

Grade Six Online Learning Activities

The Effects of the Spanish Flu in Newmarket, 1918-1919

Curriculum Tie-In: Grade 6 Social Studies:

Strand B: People and Environments: Canada's Interactions with the Global Community B1.2 Analyze responses of Canadian governments, non-governmental organizations and individual citizens to an economic, environmental, political and/or social issue of international significance.

Students will learn about the effects of the Spanish Flu in Newmarket through newspaper clippings, and an historic print ad, that appeared in the Newmarket Era 1918-1919.

Background:

In 1918 the war ended with a rampant influenza epidemic. It was spread through Canada in part by infected soldiers returning from overseas.

Newmarket's population between 1917 -1918 was approx. 3,000 people. There was a severe shortage of labour, fuel and food. All non-essential businesses in Newmarket were closed on Mondays and Saturdays. Over 500 cases of influenza were reported in the community in October, 1918. In some homes the entire family was stricken.

The War Years 1914 - 1918

The onset of the war put a heavy strain on the town with men enlisting with the York Rangers in the 127th Battalion and later the 220nd Battalion. During the course of the conflict there were many casualties. There were several monster patriotic gatherings in the Town Hall and troop manoeuvres were held in the Market Square. In 1917, Pickering College was converted into a military hospital for wounded soldiers from overseas and the gymnasium was fitted with one hundred beds. During 1917 and 1918 there was a severe shortage of labour, fuel and food. All non-essential businesses were closed on Mondays and Saturdays to conserve coal and wood, and public meetings were held to increase production of food supplies. In October 1918 over five hundred cases of influenza were reported which took a drastic toll of lives in the community. Throughout this difficult period the merchants and trades struggled with the conditions of restricted trade and war taxes. L. G. Jackson ran banner headlines in the 'Era' which read, "Advertising rates reduced to stimulate trade under war conditions".

Excerpt: The Memorable Merchants and Trades 1930 to 1950 by Eugene McCaffrey and George Luesby.

Grade Six Online Learning Activities

Economic impact

- Employees off work
- Newmarket business people are down with the flu
- Other large manufacturing concerns are badly handicapped
- Empty schools

Improving.

Newmarket was hit pretty hard last week by Spanish "Flu." In some homes the entire family was stricken. Thirty per cent. of the employees at Cane's Factory were off work. The other large manufacturing concerns were also badly handicapped, and the schools were largely depleted. Fortunately only one death has occurred and the epidemic is passing over.

Clippings from Newmarket Era, October 1918.

—Among the Newmarket business people who are down with the "Flu" are Dr. Webb, Mr. J. R. Y. Broughton, Mr. Andy Davis, Mr. W. J. Patterson, and Messrs. Richard and Charlie Osborne. All are improving.

Personal Tragedy

- Obituary for Harold Stickwood, Newmarket, Age: 11

Stickwood—In Newmarket, Oct. 13, 1918, Harold, son of Mr. Chas. Stickwood, Millard Ave., aged 11 yrs. A victim of influenza.

Social Impact

- Disruption of planned activities
- Cancellations of programs

Red Cross Society,

Owing to much sickness in town there was only a small attendance at the meeting on Tuesday afternoon.

It was decided to hold the next meeting, the first Tuesday in November, at the same place—rooms over Mr. McCauley's Grocery, and any ladies having bags in their possession for the special collection are requested to return them at the next meeting.

G. W. V. A.

A meeting of the Newmarket Branch of the above Association will be held in the King George Hotel on Tuesday, Nov. 5th, at 8 p.m. All members of the Association are cordially invited to attend.

The concert for the above which was to be held on the 25th inst., is postponed till Wednesday, Nov. 20, owing to the prevailing epidemic of influenza.

Methodist Church.

Considering the sickness in Town the congregations last Sunday were fairly large and the able sermons by Rev. Dr. Crews of Toronto were greatly appreciated. The morning sermon was founded on the text "I know where thou dwellest" and was one of personal trust in God. The evening sermon was a contrast of the characters of Jacob and Job, evolving many practical lessons. Rev. Cornelius Dyke closed the service. There was no Sunday School on account of the epidemic of Spanish Influenza.

Grade Six Online Learning Activities

School Closure announced December 20, 1918

- Renewed outbreak of influenza
- Schools close in Schomberg, Nobleton and Bradford
- Public meetings suspended
- Quarantine is being observed
- Several deaths throughout the county
- Influenza is rapidly spreading

same condition.

CLOSE SCHOOLS AGAINST FLU

As a result of a renewed outbreak of influenza the schools in Schomberg, Nobleton and Bradford have been closed. Public meetings are for the time being suspended, and quarantine is observed almost as rigidly as it was during the first epidemic. Many new cases have also broken out in Mount Albert, which suffered very heavily during the previous outbreak, but the schools are still open. Several public meetings have been called off this

week in Aurora as a preventative measure, for as yet there are a few cases. Several deaths have occurred throughout the county, and the malady is rapidly spreading. A campaign which was to have been started in Nobleton to raise money to build a memorial to their fallen soldiers has been postponed for a time. At Schomberg the campaign is going ahead, but no meetings are being held, and only house-to-house canvassing is being done.

