

Introduction

**Commissioner
Brenda M. Harvey
Maine Department of Health
& Human Services**

Welcome

**Governor
John E. Baldacci**

1918 Pandemic Influenza in Maine Lessons Learned

**Dora Anne Mills, MD, MPH
Director, Maine CDC
(formerly Bureau of Health)
Maine Department of Health
& Human Services**

**Major General John W. (Bill) Libby
Maine's Adjutant General and Commissioner
Department of Defense, Veterans
& Emergency Management**

Saturday
September 7, 1918

WW I

**“It is a war against all nations.
American ships have been sunk,
American lives taken,
in ways which it has stirred
us very deeply to learn of...”**

WW I

but the ships and people
of other neutral and friendly
nations have been sunk and
overwhelmed in the waters in the
same way...

WW I

The challenge is to all mankind.
Each nation must decide for itself
how it will meet it...

WW I

Our motive will not be revenge or the victorious assertion of the physical might of the nation, but only the vindication of right, of human right, of which we are only
a
single champion.”

WW I

President Woodrow Wilson (1856-
1924)

28th President of the U.S.

War Message to Congress

April 2, 1917

Wednesday
September 19, 1918

Canadian medical staff await arrival of patients during the Spanish Flu epidemic.

www.genomenewsnetwork.org/.../2004/02/06/flu.php

(Source of photo unknown)



**Nurse wearing a mask as protection against influenza.
September 13, 1918.**

www.archives.gov/.../records-list.html



Saturday
September 21, 1918

Lewiston Nurses Rushed Saturday To Camp Devens

Ten Taken From Central Maine
Hospital to Fight Great Epi-
demic of Spanish Influenza

Auburn Boy Writes That Dis-
ease Has Spread Thru Whole
Cantonment, But They Are
Getting It Under Control

Ten nurses from the Central Maine General Hospital, Lewiston, left for Camp Devens on the seven o'clock train this morning.

Six thousand cases of Spanish influenza are reported in the camp today, and the Boston Red Cross headquarters has summoned nurses from all New England hospitals to care for the soldiers suffering from the disease. The number of deaths at Devens, Friday, is reported variously, ranging from 170 to 6, but according to the best understanding of the local authorities, it is 17.

An Auburn boy in the camp writes that the disease has spread thru the entire cantonment, but that the doctors are beginning to get it under control. The call for nurses came direct from Boston headquarters to the Central Maine General Hospital, and ten of the most expert of the nurses left this morning on very short notice. Three of them went from the hospital, and the others were called in from private cases.

No doctors have been summoned from Lewiston-Auburn, and no nurses from St. Mary's hospital.

Monday
September 23, 1918

Capt. Lawry Dies Of Spanish Influenza

Widely Known Maine Official
Stricken At Camp Devens
And Died on Return to Maine

AUGUSTA, Sept. 23 (Special).—
Capt. William E. Lawry of the prov-
ost marshal's department at the
State House, where he has been in
charge of draft work, died Monday
of pneumonia. A short time ago he
was sent on an official errand to
Camp Devens, to acquire some sol-
diers for work on the fortifications.
While there he contracted the Span-
ish influenza. Since he came home
he suffered several relapses.
Capt. Lawry was born in Lewiston
in 1882. When two years old his
parents moved to Stoneham, Mass.,



CAPT. W. E. LAWRY.

where he was educated. At 17 he
returned to Lewiston to take a course
at Bates college. During vacations
he worked at woodworkers trade.
In 1906 he began newspaper work,
beginning as a reporter on the Lew-
iston News. Then he went to the
Kennebec Journal, and later to the
Portland Express. After this he re-
turned to Augusta to be associate
editor on the Kennebec Journal. He
had the capacity of doing more than
one important thing at a time, and
while serving as secretary of the
Maine senate, covered two sessions
of the legislature for the Bangor
News.

He served as deputy labor com-
missioner for about a year and then
began news work for a syndicate of
Maine papers, a position he was
holding when he was elected secre-
tary of the Maine senate. He has
served two terms as its secretary.

He belonged to Augusta Lodge of
Masons and the Abnaki club. His
work at the State House in connec-
tion with the provost marshal's office
has been most efficient and thorough,
and he was greatly liked by a wide
circle of friends.

He is survived by his wife, who
was his classmate at Bates college,
and by two children, Mabel and
Maudie, who reside in Augusta. His
parents, Mr. and Mrs. Ford W. Law-
ry, and two sisters, Fattie N. and
Verna W. live at 15 Water street,
Lewiston; also he leaves two broth-
ers, Walter, who is in the West, and
Justin A., in New York.

Wednesday
September 25, 1918

No Epidemic; Don't Be Afraid—And Keep On Smiling

"Spanish Influenza" Nothing
But Plain, Old-Fashioned
Grip, and There Isn't Very
Much of It In Lewiston-Au-
burn

Local physicians are of the positive opinion that people in this vicinity should not be alarmed over an epidemic of Spanish influenza, and they give two reasons for forming their opinion. Here they are: First, there isn't such a thing as Spanish influenza; second, there is no local epidemic of anything, except hard colds. From their observation and previous knowledge, the disease now known as Spanish influenza is just plain, old-fashioned grip, such as has been prevalent at times in past years. There have been some cases of this, but not sufficient number to be termed an epidemic.

Superintendent Randall of the Auburn public schools, when asked if this disease, prevalent in other cities, had in any way affected Auburn's school attendance, said not a single case had come to his attention. At the office of the superintendent of schools in Lewiston, practically the same statement was made—no reports had come from any of the teachers of attendance depicted by illness.

"I know of no epidemic in these cities," an Auburn doctor said. "I consider that what is called Spanish influenza is in reality what has always been known as grip. Moreover, many people afflicted with hard colds think they have influenza."

Another physician made practically the same reply, adding that he did not believe there is in the whole country a case of Spanish influenza—that the epidemic holding sway in some cities should be termed grip, and treated as such. A third physician said he had heard a report of two mild cases, none had come under his personal observation.

Because of the rapid spread of this epidemic, by whatever name it is called, in certain other localities, the Maine State Board of Health has issued certain timely warnings. The disease is given off in the secretions of the nose, throat and air passages of those afflicted, and transmitted by coughing and sneezing, or by means of things used in common, such as towels, cups, forks or spoons. There is little danger of infection in the open air. Any person contracting the disease, or who thinks he has contracted it, should take proper precautions and consult a physician, since it often develops into broncho-pneumonia, which frequently ends fatally.

And in connection with reports of the epidemic, a Lewiston man tells how he was fairly driven out of a certain New Hampshire city because of the bells tolling for influenza victims.

It had been the long-established custom in this particular city to toll the bell whenever one of its residents died—which may have been all right enough, if rather needless, in ordinary times. Now that an epidemic has come the custom is continued, with the result that the survivors are driven about wild.

This Lewiston man is ordinarily a steady, nerved and not easily upset person, but as he says, "When there are eight or ten deaths in a single day, and the church bell tolls for each, the best nerves in the universe would be affected. There is something so gruesomely depressing about the steady ringing of the bells that I simply couldn't stand it another minute; so I came away. It must have a doubly depressing effect on those who are sick, and there are hundreds of them there. It fairly makes me shiver to imagine myself lying ill of influenza, or anything else, and hear the steady beat of the bells for those who have succumbed."

Tolling the bells for the dead is a custom in many cities, but the man quoted says that in his opinion it is a custom that might happily be dispensed with.

Maine 1917

- Maine Board of Health becomes the Maine Department of Health
- Physician Commissioner – Leverett Bristol, MD, DrPH
- Appropriation increases from \$8,000 to \$30,000.

NEARLY ELEVEN THOUSAND CASES OF THE INFLUENZA AT CAMP DEVENS ALONE

Sixty-Six Deaths There Yesterday—Disease Is Epidemic at Various Other Army Camps.

Washington, Sept. 24.—Nearly 3,000 new cases of Spanish influenza in army camps had been reported to the offices of the surgeon-general of the army up to noon today, increasing the total number of cases to nearly 13,000.

Deaths reported were 112, due chiefly to pneumonia, which followed influenza. The total of pneumonia cases was 390 for all camps.

New cases of influenza were reported today from 21 camps in all, while Camp Beauregard, La., reported the first case.

Camp Devens, Mass., has the highest number of new cases, 616; and Camp Lee, Va., the second highest, 428.

The total number of cases at Camp Devens is now placed at 10,789 and it was announced that Colonel William H. Welch, a bacteriologist and organizer of the Rockefeller Institute, Dr. Rufus Cole, an expert on respiratory diseases from the institute, and Colonel Victor Vaughn, of the army division of sanitation, have been sent to Camp Devens to study conditions there in an effort to combat the disease.

Ayer, Mass., Sept. 24.—Sixty-six deaths were reported today at Camp Devens from influenza or pneumonia. Among the victims were Captain Charles A. Sturtevant of Manchester, N. H., medical officer of the 74th Infantry, and a nurse, Miss Dorothy W. Ashby, of Boston.

