee, employee, or otherwise, shall keep or permit to be kept open any building, room or tent for use by the public or by any person as a place of assembly as defined in these regulations; or permit any person to enter or attend therein, or use the same as a place of assembly;

(b) No person shall enter or attend in any building, room, or tent in use as a place of assembly, or use or join with other persons in using any building, room, or tent as a place of assembly.

WHAT NECESSITATED ACTION

It was believed by the Provincial Board of Health yesterday that full power was vested in the Municipal authorities – meaning of course within the purview of the City Health Officer – to take immediate action and declare a closure ban to apply to all "places of assembly." It was pointed out to the Government by the City Solicitor this morning, however, that in the general provisions of the Municipal Act power is given to the Municipality only in respect of the passage of by-laws intended to give effect to such regulations demanded of the particular case in point.

That is to say, to meet a situation like that now causing such widespread alarm, the best the City could do to conform to legal requirements would be to take the ordinary procedure to pass a by-law. In other words, the three days required to elapse in compliance with the Municipal Act might very easily make all the difference between suppressing the malady, and providing it with a loophole to spread to alarming proportions.

MUNICIPAL POWERS

The clause of the Municipal Act says that in every municipality the Council may from time to time make, alter, and repeal by-laws not inconsistent for any of the following purposes, that is to say: For preventing the spread of infectious or contagious diseases, or diseases of a malignant character; for the preservation of

public health, including the sanitary condition of the municipality; for the giving of notices and the taking precautions in the case of any infectious disease; for regulating, with a view of preventing the spread of infectious or contagious diseases, the entry or departure of boats or vehicles, and the landing of passengers and cargoes from such boats.

HEALTH ACT INVOKED

With the Public Health Act superseding the local authority in such cases, the way for Government action was easy. And in discussing the question from every angle this morning both the Attorney-General and the Provincial Secretary – as the responsible guardian of the health of the province – agreed that the special circumstances of the case demanded action with promptitude. Therefore the intimation from the City Solicitor this morning that there existed no by-law to meet the situation, and with the knowledge that statutory requirements demanded at least three days for the establishment of such municipal machinery, there was no other alternative before the Government than of invoking the powers of the Public Health Act.

APPRECIATES SITUATION

In doing this the Provincial Cabinet realizes the dislocation that must of necessity follow the promulgation of such drastic measures. At the same time, the Government takes the stand that where the public health is concerned, and more especially in the light of the extremely alarming reports reaching the Department of Public Health from all parts of the American continent, there admits of no half-hearted procedure.

While the Order-in-Council has the same force and effect as if it were already bound within the stiff covers of the Statutes of the Province, as pursuant to Section 13 of the Health Act and proclaimed the “Spanish Influenza Regulations,” the Government urges upon the people of this city and the adjacent municipalities to give strict obedience to the exhortations above noted.

The City Health Officer does not wish to give the number of cases, or to express any view as to whether those reported are mild cases or otherwise. It is stated, however, that the situation now comes under the general definition of the epidemic stage. The citizen wishes to be provided with such information as will enable him to provide for the protection of himself and his neighbor, as well as to live within the regulations passed by the Government this morning.

LET THE PEOPLE KNOW

Everybody in Victoria has been reading for two or three weeks of the frightful ravages made by the malady in many parts of the American continent. To insure an intelligent co-operation with the Provincial Board of Health and Municipal Health Authorities, it is a pretty general claim that the more the people know the easier will be to do the necessary thing. To be lulled into a sense of false security by the suppression of all detail is regarded as the quickest way to remove the added caution so very necessary to prevent the spread of the disease, and to negative the fruits expected of the official Order-in-Council.

The schools in Victoria and the adjacent municipalities remain closed today in accordance with the decision reached yesterday. The order will stay in effect until the danger is regarded as past.

TO V. A. D.¹⁹ NURSES

The Secretary of the Provincial Board of Health suggests that the present situation would appear to call for organization by way of additional nurses. In the event of the malady spreading, he is of the opinion that the authorities would find a scarcity of qualified nurses, and he is hopeful that should the contingency arrive he would be able to call upon any V. A. D. nurses who may chance to have returned on leave from France.

NURSING SISTERS NEEDED

Five nursing sisters from Esquimalt and Resthaven Hospital have been requisitioned by the Vancouver Military Authorities to help in Vancouver. The need for extra help is brought about, it is reported, by the soldiers coming to British Columbia from the East. Among the men who were on their way to Victoria to join the Canadian Siberian Expeditionary Force were several who either had the complaint which is so rapidly spreading, or were suspected of being about to contract, and they have been placed in isolation and not allowed to continue their journey.

Precautions are being taken at the Willows Camp so that any man showing signs of contracting grippe is immediately separated from his comrades to prevent the spread of the disease. Parades are called immediately after reveille, and also at the conclusion of the day's drill, at which the temperature of the men is taken.

THE TELEPHONE MOUTHPIECE

The precautions being taken by the authorities to prevent the spread of "Spanish grippe" should not prevent the individual citizen from exercising every care. Many an individual lulled into a false sense of security by reason of the measures taken on behalf of the public at large is apt to overlook those little precautions which count more in the fight against an epidemic than the biggest attacks by public measures. To a representative of *The Times* this morning, J. H. Emery, Registrar of the British Columbia Pharmaceutical Association, emphasized the necessity of care in the use of the telephone. The telephone mouthpiece is one of the likeliest sources of contagion, and no better method of preventing the carrying of germs can be employed than by the simple method of keeping a swab of cotton wool and some antiseptic solution handy to the telephone to mop out the mouthpiece before using. A suitable solution would be Listerine²⁰, formalin²¹ or formaldehyde, or a five per cent. solution of carbolic acid²².

¹⁹ Voluntary Aid Detachment. This was a collection of civilian volunteers who provided nursing care for the military.

²⁰ Listerine was first formulated in 1879, and in use in British Columbia by 1892. A report of an inquest into a suspicious death at New Westminster in that year reads in part: "Near the bed of the deceased was a bottle labeled 'Listerine.'" *THE MAY HUNTER CASE*. (1892, March 3). *The Victoria Daily Times*, p. 1.

²¹ Formalin is a solution of formaldehyde in water, with an added stabilizing agent.

²² Dr. Joseph Lister, in whose honor Listerine was named, notably demonstrated that sterilizing surgical dressings with carbolic acid made patients more likely to survive the aftermath of surgery.

PHARMACIST'S ADVICE

Referring to a letter which appeared in these columns recently suggesting the use of tincture of cinnamon, Mr. Emery pointed out that such was incorrect. The original letter, he said, called for Burrough's and Wellcome's tabloids²³ of a concoction of cinnamon, put up in bottles by that firm. The dose recommended should have read "one or two tabloids" instead of one or two teaspoonfuls of tincture of cinnamon, which latter would represent an excessive dose. Although there is a tincture of cinnamon of the British Pharmacopeia of 1914, the dose should be from one-half to one teaspoonful as prescribed by a medical man. Another simple antiseptic which is agreeable and quite efficacious is the use of perfume.

PROPER METHOD OF TREATMENT

Druggists are receiving numerous requests as to the proper line of precautionary treatment persons afflicted with the disease should adopt. The best advice is to keep the nose and throat clean with an antiseptic, such as formalin or Listerine, while maintaining the general health with regular habits, nourishing food and plenty of outdoor exercise. When the attack comes, the patient should go to bed immediately and call a doctor, as the first twenty-four hours often decide the issue.

VISIT ASSEMBLY PLANT

At 3.15 this afternoon Dr. Price, Medical Health Officer, and Alderman Peden, Chairman of the Health Committee, paid a visit to the I. M. B. Assembly Plant at Ogden Point, where the men were addressed as to what precautions should be taken in order to protect themselves against the disease. As hundreds of men are engaged at the plant, and Spanish Influenza is a disease spreading in company, the authorities considered it advisable to give the men a few tips that will prove useful to them.

LINEN SHOWER POSTPONED

Owing to the outbreak of influenza, the Women's Auxiliary to the Royal Jubilee Hospital has decided to postpone the annual linen shower, which was to have been held at the hospital on Friday, until further notice.

CHORAL SOCIETY

In order to conform to the wishes of the authorities, the rehearsal to have been held to-night will be cancelled and no further rehearsals will be held till the removal of the ban. Due notice of the resumption of the meetings will be given in the daily papers.

FIRST PRESBYTERIAN CHURCH

Writing from the Vestry, First Presbyterian Church, the Rev. John Gibson Inkster says: "The authorities are to be commended for their prompt and wise action in closing all public places to prevent the spread of influenza. As a citizen I will gladly assist and cooperate.

"As minister of First Presbyterian Church, I ask my people to cancel all meetings, and otherwise assist to stop an epidemic.

"Furthermore, I ask them to set apart each day a certain time for Bible reading and prayer, to ask God to own and bless all preventive means now being used to conserve health and life."

²³ In this context, this word means 'small tablet' (like a Pez or Tic-Tac candy).

GORDON'S BEING DISINFECTED

Fully alive to the truth of the adage, "Prevention is better than cure," Manager Ballard, of Gordon's, Ltd., Yates Street, has arranged for a thorough disinfecting of the store every twenty-four hours. The entire staff so far has escaped the epidemic, and Mr. Ballard is taking the above precaution in the interests of the health of the assistants as well as of the general public.

