

A TALE OF TWO PANDEMICS

by Paul R Johnson, MD (retired)



With the cancellation of the Spring ASAC Meeting planned for Cody, WY, we thought that a brief discussion and historical comparison of the 1918 and 2020 pandemic might be enlightening.

Health advisories, social distancing and mandated mask requirements, and school and business closings to assist in lessening the impact of pandemics are most certainly not new occurrences. Please view the brief presentation of photographs, public notices, and news columns. It is ironic just how applicable these items may appear appropriate for our times!

The mis-named Spanish Flu pandemic of 1918-1920 (U. S. first case was at Ft. Riley, Kansas in March, 1918 predating Spain's first case reported in May, 1918) affected nearly 1/3 of the World's population.. Some say nearly 500 million people were infected, producing as many as 50 million deaths. Most fatalities resulted from bacterial pneumonia and other processes in invalidated patients.

Currently (August 2020), world cases of COVID-19 number under 16 million with mortality rates of increase lowering to 620,000 (approximately the number of US Civil War military deaths). This may be due to differing demographics and improvements in current therapies. All of these numbers most certainly will increase, unfortunately.

What is most important—that we, as a Nation (and the World) have endured and survived these processes in the past; and should also hopefully do so for the present times. Be Strong, and Keep the Faith. (Or as the Brits say: Keep Calm and Carry On).

AUTHORITIES THINK WEARING MASKS SHOULD CONTINUE

Question of Future Regulations to Check Epidemic to Come Up to Council Monday Night; Five New Cases in 62 Hours

"If at the end of a week the influenza situation is cleared up I, personally, favor wearing masks for another week," said Dr. H. A. Gowman, commissioner of public safety, in discussing the influenza situation this afternoon.

"I think that the masks should be worn for at least two more weeks and that they should be the last precautionary measure dropped," said Chief of Police Cook, ex-officio health officer, in considering the same question.

Two more cases were added to the list today up to 2 o'clock this afternoon and not a single case was added to the report made in The Telegram last evening for the entire day of yesterday. This shows that but five cases have originated from midnight of Tuesday, Jan. 28, to 2 o'clock this afternoon, and the two new cases today are those of little children in homes where there have been other cases before this.

No death from influenza-pneumonia have been reported for the past 38 hours, making the period one of the best of the entire month.

Undoubtedly the influenza situation will be one of the principal subjects for discussion at the city council meeting Monday evening. Several ideas have already been suggested, among them the plan of having the board of health given discretion to order resumption of the masking and other preventive measures at any time desired. Such a plan would mean that the council would suspend the rules laid down in the epidemic ordinance until such time as the board of health should order them enforced again. The ordinance would, thus, not be repealed and in case of a sudden third

flare-up the time lost in enacting a new ordinance would not be required.

Most of those who have discussed the masking feature who have been in a position to speak with any authority in the matter, seem to feel that the steady improvement since masking was made compulsory has justified the requirement. Chief of Police Cook openly expressed his faith in the masks and says he believes they have done more than all other precautions.

Tabulated by the days upon which the cases originated, not by the days when the case happened to be reported by the attending physician to Chief of Police Cook, statistics for the influenza up to 2 o'clock this afternoon are as follows:

Jan. 1	3
Jan. 2	13
Jan. 3	4
Jan. 4	0
Jan. 5	0
Jan. 6	0
Jan. 7	15
Jan. 8	2
Jan. 9	11
Jan. 10	3
Jan. 11	5
Jan. 12	7
Jan. 13	22
Jan. 14	7
Jan. 15	23
Jan. 16	33
Jan. 17	16
Jan. 18	28
Jan. 19	20
Jan. 20	24
Jan. 21	16
Jan. 22	21
Jan. 23	29
Jan. 24	27
Jan. 25	18
Jan. 26	20
Jan. 27	12
Jan. 28	6
Jan. 29	2
Jan. 30	1
Jan. 31 (to 2 p. m.)	2
Total	390