Camp medical officers conferred today with civilized specialists regarding means of combatting the epidemic, but the plans adopted were not discussed. In attendance at the conference were Professor Simon Walbach

of Harvard University and Dr. Rufus Cole of New York.

Official reports tonight indicated that the general situation remained about the same, with approximately six thousand cases of influenza or pneumonia under treatment.

Relatives of sick men flocked to the camp in large numbers, but only those relatives of patients in a critical condition were allowed to remain overnight.

The Hostel House of the Y. W. C. A. cared for more than fifty women relatives tonight.

Chicago, Sept. 24.—The crisis in the Spanish influenza epidemic which has stricken more than 8,000 sailors at the Great Lakes Naval Training Station has passed, according to Captain Moffett, the commandant.

New York, Sept. 24.—Thirty-seven deaths and more than 200 new cases of Spanish influenza and pneumonia were reported today in this city and nearby army camps. All the deaths were those of soldiers, and 110 of the new cases developed among military or naval men.

Boston, Sept. 24.—The board of health reported 81 deaths from influenza and 28 from pneumonia for the 24 hour period ending at 10.30 o'clock tonight.

Camp Meade, Md., Sept. 24.—The authorities admitted today that there are 500 cases of influenza in this camp. Yesterday it was said there were only a few. There are 10,000 men in the camp and the percentage of cases as yet is small. There have been no deaths and every care is being taken to prevent pneumonia complications.

Thursday
September 26, 1918

NO LOCAL ACTION YET ON EPIDEMIC

Are Comparatively Few Cases
at Present in Portland
and Vicinity.

Authorities to Hold Conference
at Once to Consider What
Should Be Done.

Chief of Police Bowen initiated the first important step so far as the City is concerned, in the fight against the present epidemic of influenza yesterday, when he issued orders that the police ambulance would not respond for calls for the transportation of patients suffering from the disease. He took a further step when he stated that the anti-spitting laws would be strictly enforced.

Several cities in New England have closed the schools, churches and theatres until the epidemic abates, and Dr. Tetreau said last evening that a conference will be held at which times these matters will be carefully considered. So far no action has been taken regarding the matter in this City.

A well known local physician last evening said he understood that at the present time there were about fifty cases of influenza in Portland. This number is not large, but the disease is very contagious and every precaution should be taken. He pointed out that the schools could be closed and the time lost be made up at the end of the term, and in that way danger eliminated from the children gathering in the class rooms and the conservation of coal would be an added benefit.

Dr. Gehring expressed himself yesterday in no uncertain manner and stated he intended getting in communication with Governor Milliken, informing him of the seriousness of the situation and suggesting the closing of the schools and other public places temporarily.

Referring to the disease as Spanish influenza, as possibly a somewhat new disease, a well known physician last evening said there was nothing new about it. It was first known in this Country in 1880, and known at that time as the Black Drought. Since then it has been more or less prevalent and for many years was termed grippe. It was the same disease that was epidemic here in 1889 and 1890, and which has appeared since then to a greater or less extent.

There are always sporadic cases every season, but at present the disease has reached an epidemic stage. Avoiding crowds, using no dish, towel, napkins or cloth used by another person, bodily cleanliness and the use of spray and disinfectant, are urged as the best safe guards.

The disease is spread from excretions from the nose and mouth, largely by coughing and sneezing, anyone within a radius of twenty feet of a victim being endangered by that act. It is also spread by the dry excretions being scattered about in the form of dust.

Portland Heads to Confer On Action To Check Epidemic

PORTLAND, Sept. 26 (Special).—Mayor Clarke has called a conference in his office for Friday morning to see what action is necessary to suppress the further spread of influenza in this city. Managers of theaters, the superintendent of schools, Bishop Walsh, Bishop Brewster and heads of the Red Cross, Chamber of Commerce, Jewish societies and church federation, as well as members of the board of health, have been invited. This is the result of a discussion of the situation by Mayor Clarke and Dr. Tatro of the Board of Health this morning. There are no less than 200 cases in this city, outside of the forts, and the mayor thought it wise to have this conference before issuing any drastic orders or closing any public places. The State Board of Health has ordered Dr. Worth of Bangor to come here to assist.

Maine 1918

**Who had authority to quarantine
and ban
public gatherings?**

Maine 1918

Local Boards of Health

EPIDEMIC IN LISBON SEVERE

Schools and Theaters Closed
And Public Gatherings Are
Cancelled

LISBON, Sept. 26 (Special).—While the prevailing epidemic may not be prevalent in Lewiston and Auburn, Lisbon has been severely afflicted. The board of health this morning reported 227 cases in the town, many of them severe, tho not necessarily critical.

The schools have been closed for the week, the picture shows have been temporarily discontinued, a benefit whist party planned for last evening was omitted, and the temperance lecture schedule for this evening at the Federated church has been cancelled.

Friday
September 27, 1918

**Street car conductor in Seattle not allowing passengers
aboard without a mask. 1918.**

www.archives.gov/.../records-list.html



Maine Boys Who Have Died of Spanish Influenza at Camp Devens as of September 27th

- **Carroll Fuller, 22, Westbrook**
- **Alphonse Dame Jr., Westbrook**
- **Joseph N. Houle, Westbrook**
- **Harvey Miller, Westbrook**
- **Albert Richardson, Orr's Island**
- **Clifford Doughty, Chebeague Island**
- **Cecil Brown, Norway**
- **William Snow, Norway**
- **Adams Forrest, Cumberland Mills**
- **George Carpier, Biddeford**
- **Cecil Grant, Houlton**
- **Albert Moody, Solon**
- **Ned Cyr, Van Buren**
- **Melvin Ames, South Bancroft**
- **Hollis Parsons, York Beach**
- **Frederick MacDonald, Vanceboro**
- **Thomas Currier, Sanford**
- **Chester Fletcher, Wilton**
- **Herbert Barnfield, Freeport**
- **Earl Robbins, Livermore Falls**
- **Frank Stevens, Kennebunk**
- **William B. Clark, 31, Norway**
- **Oscar S. Marden, Winterport**
- **Clyde Cilley, East Thorndike**
- **Harry B. Putnam, 31,**

Theaters To Close In Brunswick On Account Epidemic

BRUNSWICK, Sept. 27 (Special).—
Altho there are less than 40 cases of
influenza in Brunswick known to the
board of health, the board Friday, as
another precaution, ordered the the-
aters to close after Saturday night,
to remain closed until the epidemic
is over. The board also ordered the
Liberty loan committee to cancel its
demonstration planned for Monday
evening, when the town was to hold
a reception for Corporal Belanger.

MAINE HAVING ITS SHARE OF SORROW

Many of the Influenza Victims Are Boys from This Locality.

Over One Hundred Cases Had Developed at Yarmouth Last Night.

A conference to determine whether immediate and important action is necessary to check the further spread of influenza will be held at the office of Mayor Charles B. Clarke this morning.

The question of closing public places will be considered then. The number of cases has not been announced, but it is known that the disease is prevalent.

Four nurses have died here the past week with it, according to Dr. Edwin W. Gehring, who expressed the belief that all public places should be closed at once.

Dr. H. D. Worth of Bangor has been directed by Dr. L. D. Bristol of the State Board of Health, to remain here and assist in stamping out the disease.

Governor Milliken decided yesterday not to issue a State-wide order in connection with the influenza, but to leave the matter of taking precautions in the hands of the local health and municipal authorities in the present stage.

The Fourth Liberty Loan parade, arranged for Saturday was postponed as a necessary precaution.

From the Military Camps, especially Camp Devens, there continues to come the saddest of news for many who have boys in the service.

From the latest information the conditions are not shown improved and besides the young soldier dying of the epidemic there are many who are very ill.

Both doctors and nurses are rendering heroic service under the extraordinary demands made upon them, and not a few are themselves succumbing to the disease.

One of the Unusual instances connected with the illness and death at Camp Devens is the case of Private Philip Doyen, Jr. of South Portland, who was detailed to accompany the body of a Waterville boy to his home city.

Private Doyen was himself stricken by the disease on the way to Portland, and is now passing through the various stages of the affliction at the home of his father, Capt. Philip H. Doyen of Highland avenue.

Lynn R. Stanorth. The death of Private Lynn R. Stanorth, the only child of Frank H. and Edith (Nichols) Stanorth occurred yesterday at the home of his parents, South Portland, after an illness of nearly two weeks.

Private Stanorth, who was only 23 years of age, was sent to Camp Devens with the July draft contingent. A week ago last Saturday he arrived at his home on a short furlough and was immediately taken ill of Spanish influenza, the disease developing into pneumonia about three days ago.

Private Stanorth was born in South Portland and received his education in the public schools there. Previous to his leaving for Camp Devens in July he was married to Miss Leonn V. Pinkham of South Portland, who survives him.

Before entering the National Army he was employed at the Ford Taxicab Co. on High street, Portland.

Funeral services will be conducted from his late residence, 571 Main street Sunday afternoon at 2.30 o'clock.