9. White Pine Tar for Sale²⁴ (October 9)

White Pine Tar Compound 25¢ and 50¢²⁵ [and] Meridac Cold Tablets 25¢[.] These two preparations present an ideal combination in the treatment of coughs, colds, influenza and la grippe.

10. Women's Organizations Affected²⁶ (October 9)

Synonymous with the opening of the winter session of activities in the way of meetings and concerts, the prevalence of influenza or, as it has been termed, "Spanish grippe," comes as a serious handicap to a number of women's organizations of the city. While the recent Order-in-Council forbidding the assembling in public places will act as a deterrent in the matter of holding meetings, it will, however, in nowise hinder the continuance of those patriotic activities which have since the outbreak of war assumed the status of work of national urgency.

RED CROSS WORK

Chas. Williams²⁷, Secretary-Treasurer of the Victoria and District branch of the Red Cross Society, this morning raised the question with the authorities as to the position of the Red Cross branches with regard to the regulations which came into force yesterday. Mr. Williams was informed by Dr. Young, Secretary of the Provincial Board of Health, that the matter of the Red Cross had been fully discussed by the authorities, and it had been decided that, in view of the sending forward of Red Cross supplies being a matter of national urgency, the work at the various branches and work-rooms should not be retarded or hindered in any way, but that the usual monthly meetings of the branches must be suspended during the epidemic. The request was added that any worker suffering with a cold should not attend at the work-rooms.

The usual card party of the North Ward Branch announced for to-morrow, the monthly meeting of the Fairfield Branch, and the military five hundred party of the James Bay Branch scheduled for Friday evening, have all been postponed.

FIELD COMFORTS WORK CONTINUES

²⁴ Merryfield & Dack. (1918, October 9). White Pine Tar Compound [Advertisement]. The Victoria Daily Times, p. 7.

²⁵ \$3.84 and \$7.69 in 2020 dollars.

²⁶ EPIDEMIC DOES NOT HINDER RED CROSS. (1918, October 9). The Victoria Daily Times, p. 9.

²⁷ In 1918, Charles Williams lived at 1765 Rockland Avenue.

Those chapters of the Imperial Order of the Daughters of the Empire²⁸ [I. O. D. E.] which meet in the early days of the month are congratulating themselves upon having conducted their business meetings before the ban came into effect. Similarly, the Women's Canadian Club was fortunate in having their annual meeting last week. As with the Red Cross, the I. O. D. E. work at headquarters will still be carried on, and throughout the week members of the I. O. D. E. Field Comforts Committee, under the governorship of Mrs. Belson²⁹, are busily engaged in packing the boxes of Christmas cheer which are to gladden the hearts of the men in the trenches.

In the absence of any word to the contrary, it is presumed that the general meeting of the Provincial Chapter scheduled for Chilliwack on October 17, will be held as planned. Due notice will be given from the local headquarters, however, should it be deemed advisable to postpone the meeting, at which many delegates from Victoria are expecting to attend.

AGED WOMEN'S HOME

Realizing that the introduction of influenza into the institution would be a serious matter, owing to the impaired resisting capabilities of the aged inmates, the committee of the Home for Aged Women have requested that visits to the Home should be suspended during the prevalence of the epidemic.

11. Basketball is Out, Soccer is In³⁰ (October 9)

With the second series of games down for decision in the City Basketball League, the new regulations brought in yesterday to guard against a Spanish influenza epidemic in the city have not only put a stop to the competition, but have also put the lid on practice games until further notice. The Foundation Company were to play their first league fixture against the Imperial Munitions Board, and the Navy and Garrison were to meet on the Y. M. C. A.³¹ floor this evening, but the court is ruled out of use until the ban is lifted by the city authorities. Sports Manager Lock, of the Munition workers, had his men all lined up for a practice game last night preparatory to making their debut in the league, but they had to go home without a chance of getting limbered up on the court.

LEAGUE MEETINGS

The League meetings are also called off. The City League was to meet to draw up a schedule for the remainder of the season, and the formation of the ladies' league

²⁸ A women's charity founded in Montreal in 1900 as a response to the Boer war, IODE still exists and operates today. Its original goal was to encourage "colonial patriotism" among women in British colonies, as made clear in their 1901 motto: "One throne, one flag, one Empire." Today, its activities focus on education and child protection.

²⁹ Probably Mabel Katharine Lake Belson (1862 – 1940), married to William Harwood Belson (1863 – 1964). In 1918, William H. Belson worked at his wartime job as inspector of Cadets at Belmont House, 805 Government Street, and lived at 515 Trutch Street.

³⁰ LID ON BASKETBALL BUT SOCCER MEN TO CARRY ON AS USUAL. (1918, October 9). The Victoria Daily Times, p. 11.

³¹ Young Men's Christian Association.

and the league for juniors along the Canadian Society Efficiency Test were also matters underway which will have to be delayed for a time.

OPEN GAME IS O. K.

Soccer enthusiasts are not affected by the new regulations, although the regular weekly meeting of the delegates and officials of the Soccer League had to be called off after the players had met outside the hall last night. [...] One of the safeguards against contracting the fashionable nuisance is to keep out of doors as much as possible, so Secretary Hill reports that all League soccer games Saturday will be played according to the fixture card.

12. No Auctions for Now³² (October 9)

Messrs. Stewart Williams & Co.³³ regret that owing to the order of the Health Officer that they have to postpone the Sale advertised to be continued TO-MORROW until some future date.

The Order-in-Council is issued on account of the epidemic of Spanish influenza now prevalent, forbidding all gatherings.

The due date of the continuation of the Auction will be announced later.

All future Sales are cancelled for the present.

13. Public Reaction³⁴ (October 9)

Reconciled to the preventive measures adopted yesterday to restrain an epidemic of Spanish influenza, the citizens submit cheerfully to the inhibition on public gatherings. In fact, co-operation with the authorities is more readily forthcoming than was anticipated by those who set the regulations in motion.

Disorganization of plans is inevitable, when all public gatherings and entertainments come to a standstill, but the public welfare demands sacrifice on the part of the individual, and therefore restricted activities must be borne in patience. Victoria normally carries the idea of associations and organizations for every possible object to the maximum limit, owing to the presence of a leisured class, so that its sudden cessation necessarily occasions dislocation. That circumstance cannot at present be overcome, and the proprietor of the professional entertainment has necessarily to suffer together with the private citizen on whose patronage he relies.

Sentiment in the homes is friendly to any drastic embargo designed to check a pandemic such as now affects cities across the Sound. Suspension of ordinary gatherings creates a void in the life of persons accustomed to artificial stimulus to the grey commonplaces of life, and there was some grumbling last evening when the

³² Stewart Williams & Co. (1918, October 9). Postponement of Sale [Advertisement]. *The Victoria Daily Times*, p. 15.

³³ Williams, Stewart & Company, auctioneers and appraisers, had their office in the Sayward block at 1207 Douglas.

³⁴ PUBLIC CHEERFULLY ACCEPTS RULING CLOSING MEETINGS. (1918, October 9). *The Victoria Daily Times*, p. 15.

usual haunts were all closed, but such persons had perforce to find other avenues of occupation. Even as it is, the embargo is not so strict an inhibition as is imposed in Seattle.

HOTELS SUFFER

Hotelmen found their guests decreased by the prohibitory order, for bad news always travels fast, and the anticipation of action had reached neighboring cities before the departure of yesterday's steamers. There was also the shadow cast of a possible quarantine, in which case the traveler would be shut up on the Island, and this possibility also aided to curtail traffic.

NO LUNCHEON TO-MORROW

The authorities stepped in, and checked the holding of the Canadian Club luncheon to the visiting Federal Ministers to-morrow, although up till late yesterday it had been expected that it would be held. The price of tickets already purchased will be refunded. [...]

DID NOT MEET

The Saanich Council did not meet last evening, owing to the ban. Some doubt existed as to whether the inhibition prevented municipal councils assembling.

TAX SALE POSTPONED

On account of the regulations the Oak Bay tax sale which was to have been held to-day has been postponed until half-past two to-morrow, when the disposing of the various properties will proceed unless the health authorities continue their ban upon the auction.

SERVICE CANCELLED

The Victoria Branch of the Navy League of Canada announces that owing to the restrictions placed on public gatherings in the city, the Thanksgiving Service for the Fleets at Sea, which was scheduled to take place at the Royal Victoria Theatre on Sunday evening next, has been cancelled, and due notice will be given as to what the adjourned date for the service will be.

MEDICAL MEN TO MEET

While the Victoria Medical Society has a meeting to-morrow to discuss nationalization of the medical profession, it is understood that the question of combatting influenza will be given consideration. There are many remedies good, bad and indifferent now before the public, and preventive drugs require some regulation, and direction to a gullible public. There has been a great run on all classes of drugs, particularly on cinnamon preparations, during the last forty-eight hours.

INUNDATED WITH CALLS

The City Health Department is inundated with calls and telephone messages respecting the disease, and Dr. Price and his staff are having a busy time of it. Of course there are a great many cases which are only suspects, and it is pointed out that there is no occasion for needless excitement.

Dr. Price again points out that if due precautions are taken by anyone having symptoms of the malady, there is nothing to fear. Patients suffering from influenza should go to bed and stay [there until] they are thoroughly well, [avoiding] instances

where people foolishly get up and go out while in a weakened state that complications set in.

The disease leaves the patient in a weakened condition which lasts for varied periods according to the condition of the patient.