Symptoms, Prevention and Treatment: Newmarket Era, October 25, 1918

Symptoms:

- Severe headache
- Cold in head and throat
- Sneezing
- Flushed face
- Chills
- Aches and Pains
- Temperate 101-104 degrees

Prevention:

- Keep away from those infected
- Eat nourishing foods
- Lots of sleep
- Open air
- Well ventilated rooms
- Disinfect mouth, nose and throat

Treatment:

- Go to bed
- Call the Doctor
- Rest, warmth and comfort

INFLUENZA

Its History, Prevention and Treatment.

Influenza, which is now sweeping over Canada from one end to the other, is a very old disease. It was known in ancient times, and as early as 1510 it over-ran the whole civilized world. For centuries it has periodically swept over various parts of the world. The last great world epidemic was in 1889-1890, when it was generally known by the French name of La Grippe. The disease has always travelled from east to west.

Symptoms

The symptoms are similar to those of a heavy cold; more or less severe headache, cold in the head and throat, fits of sneezing, flushed face, chills, aches and pains in the back and limbs, pains in the eye-balls and behind the eyes, general physical depression, and temperature rising to between 101 and 104 degrees.

How to Prevent It.

As it is such an old disease, doctors have naturally learned a great deal about its prevention and treatment. The first principle of prevention is to keep away from those infected, and the second to build up the germ-resisting parts of the body by eating

nourishing foods, dressing comfortably, getting lots of sleep, and by living in the open air and in bright, well-ventilated rooms as much as possible. The mouth, throat and nose should be systematically and frequently disinfected by antiseptic inhalations, sprays and washes. Such preparations as chlorotone and listerine are well adapted for this purpose.

How to Treat it

When a person is struck by influenza, only one course lies open: That is to take to bed with the least possible delay and call a doctor. Rest, warmth and quiet are three sovereign remedies of the primary disease, and the best preventative of its more deadly complications, of which pneumonia is the most frequent.

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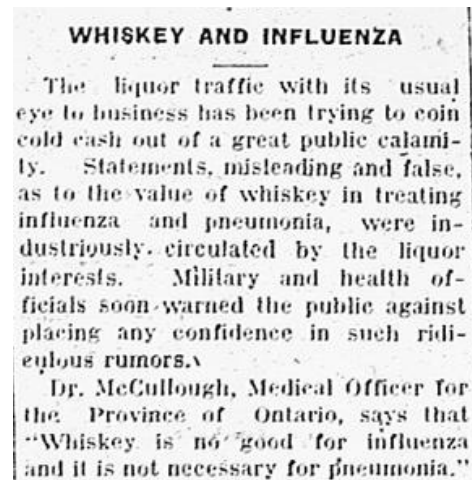
Cures for the ailing:

- Spanish Flu Gin Pills



Message from Dr. McCullough, Medical Officer for Ontario, Feb. 14, 1919:

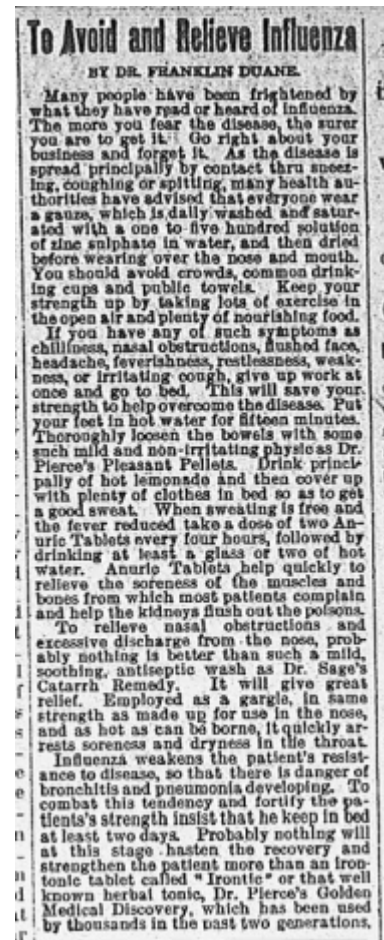
- Public is warned of misleading and false statements about the value of whiskey in treating influenza and pneumonia.



Prevention and Treatment: Newmarket Era, February 21, 1919:

- Spread principally by contact through sneezing, coughing and spitting.
- Health officials advise that everyone wear a gauze washed daily in a solution of zinc sulphate in water and then dried before wearing over the nose and mouth.
- Avoid crowds, common drinking cups and public towels.
- Lots of exercise in open air and nourishing food.
- If you have any symptoms such as chills, nasal obstruction, flushed face, headache, feverishness, restlessness, weakness or irritating cough, give up work at once and go to bed.
- Soak your feet in hot water for 15 minutes, loosen the bowels, drink hot lemonade and cover up with plenty of clothes in bed to get a good sweat. When sweating is free and fever reduced, take a dose of two Anuric Tablets, to relieve muscle soreness, drink a glass or two of hot water.
- Relieve nasal obstruction and discharge with a mild antiseptic wash.

The epidemic led directly to the formation of the Federal Department of Health in 1919.



Spanish Flu Questions

How many years has it been since the Spanish Influenza?

What measures were taken to help prevent the spread of the Spanish Influenza?

Describe some differences between the Spanish Influenza and Covid19.

What program did the Federal Government introduce at the end of the Spanish Influenza?

Grade Six Online Learning Activities

Make your own time capsule case from something that will keep your items safe and dry in.



[Click here to download and complete the free time capsule.](#)