Several Westbrook Boys. Yesterday his friends in Westbrook were saddened to hear of the death at Camp Devens of Carroll Fuller, a well known local boy, son of Mrs. A. V. Fuller, formerly of that city, and at present of Portland.

He had entered the service only a short time ago, following his marriage to Miss Myrtle Eaton, a well known Westbrook girl. He was a graduate of Westbrook High School in the class of 1914 and had also attended Bowdoin College.

The death of Alphonse Dame, Jr., another well known Westbrook boy, was also reported yesterday from Devens. The deceased was the son of Mrs. Xavier Dame of North street, and well known in business circles.

Still another death to be reported was that of Joseph Nbel Houle, son of Mrs. Abram Houle of Westbrook, who leaves a wife, Mrs. Catherine (Hyde) Houle in Portland.

Word also came from Camp Devens, yesterday telling of the death of Harvey Miller, son of Noah Miller, Brown street, Westbrook, from the same influenza. He is survived by his father, wife, Mrs. Addie (Watson) Miller, two brothers, Ralph and Harry of Westbrook, and one sister, Mrs. Ella A. Chaplin of Springfield, Mass.

East Rounds, son of Mrs. Laura Rounds, 2 Raymond street, Westbrook, is very low and yesterday his mother went to the cantonment when word came of worse condition.

Many other Westbrook boys are reported as in bad health.

A Yarmouth Boy. Private Edwin B. Mayberry, son of Mr. and Mrs. Burton Mayberry of Yarmouth, died yesterday at Camp Devens, according to word received yesterday by his parents. He left Yarmouth in the July draft and was a member of the 14th Infantry. He was 22 years of age and leaves besides his parents, one brother, Sergeant Harry B. Mayberry, who is now in service in France.

Over Hundred Cases at Yarmouth.

Cases were issued last evening by the Yarmouth Board of Health for the closing of the schools, churches and motion picture theatres until further notice. At present there are over one hundred cases of influenza in Yarmouth and doctors and nurses are extremely busy. While but few of the victims are seriously ill, and but one case of pneumonia is reported, should the number of cases increase materially, the situation would be very serious.

Other Maine Boys Who Have Died of the Disease at Devens.

- Albert Richardson, Orr's Island.
- Clifford G. Doughty, Chebeague Island.
- Cecil Brown, Norway.
- William H. Snow, Norway.
- Adams Forrest, Cumberland Mills.
- George E. Carlier, Biddeford.
- Cecil E. Grant, Houlton.
- Albert F. Moody, Solon.
- Ned V. Cyr, Van Buren.
- Melvin C. Ames, South Bancroft.
- Hollis B. Parsons, York Beach.
- Frederick J. MacDonald, Vanceboro.
- Thomas D. Currier, Sanford.
- Charles E. Fletcher, Wiscasset.
- Herbert R. Barstow, Frankfort.
- Earl B. Robbins, Littleton Falls.
- Frank E. Stevens, Kennebunk.

"NO DEFINITELY ESTABLISHED CASE OF INFLUENZA IN THE ENTIRE CITY OF LEWISTON"

So Declared Chairman Epstein of the Board
Of Health, Friday Morning—A Time For
Precaution But Not For Alarm

There will be a meeting in Mayor Lemaire's office, Lewiston, late Friday afternoon, to consider what should be done in Lewiston about the Spanish influenza situation. Members of the board of health, prominent physicians, Superintendent of Schools Bickford and the mayor, will confer, and will determine whether the situation warrants closing the schools or public places.

Mayor Lemaire is not in favor of closing anything until it appears necessary. "I do not believe the epidemic has touched us so far" said he Friday morning. "There are a few cases of grippe, and a too hasty closing of public places may frighten folks into believing that they have something worse than they really have. However, we shall try to get at the exact amount of the disease in our city, and we shall do what we consider best"

Mayor Lemaire's opposition to the closing of public places at this time is generally shared.

Saturday
September 28, 1918

MAINE UNIT OF DOCTORS AND OF NURSES

"Don't Get Panicky," the Exhortation of Dr. Bristol, State Com'r of Health

AUGUSTA, Sept. 25. — Governor Milliken Friday night after a conference with Adjutant General George McL. Presson and Major Gilbert M. Elliot of Brunswick, the surgeon general on his staff decided to form a military unit of 15 doctors and nurses to be known as the Maine Unit, to be in readiness when called upon to assist in the epidemic of Spanish influenza. Major Elliott sent out a general appeal for registered and experienced nurses to go to Boston, they to be paid for their services and be reimbursed for their expenses.

Dr. Everett D. Bristol, the state

commissioner of health, said last night that altho the epidemic of Spanish influenza is showing a gradual increase, yet he did not think the people should be particularly alarmed and they should not get "panicky" as he expressed it. The Post-Office Baptist Convention which was to have been held in the city next Tuesday has been postponed for two weeks on account of the prevalence of the influenza.

SCHOOLS ARE ORDERED CLOSED, ALSO THEATRES AND OTHER PLACES

Full Precautions to Be Taken Against Prevailing Disease—Concluding Per- formances at Theatres Tonight—Final Sessions of Schools Held Yesterday

After an entire day devoted for the most part to conferences and discussions regarding the epidemic now prevailing, late yesterday afternoon a decision was reached and drastic measures were taken to prevent the spread of the disease.

Following the general discussion in the morning, Mayor Clarke conferred with Dr. Bristol of the State Health Department and Dr. Tetreau, health officer of the City. In the exercise of powers and duties imposed by the statute the health officers made specific recommendations to the Mayor which are embodied in the following order which the Mayor approved.

In order to conserve the public health it is ordered until further notice:

That after Saturday night, September 27th, no assemblage or gathering shall be permitted or held in theaters, moving picture houses, or dance halls within the City of Portland, and no other unnecessary assemblage or gathering of people shall be permitted or held within said City.

That after Friday night, September 27th, the sessions of the public schools shall be discontinued.

Board of Health.

Thomas Tetreau, M. D.,
Health Officer.

Approved:

Charles B. Clarke, Mayor.

Mayor Clarke's Statement.

After the order was promulgated Mayor Clarke briefly stated that at a meeting of the representatives of every theater in Portland, superintendent of schools, health officials of State and City, and leaders of various organizations, it was the practically unanimous opinion that this step should be taken. The Board of Health does not wish it to be assumed that an epidemic exists at the present time, but in view of the increasing number of cases being reported in this City, public safety made such a precautionary measure quite necessary.

To get the sense of the meeting a straw vote was proposed and this showed 22 out of 30 favoring the general closing recommended by the medical authorities.

Among those present at the morning conference were Mr. Reeves, Strand Theater; Mr. Hutchinson, Portland; Mr. Garrity, Jefferson; Mr. Hamilton, Keith's; Mr. Rosenthal, Elin; Mr. Chapman, Music Festival; Mr. Hill, Paramount Pictures; Mr. Varney, Advertising Agency; Mr. Goodside, Empire; Dr. Tetreau, Dr. Bristol, Dr. John Thompson, Dr. Perry, captain medical department of the U. S. Army; Supt. Perkins, Mr. Braun, Mrs. Herbert Brown, Mrs. Dr. Small, Rev. Father Houlihan, represented Rt. Rev. Bishop Walsh, Bishop Brewster, Senator E. W. Murphy.

Dr. Tetreau's Statement.

Referring to the number of cases now in the City, Dr. Tetreau said that up to late yesterday about 400 cases had been reported to him by the physicians. Although the disease is not a reportable one to the health department by the requirements of any law, like small pox, etc., the physicians have been requested by the health officer to keep him advised as to the cases and their present doing so.

Dr. Tetreau added while in the opinion of many the situation bids fair to be a serious one, there was no occasion for people to get unduly nervous over the matter, but view it in a sober way and go right ahead with their business and usual vocations just as if nothing had happened. They should however, exercise a little more than the usual care when they find themselves grouped with other people. The old couplet about avoiding the cough and sneeze thereby escaping the disease is a good thing to remember.

Daily Eastern Argus
9/28/18 b

Morning Conference.

In response to the invitations sent by Mayor Clarke, a very goodly representation of officials, doctors and theatrical people was present at the morning conference in the Mayor's office where the topic was thoroughly threshed out.

Mayor Clarke outlined the objects of the meeting and Dr. Tetreau explained the situation. He thought some move should be made at once by way of precaution, at least to avoid such spread of the disease as has taken place in Massachusetts.

Besides Dr. Tetreau, of the medical profession there were present Dr. John F. Thompson, Dr. Bristol of the State Health Department, and Captain Perry of Fort Williams. All agreed that the danger is threatening, and it was explained by them that the influenza spreads by personal contact and in assemblies where a few persons carry the contagion, all may be in danger. The disease is best checked by suppressing assemblies of all kinds during the epidemic.

Supt. of Schools Perkins went into the school situation explaining the conditions existing in certain sections of the City where a large number of children were kept out of school by parents because of the scare.

Quite a number of the local managers of theaters were present. They would close their houses without protest if the authorities believed such an order was a much needed precautionary measure. They had already agreed however to disinfect the houses before and after each performance and keep them in the best possible condition as far as ventilation was concerned.