SOME MEETINGS CANCELLED

Canadian Club luncheon.
Home Economic Association.
Victoria Girl Guide drills.
Board of Trade quarterly meeting.
Rotary Club luncheon.

LIBRARY HOURS

The Public Library will be affected by the epidemic to a certain extent, and on Saturday and Sunday the building will be entirely closed. On other days the staff will be on duty from nine in the morning till six at night, and information of a reference nature will be given over the telephone. The health officer does not fear the dissemination of the disease by the circulation of books, but only as a result of the collection of crowds. If the officials are notified by telephone, therefore, they will lend books in special cases where urgent reference is required.

14. Rugby Continues³⁵ (October 10)

As the Spanish influenza regulations have put a ban on the holding of indoor meetings, rugby enthusiasts are looking forward to the practice game to be held at Royal Athletic Park on Saturday afternoon to keep the interest in the handling game which had got so well started. [...] It is hoped that at least thirty players will be on hand, so that two complete sides can be picked. A further meeting of the rugby league officials and delegates was planned for yesterday to talk over the prospects, but like many other sports meetings, has had to be called off.

15. A Shortage of Nurses³⁶ (October 10)

One hundred and five cases of Spanish influenza have been reported to date in Victoria since the disease was first observed here last week. Nineteen of these cases were reported to Dr. A. G. Price, Medical Health Officer, this morning.

Emphasis is laid on the fact that there is a shortage of nurses in the city, and it is requested that all old graduate nurses and V. A. D. nurses register immediately at the Nurses' Registry, 1024 Maclure Street, between the hours of two and five o'clock daily. The heads of the V. A. D. have already been spoken to in the matter, and they have signified their intention of doing everything possible to render assistance.

³⁵ SPANISH "FLU" NOT TO STOP RUGBY GAME. (1918, October 10). *The Victoria Times*, p. 8.

³⁶ NURSES REQUIRED TO DEAL WITH INFLUENZA CASES. (1918, October 10). *The Victoria Daily Times*, p. 9.

Dr. Price states that the co-operation of the medical men of the city has proved a great relief, and of inestimable assistance in handling the situation. Much praise is due to them for the loyal manner in which they are exerting every effort to deal with the matter.

PERSONAL INFECTION

Asked as to the general health of the city in other respects, Dr. Price announces that Victoria is very free from other diseases. A good many people are under the impression that Spanish influenza germs can be carried about, but Dr. Price explains that the germ is a very short-lived one, like that of measles, and the disease is almost solely taken from persons suffering from it.

A good many people have indulged in criticism of the precautionary steps taken by the authorities, and the publicity given the matter by newspapers, but the facts now related show conclusively that the authorities had definite information before the prohibitory order was issued.

Dr. Price points out that the old saying, "An ounce of precaution is better than a pound of cure," is still the soul of wisdom, and applies under the present circumstances. When it is stated that from one place where twenty-five people used to congregate, eighteen patients have been reported, and that one doctor this morning intimated that seven cases developed yesterday and early to-day in his own practice, while another medical man has reported thirteen cases among his patients, it is claimed that the time was ripe for taking drastic measures to deal with the situation.

TREATMENT OF PATIENTS

While the Isolation Hospital is ready to receive patients, Dr. Price is averse to taking them to that institution unless it is a case of inability to treat the patient at home, or financial circumstances make home treatment an impossibility.

"A good many people are inquiring about the use of disinfectants," said Dr. Price this morning, "and I am afraid they are too prone to rely upon this means of combatting the disease. The best disinfectant is plenty of fresh air, and all the sunshine obtainable. At night keep the windows open, and use sufficient bedclothing to keep warm. Eat good food, including a fair amount of meat, sugar and other force-producing matter. Wash the mouth and nostrils with salt water, as it is very necessary to keep the nostrils clear and the throat clean."

"There is no such thing as being frightened into having the disease," said Dr. Price. Many people have been heard to remark: "What is the use of talking so much about Spanish influenza? It only frightens people into getting it." In answer to this Dr. Price states, "You cannot frighten potatoes out of the ground without planting them, and it is the same with the disease – the germ must be there."

FUMIGATION

All places where germs are likely to be lurking are being given a strenuous treatment by fumigating with what is known as the Formaldehyde Lamp. They are sold by all chemists, and a fifty-cent ounce lamp will fumigate 500 cubic feet. It is no use fumigating unless a lamp of sufficient size to fill the entire space in a building is used. The process takes about six hours, and, of course, everybody must leave the premises while the work is being carried out. Unless there is good ground for

supposing that the germs are about, there is not much gained by the fumigating process.

ST. JOHN AMBULANCE

In addition to meetings already announced as cancelled should be added the classes for women of the St. John Ambulance Association.

16. Children at Play³⁷ (October 11)

To the Editor, - The Provincial Board of Health are to be congratulated on the prompt measures they have adopted in their efforts to prevent, or at least check, the spread of Spanish influenza in the city and district. It is to be hoped that the citizens will do their utmost in support of the Board's action by employing every possible means within the power of the average individual to prevent the possibility of contagion.

For example, in addition to the general rules suggested by the health authorities, care should be exercised by parents, especially in those streets or districts where there are many children, to as far as possible prevent these congregating closely, thereby increasing the danger of contagion. It has been suggested that, as in the case of other infectious diseases, one may contract influenza from a person who may not at the time show evidence of symptoms.

The danger from this source becomes more apparent when the fact that the schools are closed is taken into account. For instance, I noticed to-day a crowd of some ten or twelve boys engaged in a "rough and tumble" game on one of the boulevards, a quite harmless amusement under normal conditions, but one fraught with danger when an epidemic threatens.

I would suggest for a time at least, parents do their utmost to confine their children within their own premises. This may involve a greater than ordinary exercise of vigilance, but a situation so serious in its possible consequences demands the employment of any or every reasonable means of coping with it.

If every citizen will perform his or her duty, I do not think Victoria, situated as she is, will be affected by the malady to the extent that other more densely populated and less favorably situated cities have been.

HYGIEIA³⁸.

17. Keep the Library Open³⁹ (October 11)

To the Editor, - While anxious to help the authorities in every way in the prevention of influenza, may I suggest that the City and Provincial libraries might be safely opened provided that every window is kept wide open all the time, wind or no wind, and those who wish to use them can keep their great coats and hats on. In

³⁷ HYGIEIA. (1918, October 11). SPANISH INFLUENZA. *The Victoria Daily Times*, p. 4.

³⁸ Classical goddess of health and hygiene. The word 'hygiene' is itself derived from her name.

³⁹ MENS SANA IN CORPORE SANO. (1918, October 11). *The Victoria Daily Times*, p. 4.

this way the risk of infection would be no greater than among the crowd assembled in the narrow Broad Street to read the bulletins in your windows. The use of the library helps to draw our thoughts from “harping on that minor chord, disease,” and that is an antidote itself. Churches and other public buildings cannot be as effectually ventilated as the library.

“MENS SANA IN CORPORE SANO.”⁴⁰

18. The Number of Cases is Increasing⁴¹ (October 11)

Up to noon to-day the total number of cases of Spanish Influenza reported to the City Health Officer, Dr. A. G. Price, was one hundred and seventy-three. Yesterday the total number of new cases reported was forty-two, and up to noon to-day thirty fresh notifications had been received.

The weather conditions have not been at all favorable, owing to the fact that the germs thrive better in the damp atmosphere, but with the clearing off of the rain at noon to-day, and with drier weather in prospect, matters will be somewhat improved. Sunshine and fresh air spell death for the influenza germ.

While no quarantine is placed upon residences where the malady exists, the Health Department has taken the precaution of having cards printed which will be displayed for the notification of visitors to such homes.

HOPE FOR DECREASE

No stone is left unturned by the authorities in an endeavor promptly to stamp out the disease, and the hope is expressed that with the co-operation of the public it will be possible in a day or two to have the number of cases affected show a decrease.

The military authorities have taken over the Stadacona Park Buildings for use as a special hospital for the treatment of influenza cases. More nurses are needed at once, and those willing to serve in this capacity are invited to register at the Nurses' Registry, 1024 Maclure Street, between the hours of two and five daily.

North Vancouver, Duncan, Cumberland and Union Bay are now subject to the same restrictions as Victoria. Nothing has been done along these lines in Vancouver as yet, however, and public gatherings are going along as usual.

AT THE HOTELS

Hotelmen in all the Coast cities are feeling the effect of the epidemic, and the Seattle hotels report for the first time for months that there are vacant rooms in the principal hotels. Here, fortunately, so far, the decrease has been small; still, however, it is distinctly perceptible in the reduced number of arrivals.

⁴⁰ Latin for 'Heathly mind in healthy body.'

⁴¹ NUMBER OF CASES STILL INCREASING. (1918, October 11). *The Victoria Daily Times*, p. 7.

19. Keep Your Boots On⁴² (October 11)

EXTRA SPECIAL WARNING To Those Who Take Cold Easily! The wet weather is here, and if you want to ward off the Spanish Flu MY ADVICE TO YOU IS TO KEEP YOUR FEET DRY. DON'T GO ANOTHER DAY WITHOUT RUBBERS – If you do, it may mean a \$50.00 Doctor Bill for you.

The “K” Boot Shop has positively, by far, the largest stock of Rubbers and Shoes of all kinds to choose from. In fact, you can get almost any style of a Rubber that you want here, either in black, white or brown.