NO PUBLIC GATHERINGS

Board of Health Order Churches and Amusement Places Closed

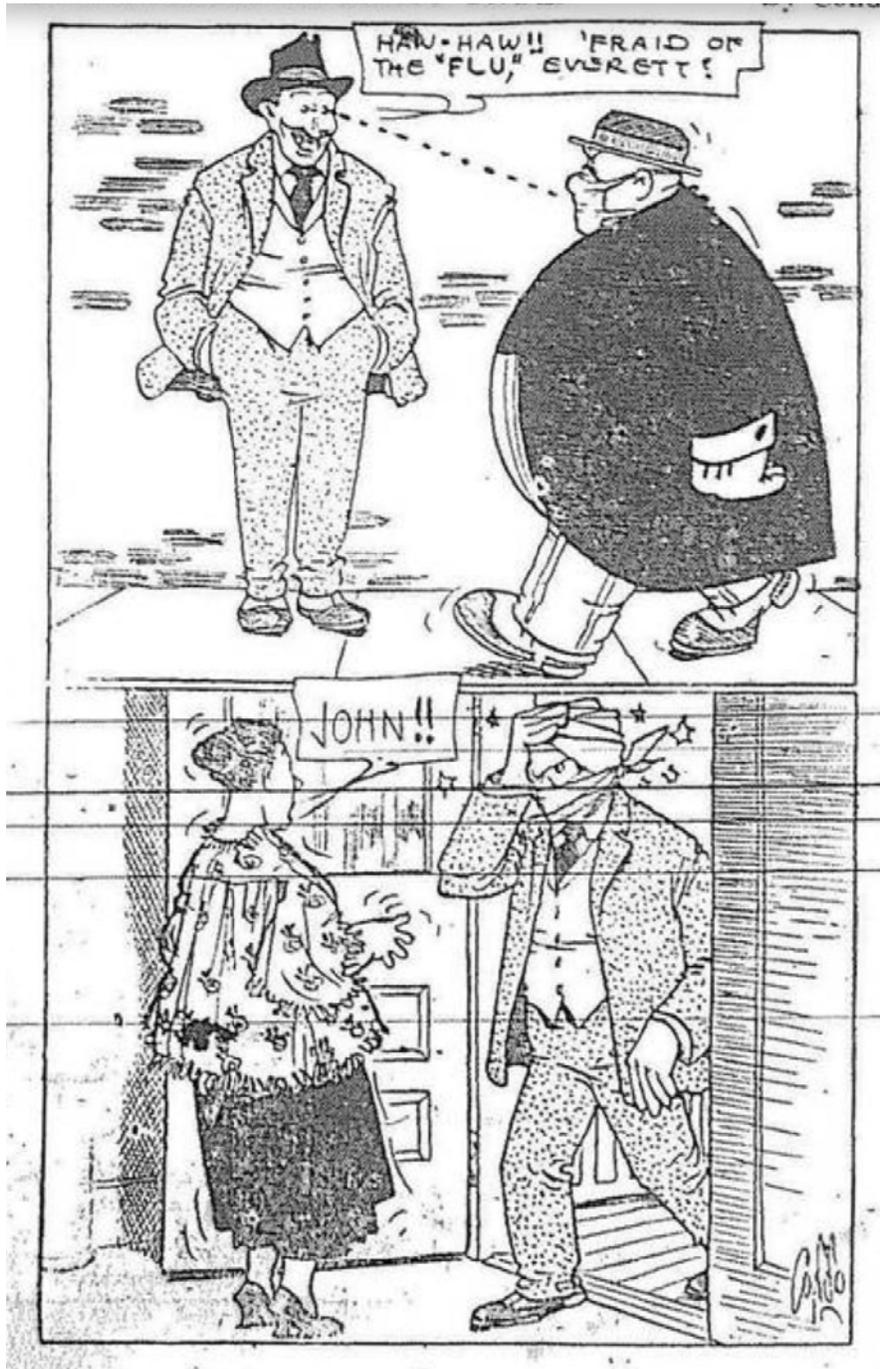
(From Sunday's Daily)

The board of health held a session yesterday morning at 10:30 o'clock at which it was decided to close for an indefinite period all churches, pool rooms, bowling alleys, fraternal society meetings and indoor gatherings of all kinds. This order goes into effect this morning, so there will be no services in the churches today. The schools, however, are to remain open for the present, and are to be under constant medical supervision.