Typist wearing mask, New York City, October 16, 1918.

www.archives.gov/.../records-list.html



2505/4

Daily Eastern Argus
9/28/18 d

WHY NOT OPEN TROLLEYS?

With the influenza epidemic reaching a stage where it has been found necessary to close the public schools and theatres, and forbidding all unnecessary gatherings, would it not be a wise measure for the Mayor to request the trolley company to use open instead of closed cars until such time as the epidemic has abated?

Probably no place is more congested, or individuals brought in closer contact with one another than in a trolley car. Of course it would not be very warm, but passengers traveling could dress in accordance. Daily hundreds are riding in automobiles and it certainly would be no colder in a trolley car.

Fresh air is advanced as one of the best preventatives. The comfort of a closed car should not be taken into consideration when the health of the community is at stake. It would be as easy to operate the open cars as the closed style and the promise of excellent results is large.

PORTLAND IS STILL HAVING DISEASE LIGHT

Quite a Number of Cases,
But Are Mostly of a
Mild Form.

Health Officials Have the
Situation Well in
Hand.

While the number of influenza victims had increased somewhat for the twenty-four hours ending at midnight ~~the number of cases was not as large as had been expected in well informed quarters.~~

While the disease has reached a stage that fully justified the action of the Board of Health in directing the closing of the schools, theatres and all public gatherings, still the situation is far from alarming. The number of deaths so far has been small and in most cases the disease appears in a very mild form as compared to the conditions in Massachusetts.

Every physician is about as busy as he well can be, and the nurses have their hands full, but no condition has yet arisen that should cause the public to become fearful. A very large number of cases being treated by the physicians have developed as nothing worse than a cold, yet every precaution is being taken to give more than ordinary care.

Just how many cases there are in the city at present it is hard to state. Estimates vary from four to seven hundred. The number of deaths is also a hard one to arrive at positively, as complications resulting give various causes of death.

The health authorities feel that they have the situation well in hand and that unless unforeseen complications arise that the increase of cases will be no more than the weather conditions would normally account for. With the suspension of public gatherings of all kinds and the adoption of recommended precautions by the public at large, with proper care exercised by the patients the epidemic should be broken in a few days.

Among the deaths from influenza in Portland during Sunday was that of Bartholomew Riley of Bradford street. Mr. Riley had been ill but a short time, pneumonia following the attack of the grip. He was the father of ten children, all well grown up, and one of his sons is down with the disease at the hospital. The young man was holding his own last night, with prospect for his recovery.

Portland Churches To Close Sunday

PORTLAND, Me., Sept. 28 (Special). — Portland churches, except the Catholic and Protestant Episcopal churches, will be closed Sunday on account of the prevailing epidemic of influenza. The Catholic and Protestant Episcopal churches will be opened for low mass in the morning only.

In the order given out from the mayor's office Friday, it was stated that the schools, theaters, and such public gathering places should be closed, but made the closing of churches optional.

At a meeting of the representative church body Saturday morning, it was decided that the churches should be closed, as previously described.

Guard in Advance against SPANISH INFLUENZA

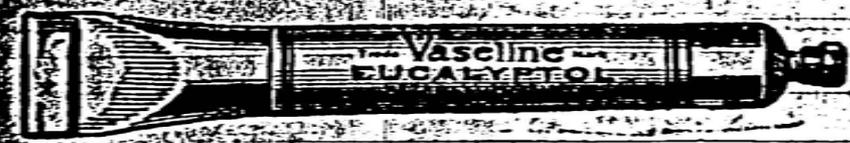
"Vaseline" Eucalyptol is
one of the famously reliable
"Vaseline" Preparations
compounded in accordance
with the best medical
authorities.

Vaseline Reg. U.S. Pat. Off. Eucalyptol Petroleum Jelly

Snuff a little "Vaseline"
Eucalyptol up the nostrils
night and morning. It
keeps the delicate mem-
branes clean and healthy,
and is a protection against
the influenza germ.

At all drug stores.

CHESBROUGH MANUFACTURING COMPANY
(Incorporated)
17 State Street, New York



Tuesday
October 1, 1918

THE SITUATION IN PORTLAND

Need of Continual Vigilance Was Shown During the Day.

Every effort is being made by the Health Board to combat the influenza in this City. In this connection the following order was promulgated yesterday:

"By order of the Board of Health, all sessions of parochial, and private, as well as public schools are hereby ordered suspended until further notice. This order is given to prevent further spread of influenza. The holding of public funeral services in any building is forbidden.

Thomas Tetreau, M. D.

Health Officer."

It is permitted that private prayers may be held in the residence of deceased persons and public open air services may be held in cemeteries.

None of the parochial schools in the City held sessions yesterday forenoon but in order to make the Board of Health rules uniform for private as well as City schools, the order was issued.

The members of the board and the local physicians feel that they have the situation well in hand, yet they do not feel that it would be wise to relax vigilance in the slightest particular.

Up until Sunday night 837 cases of influenza had been reported to the Board of Health and in addition 257 cases had been reported up to half past four yesterday afternoon. It is believed that some of the cases reported by physicians yesterday were old cases. Four deaths were reported during the day, one on Grant, Myrtle and Sheridan street, and one at the City Hospital.

Gauze masks are being distributed in the board of health office to nurses and physicians for nurses and patients to wear that the precaution may make it safe for nurses attending patients who are suffering from influenza. They were made by the Red Cross and are similar in design to those used in the army forts near the City.

Bangor Daily
10/18/1918 a

A personal offer to those who fear Spanish Influenza

MANY doctors are urging the use of a soothing antiseptic like Kondon's for INSIDE the nose and head.

I want to make it easy for folks to get this relief.

THEREFORE, I hereby authorize any druggist to let you have a 30c tube of "Kondon's" on the understanding that if you don't think it is worth many times that to you, you may return your tube to the druggist and get your money back—the druggist to collect said refund from me.

(Signed) Thomas N. Kenyon, Owner

**KONDON'S CATARRHAL
JELLY**

MINNEAPOLIS, MINNESOTA

MEETING LATE TUESDAY TO DISCUSS INFLUENZA

Local Situation Again to Be Considered At Session In the Mayor's Office—Until Then, Nothing Is Decided

Whether or not it will be thought best to close the theaters and other public resorts of Lewiston, as many physicians have suggested, is a question undecided when the Lewiston Journal went to press at 5 o'clock in the office of Mayor Lemaire, there will be a meeting of physicians, members of the board of health, representatives of the schools and others interested, and the problem will be thrashed out. There are those who believe that the theaters should be closed, as has been done in Portland and Bangor, and there are others who hold that conditions are not favorable, and that such a move, at present, would not be wise.

At 11 o'clock Mayor Lemaire informally discussed this situation with the directors of the Chamber of Commerce. It was an executive meeting and did not last long, as he repeatedly repeated to them," said Mayor Lemaire, on returning to city hall, "what the physicians and others in a position to know said at the meeting in my office last Friday—that the theaters should run, provided they were kept thoroughly fumigated and unusual precautions were taken. There was no definite decision this morning, merely an exchange of views—but probably one will be reached at the meeting this afternoon."

Earlier in the day when questioned by the Journal, Mayor Lemaire had expressed the opinion that the situation does not warrant nervousness or alarm and he thought it unlikely that places of public resort would be closed. He realizes, as do others who have studied the situation, that there is something to be said upon both sides.

"I don't know when I've been more angry," said Chairman Spstein of the board of health this morning, "than when I read in a local paper that there are 400 or 500 cases of influenza in these cities."

"Exactly 22 had been reported to the board of health last night, and this morning there were five more—a total of 27. Physicians have many cases of severe colds—some about which they are undecided, and which they are watching—and the press comes out and brands them all as influenza. Not a fraction part of the number are definitely defined, actually authenticated cases of this disease."

"One physician is quoted as saying that he had twenty cases—meaning, presumably, twenty cases under observation. If 20 cases of actual influenza, why did he not tell me? I don't know who this physician is. He hasn't said anything to me at all. Why did he not come to the proper authorities, instead of going to the press? It is provided by law that physicians shall report cases of contagious diseases to the board of health, and there is penalty for failure to observe this law. What is to be said, therefore, of those who share their knowledge with the newspaper instead of with the duly constituted authorities?"

The number of officially reported

cases in Lewiston, therefore, is 27. In Auburn it is about 30. How many others there may be—from actually defined cases to those under observation and suspicion—is wholly doubtful. Evidently it will probably be cast at the meeting in Mayor Lemaire's office this afternoon.

Whether or not the theaters and other places of public amusement are ordered closed, it seems likely that the schools will be. Both Supt. Bickford of Lewiston and Supt. Randall of Auburn favor keeping them open. "About 23 per cent of the pupils are absent this morning," said Superintendent Bickford, at eleven o'clock, following a tour of personal inspection. "This is unusual for nine per cent is nearer the average. But we are using unusual precautions and children afflicted with even slight colds are told to remain at home."