DON'T TAKE ANY CHANCES – SHOE THE WHOLE FAMILY NOW WHILE THE BIG SALE IS ON AND SAVE AT LEAST ONE-THIRD OF YOUR MONEY. A \$50,000⁴³ stock being sacrificed with profits thrown to the winds. Look at these prices; then come in. You can't help but save money.

20. Isolate at Brentwood⁴⁴ (October 11)

Entertainments in City Barred.

No Better Entertainment Than at Brentwood.

No Spanish Influenza Here.

Most Healthful Spot to Stay Until the Epidemic Ceases.

Spend Every Minute in the Fresh Air, Fishing, Shooting, Boating.

Other Outdoor Sports, too.

This is Appealing to Many Families Now the Schools are Closed.

Table d'Hote Dinner 6.30 to 8 p.m.

For terms, apply Manager, Brentwood Hotel

21. Disinfection Supplies for Sale⁴⁵ (October 11)

Specials! Specials! Just what you need these days, to use around the house and kill the Influenza Germs.

O'Cedar Combination Sets, consisting of one Oil Mop and one Dusting Mop, with a handle to fit either, for \$1.50⁴⁶ the set.

Sprustex Mops, regular \$1.00 for 75¢⁴⁷

Sprustex Polishing Oil; will not injure the finest furniture. Quart tins, regular \$1.00, for 50¢. 12-oz. bottles, regular 50¢, for 25¢⁴⁸

⁴² “K” Boot Shop. (1918, October 11). EXTRA SPECIAL WARNING [Advertisement]. *The Victoria Daily Times*, p. 11. Note: \$50 in 1918 is about \$770 in 2020 dollars.

⁴³ About \$770,000 in 2020 dollars.

⁴⁴ Brentwood Hotel. (1918, October 11). Entertainments in City Barred [Advertisement]. *The Victoria Daily Times*, p. 16.

⁴⁵ People's Cash Hardware & Fernwood Hardware. (1918, October 11). Specials! [Advertisement]. *The Victoria Daily Times*, p. 17.

⁴⁶ About \$23 in 2020 dollars.

⁴⁷ About \$15.37 and \$11.53 in 2020 dollars.

⁴⁸ \$1, \$0.50 and \$0.25 are about \$15.37, \$7.69 and \$3.84 in 2020 dollars.

Japanese Shopping Bags, regular 15¢ and 20¢, for 10¢⁴⁹

If you need a Heater you had better buy one now, as our stock is moving out fast, and the new prices are much higher.

22. No Services in City Churches⁵⁰ (October 12)

In accordance with the inhibition against the holding of public meetings during the prevalence of Spanish influenza, the churches of the city will to-morrow suspend their usual Sunday services. For the same reason, the Sunday schools and weekly prayer meetings are being abandoned for the time being, and in consequence there is an unprecedented lull in church activities. Archdeacon Sweet has issued an appeal to the Anglican clergy of the Archdeaconry on this matter.

Coming at this time, the epidemic has had the effect of eliminating the usual services anticipatory of Thanksgiving Day, while a number of churches which had planned to celebrate the harvest by special services to-morrow have had to postpone the festivals until the ban is lifted.

The Leadership and Boys' Conference, which was to have commenced yesterday, is another big event which has been relegated to some future date owing to the action of the authorities. The presence of this organization in the city would have added a number of meetings to the schedule of church activities during the week-end and the early part of next week, but the inhibition has put a stop to all such meetings for the time being.

23. A Warning on Open Air Meetings⁵¹ (October 12)

Only seven new cases of Spanish Influenza were reported to the City Medical Health Officer up to noon to-day, as against fifty-three new cases reported for the whole of yesterday, the latter being the largest number reported in any one day since the epidemic began in Victoria.

The total number of cases up to noon to-day is, therefore, one hundred and ninety, but the authorities feel satisfied that the malady has been placed pretty well under control, and if due precautions are maintained there is every hope that in a very short time Victoria will have stamped out the disease altogether.

The dry weather is a great aid in combatting the disease, especially when it is accompanied by bright sunshine, and if a dry spell of about two weeks were experienced, it would go a long way toward remedying matters.

OPEN AIR MEETINGS

Particular emphasis is laid on a warning issued by Dr. A. G. Price, City Health Officer, in relation to holding meetings in the open. A number of people, including clergy and others, have asked for permission to hold open-air services to-morrow. Dr.

⁴⁹ \$0.20, \$0.15 and \$0.10 are about \$3.07, \$2.31 and \$1.54 in 2020 dollars.

⁵⁰ NO SERVICES IN CITY CHURCHES TO-MORROW. (1918, October 12). *The Victoria Times*, p. 8.

⁵¹ DECREASE SHOWN IN INFLUENZA CASES. (1918, October 12). *The Victoria Daily Times*, p. 9.

Price states that while there is nothing in the Order-in-Council placing restrictions on such gatherings, yet he considers it extremely inadvisable to hold such meetings, as people will be crowded in an open-air assembly just as much as they would be in any other place. Spanish influenza is a crowd disease, he points out.

Such meetings are bound to tend to a spreading of the infection, and so far as Dr. Price is concerned, he places himself on record as being very much opposed to anything of the sort.

It is still too early to predict how soon public places may be opened again, but it is safe to say that no move will be made to remove the ban for some days yet, and certainly not until such time as the authorities are satisfied that the epidemic has been stamped out.

STADACONA PARK HOSPITAL

The number of sick cases at the Willows camp has so taxed the accommodation of the two buildings now being used as hospitals, that the military authorities have taken over Stadacona Park Hospital for the care of the more serious cases. There are about eighty sick cases at the camp, most of them suffering from colds more or less severe. The men who are suffering from influenza have, of course, been isolated. [...]

The first of the patients was moved to the institution soon after noon to-day. The hospital, it is understood, has been taken by the military simply as an emergency institution for influenza and pneumonia cases.

DISINFECTING STREET CARS

Disinfectant measures are receiving every attention on all cars, city and interurban. Every car is thoroughly swept and disinfected at least every twenty-four hours. The disinfectant used has received the approval of the City Medical Health Officer, who states nothing better could be employed for the purpose. It is suggested that, when weather conditions permit, the car windows should be kept open as much as possible.

MARKET WAS OPEN

The present epidemic of Spanish influenza did not affect the local market to-day, and the usual large sale of produce took place.

24. Take Your Pillows to the Steam Laundry⁵² (October 12)

HAVE YOU HAD SPANISH INFLUENZA?

Do not run the risk of leaving any of the germs in the feather pillow you have been using. Send it to us; we guarantee to kill every germ and return it to you fresh and sweet for only 50¢.⁵³

WE KNOW HOW – VICTORIA STEAM LAUNDRY CO.⁵⁴, LTD. PHONE 173.

⁵² Victoria Steam Laundry Co., Ltd. (1918, October 12). HAVE YOU HAD SPANISH INFLUENZA? [Advertisement]. *The Victoria Daily Times*, p. 20.

⁵³ About \$7.69 in 2020 dollars.

⁵⁴ In 1918, this laundry was located at 943 North Park.

25. Our Position Has Been Vindicated⁵⁵ (October 14)

We have always refused to send out articles of Women's Apparel on approval, and the present epidemic of Spanish "Flu" has proved that our position was founded on good, common sense, with an eye to the health of the general public.

Not only does the practice of sending goods on approval add to the costs, but it is unsatisfactory from a sanitary point of view, and we believe our patrons will unanimously endorse the position taken by us of refusing our merchandise to enter homes where there is any possibility of encouraging contagious diseases. It is a well known fact that clothes are handy vehicles for carrying disease germs.

Every garment in our Store has been thoroughly fumigated, and the premises are always maintained in a perfect state of cleanliness and sanitation. We believe in an abundance of sweet, fresh air at all times.

For Your Own Sake

We invite early morning shopping. Early morning shopping. Our Store opens at 9 a.m., and during the early morning hours you can shop with the greatest degree of comfort. You don't have to hurry and you can greatly relieve the pressure during the rush hours by so doing. Early shopping is the most satisfactory to all concerned.

In making purchases we ask that you take great care in your selection, as we do not make exchanges after delivery is once made.

Yours for perfect health, Ladies' Sample Suit House, 721 YATES ST. "Where Style Meets Popular Price." PHONE 1901

26. "About the same"⁵⁶ (October 14)

"About the same" is the verdict of Dr. Price, City Health Officer, upon the progress of the Spanish Influenza. There is little possibility that the schools or theatres will be opened this week. The total number of reported cases in the city up to last night was 218, eleven being added during the day, and several have been discovered since that time. It is feared that by no means all cases have been reported to the Health Officer, though a warning is issued to the citizens not to confuse catarrh and ordinary colds with the "flu."

The closing of the schools and all public places, the Health Officer believes, has prevented a much more serious outbreak of influenza than at present. In Vancouver, on the other hand, a total of 217 cases have been reported, an increase of thirty-seven cases, though the town is "wide open" as far as the "flu" is concerned. However, the defensive measures decided upon seem to indicate that the epidemic is more widespread than the reports would infer.

APPEAL FOR CHARITY

An appeal is issued by the hospital authorities to the people of Victoria for worn night garments for some of the poor patients in the isolation hospital. A severe

⁵⁵ Ladies' Sample Suit House. (1918, October 14). Our Position Has Been Vindicated [Advertisement]. *The Victoria Daily Times*, p. 2.