The regulations in regard to spitting on the sidewalks and on the floors and stairs of buildings will be rigidly enforced, and the co-operation of the public is asked to make them effective.

This morning the streets of the down town section of the town will be flushed and cleaned, as a preventative.

There have been no new cases of influenza reported for the last forty-eight hours, and investigation by the board of health shows that there are not more than six authenticated cases of the disease in this city.



Outbursts of Everett True was a two-panel comic by A.D. Condo and J.W. Raper tht had one punchline: Everett True punching someone. Here, the comic takes on the Spanish influenza epidemic. *Daily Telegram*

MUST WEAR THE MASKS

Supervisors Adopt Ordinance and Create Health Board

(From Sunday's Daily)

The Board of Supervisors met in special session yesterday morning, when all members were present, when the following was read by Clerk Rordigues:

"Whereas, there is now prevalent in the county of San Luis Obispo, as well as throughout the state of California, an epidemic of so-called "Spanish influenza," of exceptional violence and virulence, and a large number of persons are now suffering with said epidemic; and

"Whereas, the Board of Supervisors of the county of San Luis Obispo are of the opinion that some action should be taken as a means of avoiding contagion and the spreading of said epidemic.

"Now, therefore, we, the members of the Board of Supervisors of the County of San Luis Obispo hereby call a special meeting of said Board to be held at the chambers of said Board in the county court house in the city of San Luis Obispo on October 26, 1918, at 10 a. m., for the purpose of taking some action or such action as is necessary as a means of voiding contagion and the spreading of said epidemic by the enacting of a proper ordinance, and the appointment of additional health officers or a board of health in order that the public health may be better preserved and guarded."

On motion of Supervisor Tognazini, seconded by Supervisor Iversen, the following appointees were made for the County Board of Health:

Dr. R. S. Brown, Arroyo Grande; C. F. Hollinger, Paso Robles; A. B. Tognini, Cayucos; Dr. B. H. Pelton, Camhria; C. J. Freeborn, Santa Margarita; Dr. C. J. McGovern, San Luis Obispo.

Thereafter the Board adopted an ordinance in compliance with the call, which was ordered published in the local papers, and which will be found in another column of the Tribune this morning. By the provisions of the ordinance it is unlawful for any person to appear on the public street, or in any public place, or in any assemblage of persons or in any place where two or more persons are congregated (except in homes where only the members of the family are present and when eating meals) without wearing a mask over the nose and mouth in accordance with the provisions of the ordinance adopted.

Thursday, November 7th, 1918

CORPORATION OF THE CITY OF KELOWNA

PUBLIC NOTICE

Notice is hereby given that, in order to prevent the spread of Spanish Influenza, all Schools, public and private, Churches, Theatres, Moving Picture Halls, Pool Rooms and other places of amusement, and Lodge meetings, are to be closed until further notice.

All public gatherings consisting of ten or more are prohibited.

D. W. SUTHERLAND,
Mayor.

Kelowna, B.C.,
19th October, 1918.

DRASTIC FLU ORDINANCE PASSED BY SUPERVISORS IN EFFECT IMMEDIATELY

Supervisors this afternoon passed an ordinance requiring the wearing of masks, closing of schools, theaters and the churches, and prohibiting all public gatherings.

Saloons may be kept open for the sale of bulk goods only, and not more than three people are to be allowed therein at one time.

Fraternal societies may hold meetings for the transaction of business, but not more than a minimum quorum is to be allowed to attend.

Physicians are required to isolate all flu patients and to post a notice that an influenza patient is in the house.

Not more than three people are allowed to congregate in any school room, theater, picture show, church, saloon, fraternal hall, lodge room, pool hall, card room, library, reading room or other place of social intercourse or pleasure.

Ordinance goes into effect immediately.

The county health officer is to appoint deputies in various localities of the county to carry out the provisions of the ordinance.