As far, thus far, although many colds have been reported, there has not been one case of influenza. I believe the people are better off in school, where they are carefully watched and study under sanitary conditions, than many of them would be if they were at home. He implied that the closing of the schools would not, in his judgment, be for the best.

No cases of influenza have been reported in the Auburn schools—which are running as usual, although with increased precautions and safeguards. It is understood to be the opinion of the Auburn school authorities that closing them would be unwise.

As to the closing of the Lewiston theaters—this is a problem which does not affect Auburn, all of the theaters being over here—there is a wide difference of opinion. Many physicians have called attention to the danger of public gatherings and have pointed out that even the most epidemic exists at present, the time to stop one is at its inception. In other words, on a course of prevention is worth a pound of cure.

On the other hand, there are those who point out that general conditions in Portland and Bangor, where the theaters have closed, are not parallel with those in Lewiston. Portland and Bangor are essentially cities of homes, which, however great the coal shortage, are reasonably well heated. Lewiston is in considerable degree a city of tenement—of individual rooms, occupied by factory workers who have no homes of their own. Of ten of these rooms are not heated. Thousands, literally, go to the theater at this time of year to get warm. With the theaters closed to them, what are they to do? It is a serious matter to them. And, of course, sitting in unheated rooms at this time of year would mean the spread of many colds.

It is, therefore, a really complicated problem, and one with two sharply defined sides, that will confront Mayor Lemaire and his advisers at the meeting this afternoon. "It is my only desire," said he to the Journal, "to solve it for the best interests of the city."

Bangor Daily
10/18/1918 5

Spanish Influenza

Support the patient's weakened vitality by a sustaining, easily digested food.

Borden's Malted Milk is a standby for the convalescent. It builds up strength speedily and surely. Pure full-cream milk and nutritious grains—partially predigested by a special process.

Insist on Borden's—at all drug stores—in square packages only.

Borden's
Malted Milk

Nurse wearing a mask as protection against influenza. September 13, 1918.

www.archives.gov/.../records-list.html



BATH IS IN GRIP OF THE EPIDEMIC

Six hundred cases of grip are reported at Bath. Thus far the fatalities have been very few.

Grace church parish house was offered to the Red Cross Saturday night thru the rector, Rev. Culbert McGay, as an emergency hospital and the offer was immediately accepted. At two Monday afternoon the hospital was established and is equipped with 20 beds. The Red Cross has 20 nurses on its list caring for patients, and five automobiles are used in conveying them to different parts of the city. Three new nurses were added Monday to the staff at the emergency hospital established at the Kennebec yacht club where there are 70 patients.

This noon a general appeal was issued to the Red Cross for contributions of old shirts and night dresses which must be absolutely clean, to be used for the emergency hospitals. These articles may be left at the Red Cross rooms, or by telephoning 708-W they will be called for.

Monday Exalted Ruler L. Eugene Thebeau of Bath lodge of Elks offered the use of the club home on Lombard street to Chairman Edward W. Hyde of the Red Cross for hospital use if found necessary. This offer was most gratefully received and it will be held in readiness for acceptance at any time if conditions warrant its use.

Rev. Edwin Dodge Hardin of the Winter street church has volunteered to serve as night nurse during the emergency. The Red Cross needs the assistance of any who are willing to give time and strength to this work.

Bangor Daily
10/21/1918 b

How To Avoid INFLUENZA

Nothing you can do will so effectually protect you against the Influenza or Grippe epidemic as keeping your organs of digestion and elimination active and your system free from poisonous accumulations.

Doctors and health authorities everywhere are warning people of the danger of constipation, and advising, and urging everyone to see that the bowels and other eliminative organs act freely and regularly.

Ordinary laxatives, purges and cathartics, salts, oils, calomel and the like, are good enough to clean out the system, but do not strengthen the weakened organs; they do not build up vitality.

Why don't you begin right today to overcome constipation and get your system in such shape that you can feel

reasonably sure of resisting disease. You can do so if you will just get a 25c. box of **Nature's Remedy** (NR Tablets) and take one each night for a while.

NR Tablets do much more than merely cause pleasant, easy bowels action. This medicine acts upon the digestive as well as eliminative organs, promotes good digestion, causes the body to get the nourishment from all the food you eat, gives you a good, hearty appetite, strengthens the liver, overcomes biliousness, regulates kidney and bowel action and gives the whole body a thorough cleaning out. This accomplished you will not have to take medicine every day. An occasional NR Tablet will keep your body in condition and you can always feel your best. Sold and recommended by druggists.



NR

TO-NIGHT- Tomorrow Alright

Get a 25c. Box



Bangor Daily
10/21/1918 d

As Spanish Influenza

is an exaggerated form of Grip, LAXATIVE BROMO QUININE Tablets should be taken in larger doses than is prescribed for ordinary Grip. A good plan is not to wait until you are sick, but

Prevent It

by taking LAXATIVE BROMO QUININE Tablets, which destroy germs, act as a Tonic and Laxative, and keep the system in condition to throw off attacks of Colds, Grip and Influenza.

Laxative Bromo Quinine

Tablets remove the cause of Colds, Grip and Influenza

Quickly Relieves Headaches caused from Colds

LAXATIVE BROMO QUININE is the first and original Cold and Grip Tablet. It is used by every Civilized Nation, and has a larger sale in the United States than the combined sales of all other cold and grip cures. It has stood the test for more than a Quarter of a Century.

Remember there is Only One

"Bromo Quinine"

Call for full name and look for this signature on box

E. W. Grove

Price
30 Cents

Maine 1917

**What was the most
common cause of death
in 1917?**

Maine 1917

**Infectious diseases,
with Tuberculosis the
most common cause.**

Maine 1917

Tuberculosis:

- Killed over 900 Mainers in 1917
- Accounted for more deaths than from all cancers

Maine 1917

Other common causes of death:

- Pneumonia
- Diarrhea
- Whooping Cough
- Diphtheria
- Typhoid Fever
- Polio
- Meningitis

Wednesday
October 2, 1918

SCHOOLS, THEATERS AND CHURCHES ARE TO CLOSE

Drastic Action Decided Upon Late Wednesday Afternoon At Meeting In Mayor Lemaire's Office

* * * * *

* By authority of officials of the two cities, the schools, *
* churches, theatres, pool-rooms, dance halls, business col- *
* lege—everything but Bates College and the wage-earning *
* industries—will be closed, beginning Friday morning, to *
* prevent the spread of the influenza epidemic. This was de- *
* cided at 3.15 o'clock, this afternoon, at a meeting in Mayor *
* Lemaire's Office. *
* * * * *

A meeting is being held in the office of Mayor Lemaire Wednesday afternoon to determine exactly what steps shall be taken to relieve the influenza situation in Lewiston and Auburn. Prominent physicians from both cities are in attendance, together with representatives of the boards of health, the schools, the merchants, and others interested. Thus far, admittedly, the various reports and views have been more or less contradictory and confusing. Many physicians—in all probability a majority—have held that the theaters and other places of amusement should be closed in the interest of the public safety. They have pointed out that the chance of contagion in them is great, however careful may be the safeguards, and that the time to deal with a possible epidemic is at the start—not after it has gained a foothold. Other physicians have said that, in their opinion, the situation is not such as to cause alarm and warrant the closing of amusement resorts—especially as very many, particularly in Lewiston, would be forced to sit at home in unheated rooms.

Thursday
October 3, 1918

The line between spreading information and inciting panic is fine in 1918
– officials used posters and handouts to educate the public.

www.browنالumnimagazine.com/index.cfm?Issue=61

National Museum of Health and Medicine



INFLUENZA

Measures Taken to Prevent It In Augusta

In view of the prevailing epidemic of Influenza the Augusta Board of Health has ordered all places of amusement, theatres, schools, churches, lodges, etc. close until further notice.

Development of Influenza

This disease develops in from one to four days after exposure. Nearly every one is susceptible to infection but some cases are mild. These mild cases are just as dangerous as the severe ones in spreading germs.

TRANSMISSION—Secretions from nose, throat and air passages carry these germs. There is little danger of contagion in the open air except in close contact with an infected person. The most common sources of infection are coughing, sneezing and using in common: towels, handkerchiefs, eating and drinking utensils, and school books and pencils.

SYMPTOMS—Common symptoms are a chill followed by headache, backache and pains in the limbs, reddening and running of the eyes and general weakness, with fever. These symptoms vary and follow closely those of a severe cold.

DON'T'S

- 1—DON'T make unnecessary visits to public places.
- 2—DON'T travel in closed, crowded street cars when you can walk.
- 3—DON'T spit on floors, sidewalks, streets or cars.
- 4—DON'T visit or greet cordially, any person showing symptoms of a cold or grippe.
- 5—DON'T use common drinking cups, towels or any thing else used in common.
- 6—DON'T permit elderly persons and children to come in contact with any case of the grippe, however mild.
- 7—DON'T make unnecessary trips to points outside the city.