⁵⁶ INFLUENZA CONTINUES TO CLAIM SUFFERERS. (1918, October 14). *The Victoria Times*, p. 7.

shortage of such supplies is being experienced on account of the large number of poor patients, and it is hoped that the charitable ladies of Victoria will make their usual generous response to the appeal.

In order further to curtail the spread of the disease a request is issued to the public to refrain, as much as possible, from visiting the various hospitals of the city.

DEAL WITH CHINESE

The Chinese quarter is not being neglected by the authorities in their fight against the epidemic, and the Celestials are being instructed as to the prevention of the disease by notices printed in their language. Chief of Police Langley has had a number of these notices printed, and posted in various points in the Chinese quarter.

27. Theatres and Influenza⁵⁷ (October 14)

To the average man in the street, who has been so fortunate as to escape the ravages of the epidemic, the term “Spanish grippe” has represented merely an unknown quantity responsible for curtailing much of his pleasures – or at any rate such of his pleasure as lay in the direction of attendance at the picture theatre or vaudeville show. To the management of these places of amusement, however, the epidemic synchronizes with a considerable loss of money, amounting to far more than is apparent to the casual observer.

NO SHOW, BUT MUST PAY

In a conversation with Manager Denham⁵⁸, of the Royal Victoria Theatre, this morning, he outlined briefly the way in which the closing of the entertainment houses has hit the coffers of these concerns. The mandate prohibiting the holding of public gatherings came into effect on the second day of the Victoria booking of the drama, “The Unmarried Mother.” After only one performance the theatre was closed under the edict. It is a well-known fact that many would-be patrons of such shows reserve their attendance until after the first performance, in order to hear the opinions of press critics. This being the case, the first house at such a show is usually far from “full,” so that Mr. Denham had not even the satisfaction of seeing one capacity house.

Despite the edict, however, the management has to accept full responsibility for the expenses of the company while in the city, under the terms of the contract by which the shows are booked. In addition the salaries of the members of the staff of the theatre were already paid up till the following Saturday – a total loss to the management at a time when all revenue of the theatre has stopped. Nor is this all, said Mr. Denham, for he is confronted with the problem of losing his staff who, in view of the uncertain length of the inhibition are, naturally, seeking other occupations. This is a serious aspect of the case, in the present day of labor shortage.

HIDE-BOUND CONTRACTS

⁵⁷ HOW EPIDEMIC HAS AFFECTED THEATRES. (1918, October 14). *The Victoria Times*, p. 9.

⁵⁸ Clifford Ernest Denham (1880 – 1962) was born in Wales and emigrated to Canada in 1901. As of the 1921 census, he lived at 84 Moss Street with his wife and mother, and reported having earned \$3,000 (about \$36,000 in 2020 dollars) in 1920.

To add to the burden of troubles and expense which the picture theatres have had to bear, is that of paying for films which were under contract to appear at the local theatres during this week and last. The moving picture business is now upon such an enormous scale, that contracts for films have to be entered into months before the picture is actually shown in the theatre making the contract. These contracts are hide-bound and recognize no such eventualities as epidemics, or the trail of happenings following in the wake of such contingencies. Consequently the management has to pay the stiff fees for the hire of the film whether he is able to show the picture or not. Mr. Denham states that he has several films at the theatre which he cannot use now, and will be unable to show later, because they are booked for theatres in other cities for many months ahead.

The ban has also had the effect of cancelling four of the road shows with which Mr. Denham had planned to entertain the people of Victoria in the near future. The bookings of these productions follow so closely as to give only the necessary time for the company to travel between the various stands, and so no opportunity is afforded of bringing the plays here at a later date.

PANTAGES CIRCUIT HARD HIT

While the Royal Victoria Theatre is the only picture house affected in the matter of road shows, each of the other houses shares the same loss in the matter of film fees and wages to the various staffs. Pantages Theatre, too, has suffered very much by reason of the ban. Nor is the loss at this theatre confined to the local branch. Spanish influenza has hit the circuit a hard blow, for up to Thursday twelve Pantages theatres had been closed because of the epidemic now sweeping the country.

Seattle was the first to close, the house in common with other theatres being put under the ban last Saturday. After Seattle came Victoria, Tacoma, Spokane, Salt Lake City, Denver, Colorado Springs, Kansas City, Butte, Missoula and Anaconda.

Alex. Pantages now is in Los Angeles, having been there since early last spring. What bill the house will reopen with has not yet been determined, as show troops are being held in all of the cities where the theatres have been closed. When the ban finally is lifted a rerouting of a majority of the acts is probable.

28. An Unusually Quiet Thanksgiving⁵⁹ (October 14)

For the first time in many years, Victoria is without the list of special holiday attractions at the local theatres, which have hitherto been such a feature of Thanksgiving. Fortunately the weather, after the clearing away of the morning fog, proved fine, although somewhat dull, and many holiday-makers took the opportunity to visit some of Victoria's natural attractions. Canoeing on the Gorge proved popular among the more hardy of the young folks, while many families spent much of their time at Beacon Hill Park, and on the beaches adjacent to the city. A noticeable falling-off in the number of passengers on the Seattle boats drew attention to the fact that the ban on places of amusement in the Sound city owing to the epidemic of influenza

⁵⁹ QUIET THANKSGIVING IN PROGRESS HERE. (1918, October 14). *The Victoria Times*, p. 9.

had seriously tended to curtail that exodus of Victorians which has been customary at Thanksgiving. All services arranged for the day have been cancelled. Some sports are proceeding.

OCTOBER 15 – 21, 1918

29. Increase in Influenza Cases⁶⁰ (October 15)

The spread of the Spanish influenza epidemic to-day reached somewhat alarming proportions.

The decrease in the number of cases yesterday indicated that the malady was rapidly passing under control, but to-day's reports received by the Medical Health Officer are proof conclusive that the epidemic has gained a strong hold in this city.

The rather startling news was imparted by Dr. Arthur G. Price this morning that 113 new cases had been reported, bringing up the total number of influenza victims up to 343.

The number of new cases reported to-day, according to Dr. Price, extend over the holiday period, and belated notifications are still coming in. In discussing the situation with The Times' representative this morning, Dr. Price stated that there was no real cause for alarm, providing the citizens co-operated with the health authorities in attempting to combat the spread of the epidemic.

The most effective preventative, he reiterated, was the gargling of the throat and the syringing of the nasal passages with salt and water. This, combined with personal cleanliness and plenty of exercise, was the most effectual weapon with which to battle the influenza germ.

In the meantime, everything possible is being done to prevent the spread of the epidemic by the city health authorities. There is no immediate prospect of the rigid ban on public assemblies being raised. It may be necessary to adopt even more drastic measures.

The congregating of large crowds in the open air should be avoided, said Dr. Price, as the spread of the infection was greatly assisted under such conditions.

Especial reference was made by the health officer to the large crowd which met the steamship Princess Alice on Sunday. By avoiding such assemblies as this, he pointed out, the general public could materially help the authorities in overcoming this menace to the community.

30. Overeating and Wrong Eating⁶¹ (October 16)

The master caterer of the C. P. R.⁶² contends that the spread of influenza is determined very largely by what and how people eat. "The majority of colds and their

⁶⁰ LARGE INCREASE IN INFLUENZA CASES. (1918, October 15). *The Victoria Daily Times*, p. 7.

⁶¹ OVEREATING AND WRONG EATING. (1918, October 16). *The Victoria Daily Times*, p. 4.

⁶² Canadian Pacific Railway.

complications,” he says, “start at the dinner-table.” It would be difficult, he declares, for anyone to catch cold or any sickness whose blood was not laden with materials the body could not appropriate. This surplus, he explains, is brought to the lungs to be oxidized by the air we breathe, and if all of it cannot be thus consumed it gives rise to a cold. Exposure to drafts or marked variations of temperature brings this condition to a head. His advice is to keep the blood free from excessive nutrition, and this means to exercise some thought and restraint at the dinner-table. Over-eating and wrong eating, in his opinion, are the chief lieutenants of General Influenza and his microbial allies.

Undoubtedly, over-eating and wrong eating facilitate the activities of epidemics generally, but the particular pandemic which is engaging the attention of this continent just now has shown no partiality between the overfed, the comfortably-fed, the scientifically-fed and the underfed. Last winter it afflicted between twenty and thirty per cent. of the population of western Europe, and was particularly acute among the best-fed element – the armies. Unquestionably, however, its degree of seriousness depends upon the physical condition of its victim, and this in turn depends largely on what he does at the dinner-table.

31. Reading Matter For Quarantined Soldiers⁶³ (October 16)

The quarantine instituted at the Willows Camp as a precaution against the spread of Spanish influenza has meant the confining to the limited area of the camp of nearly one thousand soldiers. While every endeavor is being made by the officers, with the assistance of the military Y. M. C. A. to keep the men amused in their hours of leisure, it is proving a difficult task on account of the dearth of reading matter at the camp.

The library at the Y. M. C. A. hut is very limited, and owing to the strict quarantine, books have to be destroyed after reading, so that a continual supply is needed. One of the officers, knowing that the I. O. D. E. has the welfare of the soldier always at heart, appealed to Mrs. McMicking, regent of the Lady Douglas Chapter, for help in this matter. Mrs. McMicking promptly dispatched a parcel of magazines and books, but realizing that her own contribution is “but a drop in the bucket,” has appealed to the members of her chapters as well as to any other kind friends to send their old magazines and books of fiction to the camp, where they will be gladly welcomed by the men as a means of whiling away the tedious hours of quarantine.