Dr. H. A. Gowman stated this afternoon that the City Council will probably meet tomorrow to pass a similar ordinance for the city. The county ordinance passed today is effective throughout the county with the exception of the cities of San Luis Obispo, Paso Robles and Arroyo Grande.

Present at the meeting of the board this morning were Supervisors Black, Iversen, Bradhoff and Norton, District Attorney Van Wormer, County Clerk Rodriguez, San Luis Obispo City Commissioners Gowman and Sinsheimer, County Health Officer Dr. C. J. McGovern, City Health Officer Cook, Drs. H. S. Walters and L. T. Wade, and E. D. Sworthout of the city Board of Health.

Arroyo Grande was represented by Mayor F. E. Bennett, Councilmen Geo. Grieb, H. E. Cox and W. F. Poole, and City Clerk B. F. Stewart.

Paso Robles was not represented.

City Health Officer Cook stated that the epidemic is increasing in this city, that twenty-seven cases had been reported to him between Saturday after-

noon and last night. He also said that more children are being reported than formerly.

Commissioner of Public Health and Safety Dr. H. A. Gowman said he believed a mask ordinance might be of benefit. When masks were worn people were cautious. As soon as masks were discontinued people threw caution to the winds and became careless. He preferred the wearing of masks to the closing of schools, theaters, churches and other public gatherings.

City Clerk B. F. Stewart of Arroyo Grande said he knew of no cases in that city.

Dr. Gowman, speaking again, said the city would take such action as taken by the county. He suggested that other restrictions be included.

Supervisor Norton suggested that houses in which flu exists should be quarantined.

Commissioner Sinsheimer said he favored doing everything possible to stop the spread of the disease. If masks, closing public meetings, quarantine or any other action would help he was in favor of it.

"I believe the county should be willing to undergo any inconvenience in order to wipe out contagion. Any individual would be willing to do so and a community should be just as willing."

E. D. Sworthout said the City Coun-

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This is Timeless....

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

History repeats itself. Came across this poem written in 1869, reprinted during 1919 pandemic.



All illustrations via internet sources.

Coromandel Hospital Board.

INFLUENZA EPIDEMIC.—ADVICE TO SUFFERERS. COURSE OF TREATMENT.

A list of instructions for the guidance of persons who are attacked by influenza, or who suspect they have contracted the complaint, has been drawn up by Dr J. P. Frengley, acting-chief health officer, and Dr T. J. Hughes, district health officer, at Auckland. The instructions are as follows:

1. Go to bed directly you feel symptoms like pain, in the head and limbs, or a "cold."
2. Go to bed in a room not occupied by a person who is well, and stay there until the temperature returns to normal.
3. On going to bed take a drink of any kind as hot as possible, remove sheets, and lie between blankets.
4. Take light diet, such as milk, beef tea, soups, and gruel.
5. Don't depress yourself by looking at the bad side.
6. Remember the large majority of persons who take ill get well.
7. Only one member of the family of the house should visit the patient's room.
8. Don't allow people to come into your room and loiter there.
9. If no doctor has prescribed for you, take ammoniated quinine in a half to a teaspoonful dose in plenty of water every four hours.
10. Add one teaspoonful of boric acid or borax, one tablespoonful of baking soda, and one teaspoonful of salt to a large tumblerful of hot water. Sniff up this solution as hot as can be borne through the nose, then gargle the throat with the solution as hot as can be borne. Brush the teeth with the same solution, or with any antiseptic tooth-paste. Do all these three times a day.
11. If you sneeze or cough, try to put your handkerchief before your nose or mouth. Remember, the minute droplets passing from you in sneezing or coughing carry the germs of infection to others.
12. Keep in bed till you feel you are quite able to get about; this will be when your temperature is down to normal.
13. Don't go outdoors, except into direct sunshine, until the catarrh or "cold in the head," if you have this symptom, is quite gone.

Owing to there being no chemist in Coromandel, Influenza Remedies will be dispensed at the Hospital, at 1s per bottle.

Arrangements have been made for fumigations at the Hospital, and Mr Denize's Mart.

S. JAMES, Chairman C.H.B.