SUGGESTIONS

In case of severe colds or grippe

- 1—Call a doctor if possible.
- 2—Give patient a separate room, well ventilated but not too cold.
- 3—Blow the nose on soft paper or cotton cloth and burn. Handkerchiefs, if used, should not be thrown with other clothes but should be boiled at once.
- 4—Hold handkerchief before face when coughing or sneezing.
- 5—Persons attending cases should avoid inhaling breath of patients.
- 6—The attendant's hands should receive careful and prolonged washing after every contact with infectious secretions and articles used by the patient.

DISINFECTION

No fumigation is needed, but all articles of clothing used by the patient, as well as handkerchiefs and bedding, should be boiled. Rooms should be well aired. Sunlight is Nature's great disinfectant.

DON'T BE UNDULY ALARMED, BUT DON'T BE CARELESS. REPORT ANY SUSPECTED CASE AT ONCE TO THE

AUGUSTA BOARD OF HEALTH

C. M. TABER, SEC.

Rules to Avoid Influenza and Other Respiratory Diseases

(By the Surgeon General of the U. S. Army)

1. Avoid needless crowding—**influenza is a crowd disease.**
2. Smother your cough and sneezes—others do not want the germs which you would throw away.
3. Your nose, not your mouth, was made to breathe through—get the habit.
4. Remember the three C's—a clean mouth, clean skin, and clean clothes.
5. Try to keep cool when you walk and warm when you ride and sleep.
6. Open the windows—always at home at night; at the office when practicable.
7. Food will win the war if you give it a chance—help by choosing and chewing your food well.
8. Your fate may be in your own hands—wash your hands before eating.
9. Don't let the waste products of digestion accumulate—drink a glass or two of water on getting up.
10. Don't use a napkin, spoon, fork, glass, or cup which has been used by another person and not washed.
11. Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your prisoner.
12. When the air is pure breathe all of it you can—breathe deeply.

Published in the interest of good health by
Henry F. Miller & Sons Piano Co.
Ralph W. E. Hunt, Manager.

Daily Eastern Argus
10/3/18F

STEPS TAKEN BY BOARD OF HEALTH

**Influenza Received Its At-
tention at Meeting Held
Yesterday.**

Much time was given yesterday afternoon at the monthly meeting of the Board of Health to a discussion of the prevailing epidemic and to the precautionary measures already taken by the health officer. A bylaw was adopted making the influenza reportable, and such regulation will make it compulsory on the part of every physician to do so.

Together with the State health board and local Red Cross chapter it was decided to put into the field two public health nurses, among whose duties will be that of attending the clinic on social diseases. They will also attend to field work. The nurses elected were Miss Catharine Craven and Miss Sarah McDonald.

The health officer reported that he had been advised by a representative of the public health service that he might call upon him for assistance in case the conditions became critical. Should occasion require he would be glad to put one of their men here in charge of the situation.

The health officer also reported that the Red Cross were taking steps to organize local relief committees who would provide nursing and other help to stricken families. The Service Club on Preble street have extended their facilities for hospitalizing cases if any new situation should arise.

The usual reports of the subordinate official were received and accepted, and among these was the milk score, which is as follows:

Public Notice

To The Citizens of Lewiston-Auburn

Notice is hereby given that all places of amusement, such as theaters, dance halls, pool rooms and billiard halls, churches of all denominations, to local societies and lodges and all organizations of whatever kind and name, and all schools, coming under the direct superintendency of the school boards, or private and parochial schools situated and established in the cities of Lewiston and Auburn, are hereby requested and ordered to close Thursday evening, October 3, 1918, at 12 o'clock P. M. until further notice.

Any violation of this notice or order shall be prosecuted at once.

Per Order,

Lewiston-Auburn Boards of Health.

LEWISTON

CHARLES W. ROBBINS, Chairman
SIMON B. EPSTEIN, Secretary
EUGENE FRADETTE

AUBURN

C. H. CUNNINGHAM, M. D., Chairman
DANIEL A. BARRELL, M. D., Secretary
H. A. YOUNG

Friday
October 4, 1918

THE MALADY IN PORTLAND

Hopes Of Improvement with Favorable Change of Weather.

With clearing weather, a lowered temperature and bright sunshine, an improvement should soon be noticed in the influenza situation, provided, however, that every individual continues to exercise the utmost caution. The muggy rainy weather yesterday was almost ideal for a spread of the disease and late in the afternoon about 250 cases had been reported, while late last night physicians were still busy making calls on old and new patients.

This increase in cases was much smaller than the health authorities had a right to expect would be the case, for conditions were right for a large increase. While the situation is well in hand, the strictest kind of precaution should be maintained. It is not only from a victim of the disease that one may become infected, but any individual may transmit the germ to another even though not himself a sufferer.

The theatres, schools, churches and all other gatherings will be under the ban for another week at least, the authorities feeling that it would be far better to enforce the regulation a little too long than to permit gatherings a day too soon.

The need for nurses and assistants is growing daily. There has been a fair response to the calls issued, but there is still great need, particularly for those willing to assist with the housework in families where there are children and much illness.

Several pathetic cases have become public, but none more so than that of the DeStefanio family. Antonio De Stefano died yesterday noon. His wife and five year old son died the day before and seven children are now suffering from the disease, four in the Maine General hospital and three at their home at 51 Washington Ave. Several citizens have subscribed to a fund for their relief, but there is urgent need for additional amounts.

On account of the number of cases of influenza among people of the Italian quarter of the city, the Italian church at 255 Fore street has been opened and several beds have been installed there for the use of persons who have been living in houses where the disease prevails. This has been arranged as a matter of precaution against spread of the epidemic. More beds are needed, also bed clothing, mattresses, etc.

Church Work And The Closing Order

Rev. W. A. Bartlett Issues a
Message to His People In the
Present Influenza Crisis

The sentiment of local clergymen toward the order closing the Lewiston-Auburn churches may perhaps be said—broadly speaking—to be summarized in the following message, issued Friday morning by Rev. W. A. Bartlett, pastor of the Pine Street Congregational church and president of the Lewiston-Auburn Pastors' Union:

A Message.

To the members and friends of Pine Street Congregational church,—greeting: Thru the courtesy of the Journal I am sending a message to our church family, its members and all who are interested in it.

Since the order to close the churches, schools and public places, I have had our church and the other churches continually in mind. Undoubtedly this is a wise provision, but at this time of world trouble, sickness at home and battles abroad, we need the church and what it means, more than ever. I am sure that when we are permitted to worship together again, we shall all be more than usually eager to assemble ourselves in the familiar place. Surely God must have some great blessing for His people in the whole world is calling on us to pass thru the deep waters, for—

"When thru the deep waters I call thee to go,
The river of sorrow shall not overflow;

But I will be with thee thy trouble to bless,
And sanctify to thee thy deepest distress."

My message to you is simply a friendly one that you may know I am thinking of you. If there is sickness in your family, I should regard it a privilege if you would let me know, as you would call up some friend; and if I can be of any service by call, errand or in any way, that too would be a privilege. We can join our prayers that God may stay this sickness in the nation, and we can help answer our prayers by taking wise measures of prevention in having fresh air in our homes and getting into the sunshine when possible. If for no more than a few minutes' sunning in the yard or on

the front or back steps.

No one with influenza will think of going among others or sneezing without having a handkerchief to the nose. Then, having done our best, we will trust God and go as cheerfully about our work as possible.

I want to send a special message to the dear young people who had so enthusiastically begun the militant church school with me. Their interest after only two Sundays was a delight. We shall take up the plan just where we left off, as soon as the sickness is past.

Our Soldiers' Success

We have much to encourage us all in the wonderful success that is meeting the allies abroad. The splendid fighting of our American boys is a revelation to the world of the spirit of America, and the Germans must realize that all the military training possible cannot compare with the preparation of a free people in the ordinary duties of life. Let us thank God and take courage. Perhaps in this scourge at home, we are brought nearer to the soldiers abroad. And as they with cheerful spirit and courageous front endure hardship, wounds and death, so will we now and in the troubles here, join hands with them and with faces to God, pledge ourselves to better things. Perhaps, out of all this, is to come the New Heaven and the New Earth promised in the Book of Revelation.

As far as possible, let us keep happy and scatter the germs of happiness around us; not dwelling over much on the troubles as we meet people, except as we may do them service. "Count your blessings, name them one by one." The spirit of thankfulness and good cheer, is, after all, about the best preventive of either mental or bodily sickness.

With all good wishes,

W. A. BARTLETT.

NATION WIDE CLOSING ORDER

Would Be Most Effective
Method of Checking Epi-
demic

WASHINGTON, Oct. 4.—The only way to stop the spread of influenza is to close churches, schools, theaters and public institutions in every community where the epidemic has developed, in the opinion of Surgeon-General Blue of the Public Health Service.

"There is no way to put a nation-wide closing order into effect," he said today, "as this is a matter which is up to the individual communities. In some states, the State Board of Health has this power, but in many others it is a matter of municipal regulation. I hope that those having the proper authority will close all public gathering places if their community is threatened with the epidemic. This will do much towards checking the spread of the disease.

Dr. Blue said that Delaware, which yesterday was recorded among the three eastern states free of the disease, now had reported an epidemic. All public gatherings have been forbidden there and the schools, theaters and churches ordered closed.