On the occasion of the quarantine of troops last year during the outbreak of measles, Victorians responded very generously to a request for magazines and games, and it is hoped that the present appeal will meet with the same measure of success. [...] Needless to say, no magazines should be sent from a home in which there is a case of Spanish influenza.

⁶³ READING MATTER FOR QUARANTINED SOLDIERS. (1918, October 16). *The Victoria Daily Times*, p. 9.

32. Pears and Pancakes⁶⁴ (October 16)

A generous donation of pears from the estate of the late Bishop Cridge⁶⁵ was made to the men at the Willows Camp this morning by Miss Cridge⁶⁶ through the Bishop Cridge Chapter, I. O. D. E., and, according to H. G. Easterbrook, the Military Secretary of the Y. M. C. A., the men are deeply grateful for this timely gift, coming as it does when they are confined to camp.

WELCOME HOT-CAKES

That the Y. M. C. A. hut at the Willows is proving an inestimable boon to the men during their temporary incarceration is revealed by a little incident which occurred on Saturday evening. The hut was filled with men to the number of some two or three hundred, the necessary measure of health precaution being achieved by having every window wide open. Mr. Estabrook was in charge of the hut, and with him were three men who had some knowledge of cooking. The suggestion was made that hot pancakes would be a welcome delicacy at the moment, and some three hundred mouths watered at the bare notion.

No sooner was the suggestion made than the necessary materials for the concoction of these succulent edibles were obtained, together with cooking utensils, and each man was requested to equip himself with his plate or canteen. For over two hours, three perspiring cooks doled out piles of hot-cakes while the Y. M. C. A. Secretary supplied the necessary adjunct of syrup. Some of the men, in their anxiety to not miss the treat, refrained from leaving the tent to fetch their canteens, so received their cakes on paper and had much difficulty in keeping the syrup from running on to the floor. At the conclusion of the repast, the men expressed their enjoyment of one of the jolliest social evenings they have had since coming to the camp.

TWO THOUSAND LETTERS

One of the most noteworthy features of the quarantine period has been the amount of letter-writing performed by the soldiers. The supplies of stationery at the "Y." hut have been in constant need of replenishment, and every spot where a piece of paper could be laid during the writing of a letter has been commandeered by the men. In the past two days alone, over two thousand letters have been collected in the hut, and mailed to distant friends and relatives.

⁶⁴ SENDS PEARS TO QUARANTINED MEN. (1918, October 16). *The Victoria Daily Times*, p. 6.

⁶⁵ Edward Cridge (1817 – 1913) began his career in Victoria as Hudson's Bay Company chaplain in 1855, arriving a few years before the Fraser River gold rush of 1858 would turn Fort Victoria into a city. Bishop Cridge was an important member of the community, and the Cridge Centre for the Family bears his name to this day.

⁶⁶ It's uncertain which of the three Cridge daughters alive in 1918 this refers to. It could be Mary (d. 1948), Maude (d. 1922) or Ellen (d. 1952).

33. Healthy Teeth and Influenza⁶⁷ (October 16)

Clean, Healthy Teeth – are absolutely necessary in maintaining general good health. If your teeth are in a state of decay, and allowed to remain that condition, you invite an untold number of ills. Decayed, broken teeth are lurking places for disease germs and should be attended to without delay, especially during the present epidemic of Spanish Influenza that is sweeping the world with such disastrous results.

If your teeth are decayed beyond repair, I⁶⁸ advise that you come and be fitted with artificial teeth by my up-to-date process. These are teeth that will always remain clean and comfortable in your mouth. They are properly made so that your features will retain their proper contour and expression. Take this question up with me to-day. It is one of considerable importance to you.

34. More New Cases⁶⁹ (October 16)

One hundred and seven new influenza cases were reported to-day to Dr. A. G. Price, Medical Health Officer. This figure may be further augmented, as up to the time of going to press other reports were littering in.

Including the cases reported to-day, the total number of influenza victims has reached 477, there being 370 cases recorded up to yesterday. In speaking of the spread of the epidemic, Dr. Price states that he will not be surprised to see over 1,000 cases in the city before the epidemic is over. The number of military patients in the hospital at Stadacona Park is now twenty-two.

35. Don'ts For Mothers⁷⁰ (October 17)

Don't allow your children to mix with others who have sickness in their homes.
Don't allow your children to mix with others, if there is sickness in your home.
Don't allow your children to neglect their teeth.

Don't allow the children to use a roller towel; use individual towels of paper if necessary.

Don't keep the children from fresh air; they can get it in your garden.

Don't forget to open the windows, and put on extra bed-clothes.

Don't fail to call the doctor when in doubt.

Don't neglect to do anything to add to your safety; in doing so, you are helping others.

Don't forget that your carelessness may cost your neighbors' life.

⁶⁷ Clarke, A. E. (1918, October 16). Clean, Healthy Teeth [Advertisement]. *The Victoria Times*, p. 15.

⁶⁸ In 1918, Albert E. Clarke, dentist, had his office at 654 Yates and lived at 2424 Quadra street.

⁶⁹ MANY ADDITIONAL SUFFERERS TO-DAY. (1918, October 16). *The Victoria Daily Times*, p. 15.

⁷⁰ DON'TS FOR MOTHERS IN INFLUENZA EPIDEMIC. (1918, October 17). *The Victoria Daily Times*, p. 6.

36. A Temporary Decrease⁷¹ (October 17)

Up to 1.30 this afternoon, the number of fresh cases of Spanish influenza officially reported to Dr. A. G. Price, Medical Health Officer for Victoria, since yesterday total thirty-six. This morning's number added to those already recorded gives a total of reported cases for the city amounting to 556, out of which three had resulted fatally since yesterday. From the small number recorded so far to-day, there is considerable hope that the malady is slackening and that the already overtaxed medical attendance is more than keeping pace with its ravages.

37. Dodge the Flu with Candy⁷² (October 17)

By special request we have made for this week-end two special lots of candies which are said to possess medical properties that will go a long way towards keeping the Spanish Influenza at a safe distance. They are:

HOARHOUND⁷³ CANDY and CINNAMON CANDY

Two confections that are highly recommended by medical authorities in case of coughs and colds – also largely prescribed by our grandmothers. They are made in the real “Homade” way – which means that they are absolutely pure and wholesome – also delicious – and can be depended on. Made for this week-end only. One half pound for 25c⁷⁴.

38. Peps Will Give You Relief⁷⁵ (October 17)

Got a Cold? Peps will give you relief.

Simply dissolve a Peps tablet in your mouth. Your breath carries the medicinal Pine vapor, which is released to all parts of the throat, nasal and air passages, where a liquid medicine could not possibly reach. This vapor destroys all germs with which it comes in contact, soothes and heals the inflamed membranes and fortifies you against coughs, sore throat, bronchitis and grippe. Peps contain absolutely no harmful drugs and are therefore the safest remedy for children.

FREE TRIAL – Cut out this article, write across it the name and date of this paper, and mail it (with 1c. stamp to pay return postage) to Peps Co., Toronto. A free trial packet will then be sent you. All druggists and stores sell Peps, 50c.⁷⁶ box.

Peps – MAKE BREATHING EASY.

⁷¹ DECREASE TO-DAY IN NEW CASES OF INFLUENZA HERE. (1918, October 17). *The Victoria Daily Times*, p. 7.

⁷² Stevenson's “HOMADE” Chocolates And Candies. (1918, October 17). Dodge the “Flu” [Advertisement]. *The Victoria Daily Times*, p. 9.

⁷³ A plant related to mint, traditionally used in English herbal medicine.

⁷⁴ About \$3.84 in 2020 dollars.

⁷⁵ Peps Co. (1918, October 17). Got a Cold? [Advertisement]. *The Victoria Daily Times*, p. 14.

⁷⁶ About \$7.69 in 2020 dollars.

39. Many Sick Soldiers⁷⁷ (October 17)

To such an extent has Spanish influenza spread among the men stationed at the Willows Camp, despite every precaution, that the home at Stadacona Park recently taken over by the military authorities for the care of the more serious cases is already filled to capacity.

The original intention was to have one trained nurse as Matron, with another trained nurse as assistant and members of the Victoria Nursing Division (Voluntary Aid Detachment) as helpers. But it has been found necessary to engage four trained nurses besides the Matron, two for day duty and two for night, and three V. A. D.'s daily. Major Carrick, [...] Medical Officer in charge of the hospital, was himself seized with the influenza and had to be superseded in the office by Capt. Holme, who came down from Vancouver to take charge. [...]

Irving House, James Bay, which for some time past has been part of the Victoria Military Hospital jurisdiction under Major Bapty, and which has housed returned soldiers still under treatment for disabilities received overseas, has been converted into an influenza hospital for soldier patients from all parts of the city. There were last night ten or twelve cases under treatment, a trained nurse and orderlies being in charge of the sufferers. [...]

DONATIONS WELCOMED

Most of the patients are men of the 260th Battalion, C. E. F.⁷⁸, Siberia. The majority of the men are strangers to the city and have no friends near enough to send them those little delicacies which are so welcome to a sick man. Contributions of jellies, blancmanges, fruit, etc., would be welcomed at the hospital, as owing to the emergency character of the institution, facilities for this class of invalid cookery are somewhat limited. Donations of fresh vegetables would also be gratefully received.