"Our call for physicians has been generously answered," he said, "but it will be necessary for us to extend that call to localities far removed from the districts in which the disease is raging. The call will be extended as soon as it is necessary for us to have the services of more physicians.

Fuel Administrator Garfield took up with Dr. Blue today a request by Governor McCall of Massachusetts, that restrictions on the use of automobiles on Sundays be withdrawn in Massachusetts so the people could get out for plenty of fresh air and sunshine.

VOLUNTEER NURSES WANTED For Present Epidemic

If you have had any practical experience in home nursing, you are needed today. An army of volunteer nurses, not expert or trained, is wanted at once in Maine and other New England States.

REGULAR NURSES' PAY
ALL TRAVELING EXPENSES PAID

This is a real emergency, and every patriotic woman who is capable of acting as nurse should welcome the opportunity to help relieve the drain on the force of regular trained nurses, who are all needed for army and navy work.

Fill out the enrollment blank printed below and mail it to

ENSIGN OTIS,
Chairman Knox Co. Public Safety Committee,
Rockland, Maine.

Name

Address

Date and place of Birth

Would accept positions as indicated below.
(In County only) (In Maine only) (Anywhere in U. S.)

At how short notice?

Experience and references, briefly as possible.

.....

To communicate with me quickly, telephone to
..... Tel. No.

STATE COMMITTEE OF PUBLIC SAFETY ASKS FOR VOLUNTEER NURSES

Women Who Have Had Experience As Nurses, Are Urged To Communicate At Once With Chairman of the Committee in Their Town

The following communication has been sent out by the ~~Michigan~~ Committee of Public Safety, asking every woman who has had nursing experience to communicate at once with the chairman of the Public Safety committee in her town. A full list of the chairmen was printed in the Wednesday Journal.

Please telephone at once to the chairman of the Public Safety committee in each town in your county, asking such chairman with all possible promptness to consult with the American Red Cross organization in the town, and if none, to act independently. canvass your town thoroughly for women who will volunteer as nurses in the present emergency. It is not necessary that they be expert or trained nurses, but to include women who have had practical experience in the home and locality; asking each if she can and will volunteer for nursing in this State or elsewhere at regular nurses' wages,

with her traveling expenses paid. Ascertain from each how promptly she can and will leave home. Inform them that they will be assembled in units wherever sent, and assigned to cases under doctor's direction; that is, with orderliness and system, not expecting them to volunteer to go anywhere except by doctor's orders. The expense to you of telephoning your county organization will be paid by the State Public Safety committee from the War Emergency fund. It is of the utmost importance that you forward at the earliest possible moment a list of nurses with their addresses and particulars and conditions under which they volunteer, to this office for record and assignment.

(Signed) H. P. GARDNER,
Executive Secretary.

THE TOPSHAM FAIR CANCELLED

Official Announcement to This
Effect Made At 2 P. M., Fri-
day

TOPSHAM, Oct. 4 (Special).—It was officially announced at 2 p.m. today that the Topsham fair would be cancelled. It was hoped, up to noon, to run the fair in part, closing exhibition hall, but after further conference, in view of the seriousness of the epidemic, it was deemed safest to omit the fair entirely.

Bath Fighting The Epidemic

Dr. Kempf, of U. S. Public
Health Service, Sent Here
To Help.

BATH, Oct. 4.—Dr. G. A. Kempf of the United States public health service and Dr. H. T. Sutton of Zanesville, O., arrived in Bath yesterday to make a hasty survey of the grip epidemic and will remain just as long as their services are necessary. Both agree that the situation here is almost alarming but that it has been handled extremely well by all directly concerned with the situation.

It is estimated that there are more than 1200 cases here. City Sanitarian Kingsley having official reports of 1100 and unofficial reports of many more today, with but a small percentage of discharges.

While the number of cases is increasing day by day, only a small percentage are serious and pneumonia cases have been few altho at noon today it was said there were 25 of these. The condition of Miss Harriet Bliss, the first trained nurse to volunteer her services when the epidemic broke out, is pronounced still serious.

Other nurses are beginning to break down under the fearful strain. Miss Alice Dain is ill at her home and Wednesday night Mrs. Seth S. Mully was taken home. In some cases it is believed the condition of the tired and overworked nurses has been due to the after effects of the inoculation and that they will quickly recover after sufficient rest. Dr. Byron E. Barker was taken home Wednesday night with a high fever but was out again Thursday morning. Dr. Sturtevant of Augusta was sent here Thursday to relieve him.

An urgent call for more physicians and nurses has been issued but with the appearance of Drs. Kempf and Sutton it is believed they will be able to obtain enough to relieve the present crisis of each and that within a few days there will be a sufficient number of both.

Thursday noon Harry Cohen, chairman of the Jewish warfare relief, issued a call for volunteers to assist the

Red Cross in any way they could, either by donating their automobiles or trucks or by personal service.

It was announced this afternoon that all out of town physicians and nurses will immediately go upon a government payroll until the epidemic passes.

Mrs. Gertrude A. Meyer.
Mrs. Gertrude A. Meyer, 23, wife of Joseph Meyer, U. S. N., died Wednesday night after a short illness with pneumonia following the grip. She was born in Westport, a daughter of Mr. and Mrs. Windehl Cresssey and moved to Bath at the age of two years with her husband and has since lived with her parents and her husband. Besides her parents and husband she is survived by a son Joseph, Jr., and daughter, Louie Meyer; also by one brother, Scott P. Cresssey U. S. N., and three sisters, Mrs. Tena M. Ellis of New Gloucester, Miss Marguerite W. Cresssey of Taunton, Mass., and Miss Elizabeth Cresssey at home.

Miss Carrie Sanford.
Miss Carrie Sanford, 22, died Tuesday night at the home of Mr. and Mrs. William Sibley, 18 Wesley street, after an illness of 10 days with grip and bronchial pneumonia. Miss Sanford formerly lived in Augusta and had been in Bath about six weeks. She leaves her father, William Sanford of Brunswick, three sisters, Mrs. Vernon Miller of Bath, Mrs. Fred Johnson of Lewiston, and Miss Hazel Sanford of Fairbald; three brothers, Bertie Sanford of Bath, Willie Sanford of Oakland and Frederick Sanford.

Mrs. Edward King, III with the prevailing influenza in the town met over the Howard Coal Co. office, Commercial street. Her sister, coming to nurse Mrs. King from Brunswick, caught the distemper and was taken to her home in Brunswick Thursday morning by an automobile.

Thursday afternoon ex-Albany Charles E. Cahill announced that he would willingly turn over New Meadows Inn for a convalescent or isolation hospital should the emergency health committee consider its location advisable.

Walter Merrill is ill at his home in Bath with double pneumonia and his wife ill with the same disease in a Bath hospital.

No Services In St. Peter's Church Held On Sunday

Father Cote Quickly Responds
To Suggestion of the Board
Of Health That Outdoor
Mass In Monastery Gardens
Be Cancelled

A quick and patriotic response, made by Rev. A. C. Cote of the Church of St. Peter and St. Paul to the Lewiston board of health late Friday afternoon, resulted in the cancellation of two masses which were to have been held Sunday.

These masses were to have been in the gardens of the Dominican fathers monastery, Bartlett street, Lewiston—if being felt by Father Cote that in this way all danger would be avoided and full compliance made with the order of the municipal authorities that local churches be closed.

Such a gathering, in the beautiful gardens of the monastery, would have been exceedingly picturesque—an inspiring and beautiful spectacle. But Secretary Epstein of the board of health requested that even this be omitted. "It is our wish," said he, "that there should be no church gatherings of any kind. In this way the spirit as well as the letter of the law will be observed."

When Secretary Epstein's request was transmitted to Father Cote, thru the Journal, he quickly and patriotically responded, saying that it was the honest wish of the church to comply in every way with the desires of the authorities. Both masses, therefore, will be omitted, and there will be no services of any kind.

Holy communion was given this morning on the steps of several Catholic churches—a very picturesque scene in the early hours as the parishioners gathered before the closed doors.

Secretary Epstein stated to the Journal at noon that 16 influenza cases were reported to him late on Thursday and six Friday morning—making the total to date of 78. He believes these to be the only definitely established cases of influenza in the city, altho, unquestionably, there are scores under suspicion and other scores of severe colds.

Dr. Barrell of the Auburn Board of Health stated that about 60 cases have been reported there.

Banger Daily
10/4/1918

WOMEN ASKED TO WORK AS NURSES

Hon. F. E. Guernsey is Enrolling Piscataquis Women in Work Against Influenza.

Frank E. Guernsey, chairman of the Piscataquis county branch of the public safety committee, received a request on Wednesday from Augusta to recruit all the nurses possible in the county for service out of the state or in the state if needed to aid in fighting the influenza epidemic. He at once got busy and called up all the town chairmen who will report to him later the number of nurses that can be provided in each of the towns.