40. A Major Increase in Reading⁷⁹ (October 18)

Effect of the "Flu" Ban - A major increase in the amount of reading being done is reported, and in consequence many persons are seeking eye help of Mr. Clugston⁸⁰, the well-known optician at 1241 Broad Street. He personally conducts every eye examination, and each pair of glasses he supplies are the output of his own work shop and lens-grinding plant located right on the premises.

⁷⁷ MANY SOLDIERS ARE ILL WITH INFLUENZA. (1918, October 17). *The Victoria Times*, p. 14.

⁷⁸ Canadian Expeditionary Force.

⁷⁹ Mr. Clugston. (1918, October 18). Effect of "Flu" Ban [Advertisement]. *The Victoria Times*, p. 10.

⁸⁰ In 1918, Frank Clugston had his office at 1241 Broad street and lived in Esquimalt. He sold the business in March of 1919 to Strain's, Limited of Winnipeg, adding "another store to the famous chain now operated throughout the west by the well-known prairie concern." FAMOUS OPTICIANS OPEN BRANCH HERE. (1919, March 18). *The Victoria Daily Times*, p. 9.

41. Regulations in Force at Vancouver⁸¹ (October 18)

The Provincial Executive passed an Order-in-Council at non to-day proclaiming the Spanish Influenza Regulations in force in Vancouver immediately, and to remain so until such times as danger from the epidemic shall be deemed past. In other words, the Terminal City must now bow to the inevitable and follow the lead set by Victoria, the adjacent municipalities, and more than a dozen other municipalities throughout the Province. All forms of public assembly as defined by the regulations already referred to and advertised in these columns are now forthwith prohibited in the largest city of the Province, after an immunity from restriction extending for ten days. [...]

LOCAL SITUATION MUCH BETTER

Twenty-two additional cases of Spanish influenza were reported to the Medical Health Officer Arthur G. Price, up to 2 o'clock to-day. While some reports were still outstanding at the time of going to press, the health officials are impressed with the noticeable decrease as compared with the past few days.

The new cases reported up to this afternoon bring the total up to 614, seventy-two notifications having been filed with the medical officer yesterday.

The vigorous campaign that has been launched against the epidemic will not be relaxed until the plague has been checked, and at the present moment there appears but little prospect of the ban on public assemblies being removed.

42. Dr. Chase's Menthol Bag⁸² (October 19)

Prevent the "Flu" by wearing Dr. Chase's⁸³ Menthol Bag.

Since 1510, influenza has periodically swept over the known world. The last big epidemic in this country was in 1889, when almost every person in every home was brought down.

But the present form, known as Spanish "Flu" because it started in Spain, seems to be a most fatal variety on account of the quickness with which it develops into bronchial-pneumonia.

Hence the wisdom of preventing infection by every means possible, and our suggestion is "Wear a Menthol Bag."

We have arranged for the manufacture of thousands of these Menthol Bags, and while they last shall give them away to the first persons who send in the coupon printed below.

⁸¹ LARGEST CITY IS PROCLAIMED UNDER INHIBITION ORDER. (1918, October 18). *The Victoria Daily Times*, p. 18.

⁸² Edmanson, Bates & Co., Ltd. (1918, October 19). Prevent the "Flu" [Advertisement]. *The Victoria Daily Times*, p. 3

⁸³ Dr. Alvin Wood Chase (1817 – 1885) was a popular century author of home medical references. He sold his patents and publications to Rice Beal in 1869, and Beal's concern (and its successors) continued to sell medications of varying effectiveness under the "Dr. Chase" name.

These bags are pinned on the chest outside of the underwear, and the heat from the body causes the menthol fumes to rise and mingle with the air you breathe, thereby killing the germs and protecting you against Spanish influenza and all infectious diseases.

It was always the aim of Dr. Chase to serve his fellow-man by the prevention of disease whenever possible, so that this gift is in line with the policy which he established.

In his large Receipt Book, Dr. Chase devoted five pages to the treatment of influenza, and of his medicines on the market Dr. Chase's Syrup of Linseed and Turpentine and Dr. Chase's Nerve Food are used to splendid advantage in fighting this malady.

The Linseed and Turpentine should be used freely just as soon as there is any tendency for the throat and bronchial tubes to be affected.

Dr. Chase's Nerve Food is used to strengthen the action of the heart and aid in the restorative process.

The great secret of keeping healthy as well as of regaining strength after illness is by keeping the blood pure, rich and red.

Red blood is the greatest of germicides, for no disease can make any great headway so long as the blood is in condition to restore the wasted tissues.

In Dr. Chase's Nerve Food are found the vital substances which go to the formation of new, rich blood. It fortifies the system against attack and hastens recovery. You can buy half a dozen boxes from your druggist for \$2.75⁸⁴, but be sure to see the portrait and signature of A. W. Chase, M. D., on the box you buy.

But in the meantime send for a "Menthol Bag" and do all you can to protect yourself against the Spanish "Flu."

Coupon for Dr. Chase's Menthol Bag – This coupon is good for one Dr. Chase's Menthol Bag. Kindly enclose five cents in stamps to pay cost of mailing and postage. Address Edmanson, Bates & Co., Ltd., Toronto.

43. Confiscated Liquor for Hospitals?⁸⁵ (October 19)

When the British Columbia Prohibition Act⁸⁶ became law, it was hardly to be supposed that the Provincial Cabinet would be called upon to sit and decide as to whether confiscated stocks should be donated to the hospitals of the Province to assist in allaying a serious menace to the public health known as Spanish influenza. Such, however, was the case this morning, and although the various members of the Cabinet expressed themselves freely upon the subject, the matter is still under advisement, and a decision is expected to be arrived at on Monday.

⁸⁴ About \$42.27 in 2020 dollars.

⁸⁵ CONFISCATED STOCK MAY BE DONATED TO VARIOUS HOSPITALS. (1918, October 19). *The Victoria Daily Times*, p. 14.

⁸⁶ British Columbia banned alcoholic drinks (except by prescription) from 1917 to 1921. This was in effect a ban on *legal* alcohol, and a vibrant black market of smuggled alcohol soon popped up.

URGENT REQUESTS

It is a fairly general claim that by reason of the large demands made upon hospital stocks of whiskey and other spirits, supplies have now reached the vanishing point, and the situation is causing considerable alarm. It is claimed that the ordinary means of procuring supply is inadequate, and that only by generous donation from the stocks confiscate to the Crown can the abnormal conditions be effectively dealt with. [...] In the event of such stocks being released, there would be adequate restriction to prevent the spirit and intent of the Act from being violated. [...]

SOME POOR STUFF

[Prohibition Commissioner] Findlay⁸⁷ states that in the event of a general distribution to all the hospitals of the Province, a very cautious use of the spirits in question would be necessary, and in all cases he would recommend a careful analysis. He suggests that the major part of the seizures comprise liquor of a very inferior quality, and in numerous instances nothing short of the local product or bootlegging variety.

Spirits still in the original unbroken packages, of course, may be relied upon; but the Commissioner fears there is but a very small quantity of the genuine commodity. Some of the seizures made by the Provincial Police, he says, barely equal in value the cost of expressage occasioned in shipment from point of seizure to the Government Stores. [...]

INCREASED BUSINESS

Some indication of the increased business at the two stores in Victoria and Vancouver, occasioned by the epidemic now raging, is best illustrated by the figures giving the turnover for the month to date. Sales at the Victoria store by legal prescription up to and including yesterday, amount to \$2,118.90 as against \$2,259.05 for the whole of the month of September⁸⁸. In Vancouver the returns up to and including Thursday, October 17, reached \$6,620.17, while the figures for the whole of September did not exceed \$7,138.00⁸⁹.

⁸⁷ In an ironic twist, on December 12, Walter C. Findlay would be arrested for illegally importing liquor into British Columbia. "It is possible that six or eight people, and perhaps more, were in what is being called a "whisky ring" in Vancouver and Victoria, and that illegal transactions will run into thousands of dollars. It is said that the irregularities extend over [...] eight to ten car loads. [...] The eastern price of a carload of rye whisky is in the vicinity of \$22,000 [~\$340,000 in 2020], and [...] retail prices amongst bootleggers in Vancouver are double or treble, or even quadruple, the wholesale price." Probe of Whisky Importation Follows Arrest of W. C. Findlay, B. C. Prohibition Commissioner. (1918, December 12). *The Vancouver Daily Province*, p. 1.

⁸⁸ About \$32,569.16 and \$34,723.38 in 2020 dollars.

⁸⁹ About \$101,757.22 and \$109,716.67 in 2020 dollars.

44. Overcrowded Street Cars⁹⁰ (October 19)

That even more stringent measures than those now in force should be adopted effectively to check the ravages of the influenza epidemic is the contention of Medical Health Officer Dr. A. G. Price.

Until there is a radical change in the situation, there is but little prospect of the ban against public assemblies being removed. Realizing that they must fight the epidemic vigorously, the health authorities are doing everything within their power to prevent overcrowding in public places, and a strong appeal is made to the general public to assist in combatting the plague by adopting preventive measures voluntarily.

Dr. Price says the spread of the influenza germ is greatly assisted by overcrowding of street cars, which he claims should be strictly avoided at least until such time as the epidemic is on the wane. In this connection he is asking the co-operation of the transportation concerns. This morning the Medical Health Officer got in touch with officials of the B. C. Electric Railway Company, and made the request that the number of people carried on the cars be temporarily limited to the extent of the actual seating capacity.

The overcrowding of the street cars is particularly noticeable when the work-people are returning home, and in an effort to avoid this Dr. Price throws out the suggestion that additional cars be placed on certain routes during rush hours. The overcrowding, on a smaller scale, also applies to the motor-buses plying between the city and suburbs.

Under the measures that have been adopted, it is impossible to force the transportation concerns to limit the capacity of vehicles, but the health authorities are confident that the companies will realize the danger and do everything possible to co-operate in this respect.

“The best preventative is sunshine and fresh air,” remarked Dr. Price in discussing the situation this morning. “It rests a great deal with the people themselves.”

Fifty-four new cases of influenza were reported to the City Health Officer up to noon to-day, bringing the total number of cases reported up to 711. Of these fifty-six cases reported to-day, thirty-four were reported from the military hospital at Irving House.

⁹⁰ GERM ASSISTED BY OVERCROWDING OF STREET CARS. (1918, October 19). *The Victoria Daily Times*, p. 15.

45. Fruit-a-Tives and Influenza⁹¹ (October 19)

The epidemic of Spanish Influenza, which played such havoc in Europe, has reached this continent. Thousands of cases of the strange malady have appeared and many deaths are already reported; Surgeon-General Blue of the United States Public Health Service having stated that “Spanish Influenza will probably spread all over the country in six weeks.”

Practically every ship which touches our shores from abroad, brings those infected with the disease.

Surgeon-General Blue urges that “the individual take all the precautions he can against contracting the disease by care and personal hygiene.” Plenty of exercise should be taken; the diet should be regulated, etc.

Spanish Influenza affects most severely elderly persons and others whose powers of resistance are weakened by illness, work or worry, especially those who are “run-down” or “not feeling up to the mark.”

The really great danger from the disease is not so much in the disease itself, as that it often develops into pneumonia.

What everyone needs now is a general tonic like “Fruit-a-tives.” This wonderful Fruit⁹² medicine is not a germ-killer. It is a body-builder; a strength-maker; a blood-purifier; a power in protecting against the ravages of disease.

“Fruit-a-tives” regulates the kidneys and bowels, causing these to eliminate waste regularly and naturally as nature intended. “Fruit-a-tives” keeps the skin active, and purifies and enriches the blood. “Fruit-a-tives” tones up and strengthens the organs of digestion, insuring food being properly digested and assimilated.

Everyone can take ordinary precautions, avoid crowded places, and use “Fruit-a-tives” regularly to insure sound digestion, to keep the bowels and kidneys regular and the whole system in the best possible condition. Then we are safe from disease.

“Fruit-a-tives” is sold by dealers everywhere, at 50c. a box, 6 for \$2.50, trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives, Limited, Ottawa, Ont.

⁹¹ Fruit-a-tives, Limited. (1918, October 19). SPANISH INFLUENZA RAGES IN CANADA [Advertisement]. *The Victoria Daily Times*, p. 20. This article was formatted to look identical to news stories in *The Times*, down to the fonts used.

⁹² In 1919, the United States government destroyed 55 packages of Fruit-a-tives for misbranding. Government chemists found the tablets contained no fruit, but rather “aloin, cascara sagrada, quinine and strychnine,” and that “the article contained no ingredient or combination of ingredients capable of producing the effects claimed”. United States Bureau of Chemistry. (1919). SG07. Misbranding of “Fruit-a-tives,” U. S. v. 55 Packages of “Fruit-a-tives” “Fruit Liver Tablets.” Default decree of condemnation, forfeiture, and destruction. (F. & D. No. 11318 I. S. No. 3030-r. S. No. W-503). *SERVICE AND REGULATORY ANNOUNCEMENTS*, N. J. 8001-8650, 65-66.

46. Have You Sprayed Your Throat?⁹³ (October 21)

Have You Sprayed Your Throat? If you would be immune from the pernicious influenza germ, spray your throat frequently. We carry a complete assortment of the famous DeVilbiss⁹⁴ Atomizers. Prices from \$1.25 to \$2.25⁹⁵. WE HAVE A DRUG STORE IN YOUR LOCALITY. Merryfield & Dack, DISPENSING DRUGGISTS.

47. A Lonely End⁹⁶ (October 21)

Deserted and destitute, with no one to care for him or even bring him food and covering, Dan Morton⁹⁷, the most pathetic victim of the influenza epidemic so far reported, passed away on Saturday in a little cabin on Humboldt Street, where he had evidently lain for some days, unattended and without nourishment.

It appears that the other longshoremen who worked with Morton had noticed his absence from work, and had reported the matter to the police. Acting on the information received, Sergt. Blackstock⁹⁸ visited a little tumble-down cabin on Humboldt Street, near Blanshard Street intersection⁹⁹, and there found Morton lying on a crude bunk, without food or covering. It appeared that the sick man, who by this time was very near his last, had been without food of any kind for some days. It is thought that he had been alone for nearly a week.

There were no blankets in the shack, and the lonely victim of the ravages of influenza had apparently suffered intensely from the cold during the many nights he had spent alone, but the sands of life had so ebbed out when the police arrived, that the deserted victim was beyond relief.

ASSISTANCE TOO LATE

On perceiving that Morton was in a most critical condition, Segt. Blackstock telephoned to police headquarters, and Jailor Hall, after vainly endeavoring to call a doctor, hastened to the scene of the lonely deathbed. He brought a generous supply of blankets and the police did all in their power to bring the sufferer back to life, but without result. Sergt. Blackstock remained with the dying man until the arrival of Dr. Lennox, but shortly afterwards the Grim Reaper completed his work.

⁹³ Merryfield & Dack. (1918, October 21). Have You Sprayed Your Throat? [Advertisement]. *The Victoria Daily Times*, p. 7.

⁹⁴ Founded in 1888 and still in existence, the DeVilbiss company has moved from production of atomizers for perfume and health care to that of industrial spray guns for the automobile industry.

⁹⁵ About \$19.21 to \$34.58 in 2020 dollars.

⁹⁶ LONELY END FOR DISEASE'S VICTIM. (1918, October 21). *The Victoria Daily Times*, p. 8.

⁹⁷ Possibly the same Dan Morton who "was given six months [in jail] for handing an Indian a bottle of old rye" in Hazelton, British Columbia in 1912. ODDS AND ENDS OF B. C. NEWS GOSSIP. (1912, May 20). *The Vancouver Sun*, p. 4.

⁹⁸ Malcolm McMillan Blackstock (1867 – 1943) was born in Scotland and emigrated to Canada in 1891. In the 1921 census he is listed as living with his wife, Minnie Myrtle (1881 – 1971) his son John Dean and his mother-in-law, Ellen Gillis. He reported earning \$1800 (\$21,600 in 2020 dollars) as a police sergeant in 1920. In 1918, he lived at 251 Howe street.

⁹⁹ This puts the cabin less than a block away from St. Joseph's hospital.

48. "Taxed to Capacity"¹⁰⁰ (October 21)

The establishment of an emergency hospital in the city to take care of the increasing number of "flu" cases will come up for consideration to-night at the regular meeting of the Council.

The necessity of establishing a temporary hospital has been made clear by the health authorities, and further steps will be simultaneously taken to combat the ravages of the epidemic. The Isolation Hospital is already taxed to its capacity with Spanish influenza cases, and prompt action is considered essential to secure adequate accommodation for the overflow.

Dr. A. G. Price, medical health officer, announced this morning that Nurse E. Egilson¹⁰¹ has opened a temporary hospital at Semple's Hall, Victoria West, for the accommodation of pay patients.

He said that prompt measures are being taken for the opening of additional relief hospitals. "I wish to make a further appeal to the public," said Dr. Price, "to cooperate with the health authorities by avoiding crowding, particularly in stores and restaurants."

He also commented strongly against the habit of expectorating on pavements, which greatly assisted the spread of the epidemic.

Dr. Price, through the medium of *The Times*, desires to express his gratitude to a large number of people, anonymous and otherwise, who have so generously forwarded comforts to the Isolation Hospital.

Up to 2 o'clock to-day the number of new influenza cases reported was forty-five, covering the period from Saturday night. This brings the total up to 806 since the epidemic started.

RUN ON DRUGS

With the ravages of Spanish influenza still keeping the good people of Victoria in constant dread of an attack, the supplies of some of the staple drugs used for combatting the "flu" germs are running low. However, druggists for the most part are loth to recommend remedies, for they deem it safer to let doctors do the prescribing, and to content themselves with filling subscriptions [sic].

The greatest shortage is in cinnamon, which has been used in remarkably large quantities as an antidote for the present epidemic. The grocery stores are in many cases quite sold out of this spice, which Victorians seem to consider in the light of a panacea. Indeed, candy is being flavored with it; candy, which, however great its medicinal virtues, is rather a doubtful quantity, as confectionery. Supplies of patent medicines and tablets containing formalin are also depleted. It is expected, however, that in the near future the drug companies will have manufactured tablets containing cinnamon in such quantities that there will be no further trouble in this regard. In the meantime the doctors are prescribing various remedies, which the druggists are supplying.

¹⁰⁰ RELIEF HOSPITALS WILL BE OPENED UP TO COMBAT EPIDEMIC. (1918, October 21). *The Victoria Daily Times*, p. 15.

¹⁰¹ Possibly a typo for Rose Egilson, a nurse who in 1918 lived at 1024 McClure street.