All women who are willing to work as nurses, whether trained or not are asked to communicate at once with the town chairman. If untrained they will work under the direction of doctors or trained nurses. At present all the trained nurses are busy and there doubtless are few if any in the county but it is thought that there may be many untrained women who would be willing to do this needed work if afforded an opportunity.

Saturday
October 5, 1918

NOW EXPECT DECREASE OF THE DISEASE

**New Cases Yesterday Were
Largest Yet, As Had
Been Expected.**

**More General Closing of the
Places Where People
Assemble.**

Up until late yesterday afternoon 375 cases of influenza had been reported to the Board of Health. While this is by far the largest number so far reported in any one day, the physicians and health officials were not alarmed for it was no more, in fact less, than they had a right to expect from the weather conditions the day previous. With clear, cool weather and plenty of sunshine it is expected the number of new cases will take the downward trend.

No chances are to be taken and every effort is to be put forth to stamp out the disease at the earliest possible moment. The most drastic orders ever issued in this City were promulgated yesterday. No public gatherings of any kind are to be permitted, all pool and billiard rooms and bowling alleys are ordered closed and the serving of ice cream and light drinks has been prohibited except under special conditions. The order was made effective at once and is as follows:

City of Portland, Me.,
Office of the Board of Health,
Oct. 4, 1918.

To the Public:

To further prevent the spread of influenza the closing order is hereby extended to include all indoor gatherings at churches and other places of public worship, all lodge meetings, society meetings, club meetings, such parts of buildings as used for pool rooms, billiard rooms, bowling alleys, and to prohibit the serving of ice cream, soda or other soft drinks so called in other than individual paper containers that cannot be used a second time.

This order shall not be construed as prohibiting meetings or gatherings of persons engaged in perfecting plans for the control of the prevailing epidemic or in necessary work contributing to that end.

By order of the Board of Health,
Thomas Tetreau, M. D.,
Health Officer.

All the churches will be closed tomorrow, the masses at the Catholic churches will be held in the open air, as noted elsewhere in this issue. The ban that was lifted regarding the use of automobiles tomorrow has been restored. Fuel Administrator Garfield refusing to consent to the use of gasoline, taking this stand on the advice of the acting army surgeon that automobile riding will in no way assist in the fight against the disease.

So far most of the cases that have developed have been of a very mild form in marked contrast to the serious conditions in Massachusetts. Close to two thousand cases have so far developed, but it is estimated that two-thirds have passed the danger point and are well on the road to recovery.

Clear, cold weather acts as a check to more rapid spread and the ban on public gatherings already enforced and now extended more widely, bids fair to prove effective. It is certain that this rule will continue under direction of the board of health another week or a fortnight, even if the epidemic crisis passes. Other Maine cities are adopting the same precautions that Portland put into force a week ago. The State committee on public safety has been enlisted to assist and is systematizing the nursing feature as best it can. There is some reason to believe the high tide of the wave has reached this City and still it is too early to be assured of this.

The trip of the War Relic train which was to have toured Maine in behalf of the Liberty Loan campaign next week has been called off by an order of the State Board of Health backed by Governor Milliken who discussed the matter with the board yesterday. Dr. L. D. Bristol, State Health head, notified Vice Chairman William H. Porter of the decisions of the board this noon.

TREASURY DEPARTMENT
UNITED STATES PUBLIC HEALTH SERVICE

INFLUENZA

Spread by Droplets sprayed from Nose and Throat

Cover each **COUGH** and **SNEEZE** with handkerchief.

Spread by contact.

AVOID CROWDS.

If possible, **WALK TO WORK.**

Do not spit on floor or sidewalk.

Do not use common drinking cups and common towels.

Avoid excessive fatigue.

If taken ill, go to bed and send for a doctor.

The above applies also to colds, bronchitis, pneumonia, and tuberculosis.

How to Make Mask for Prevention of Influenza



Instructions as to the making and use of masks have been sent out by the provincial board of health. These are to be used when taking care of influenza patients and beginning on Thursday morning on all trains and street cars in the province. Here is the method of making the mask, published in *The Bulletin* some days ago and here repeated by request.

To Make a Mask — Take a piece of ordinary cheesecloth, 8 x 16 inches. Next fold this to make it 8 x 4 inches. Tie cord about 10 inches long at each corner. Apply over mouth and nose as shown in the picture.

To be worn in the sick room when taking care of the patient and on street cars and railway trains.

Keep the nose and mouth covered while coughing or sneezing.

A mask should not be worn more than two hours.

Bangor Daily
10/24/18 e



Don't Become "Another Victim" of
**SPANISH
INFLUENZA**

An infectious germ taken into the system—usually
breathed in—carries the disease.

Vaseline
Reg. U. S. Pat. Off.
Eucalyptol

Petroleum Jelly

is composed of "Vaseline" Petroleum Jelly, and
the well known disinfectant oil of eucalyptol.
It is cleansing, antiseptic—prevents irritation in
the delicate membrane.

Remember, always breathe through your nose—
breathe deeply—and, to breathe freely, use
"Vaseline" Eucalyptol in the nostrils.

At all druggists.

CHESEBROUGH MANUFACTURING COMPANY
(Consolidated)
17 State Street New York

PROHIBITION OF PUBLIC ASSEMBLING

**Best Method to Adopt in
Providing Against the
Influenza.**

**It Still Spreads to Large De-
gree in Various Parts
of Land.**

Washington, Oct. 4.—Spanish influenza continues its rapid spread both among the civilian population and in army camps. Reports today to the public health service showed that the disease had become epidemic in many more cities, while 12,975 new cases were reported among soldiers training in this country.

Besides the New England district, the disease now has reached epidemic proportions in New Jersey, and also in parts of Pennsylvania, Maine, Delaware, Virginia and Alabama. Thus far 151 doctors and a large number of nurses have been ordered to report to public health service officials in charge of the situation in places where the disease is especially prevalent.

There was no record to show the pneumonia and death rates among the civilians, but in army camps pneumonia cases nearly doubled, being 1,854 today against 920 yesterday. Deaths in army camps, however, decreased, being 331 compared with 390 the day before. The total number of influenza cases in the camps now is 127,975; pneumonia cases, 10,429, and deaths, 2,869.

Camp Funston, Kas., reported the largest increase in influenza cases today, with 1,196 new cases, while camps Jackson, South Carolina and Sherman, Ohio, each reported more than 1,000. Although both camps Dix, New Jersey and Grant, Illinois, reported fewer cases of influenza, the pneumonia and death rates at those points increased, with 380 pneumonia cases and 43 deaths at Grant and 172 pneumonia cases and 59 deaths at Dix.

In the fight against the disease among the civilian population, the public health service has sent physicians to Nashville, Tenn., Norfolk, Va., and has calls from West Point, Va., Altoona, Pa., Berlin, N. H., Eastport, Me., Chester, Pa., and Portsmouth, Va., which will be filled as soon as possible.

Telegrams have been sent to all state health officers to the effect that emergency medical and nursing aid from the public health service and the Red Cross in connection with the influenza epidemic will be supplied only on requests addressed to the Surgeon-General of the public health service by state health officers. This action, it was explained, was in the interest of the systematic and intelligent handling of the campaign against the disease.

Public health service officials emphasized today that the best way to combat the disease is to prohibit public gatherings. This now has been done in many cities and the authorities everywhere that influenza threatens to become epidemic are urged to take similar action.

More Drastic Measures at Boston.

Boston, Oct. 4.—The Boston Board of Health, in an effort to stop the spread of influenza, issued an order tonight closing from midnight Sunday until further notice all saloons, bowling alleys, pool rooms, billiard halls, slot machine parlors, soda fountains and auction rooms.

Governor McCall and the emergency public health committee sent broadcast a request that church services be abandoned. No order was issued prohibiting services, but the committee is confident that practically every church in Massachusetts will be closed next Sunday.

The matter of out-door services has been discussed by health authorities but without action. Some officials said that the gathering of a crowd out of doors was as dangerous as indoors, and advised against such meetings.

The death rate in Boston continues high. Reports at 10 o'clock tonight for the past 24 hours showed that 164 had died from influenza and 29 from pneumonia.

Bangor Daily
10/25/18 C

Wanted by the State of Maine

Men and women to volunteer their services as nurses to be sent to places needing immediate aid. All expenses paid. Wire **EMERGENCY INFLUENZA COMMITTEE** or telephone, Augusta, 1200, collect.

BLAINE MANSION, Augusta, Maine.

Epidemic Strikes In Lewiston

Three In One Family Die Friday—Canton Boy Died At Hospital—Entire Family Stricken

Mrs. Hippolyte D'Amour, an infant, a baby and a boy of three, died of pneumonia, in Lewiston, Friday. Mrs. D'Amour was 35 years of age, and had been ill four days. This is the first case in Lewiston where several members of one family have been stricken at the same time.

There are four other children in the D'Amour family who, with the father survive. Sickness started with influenza, which developed into pneumonia later.

Clyde Hines, aged 18, son of Charles Hines, of Canton, died in the isolated ward at the C. M. G. Hospital, Lewiston, Friday night, of pneumonia. The entire family including father, mother and seven children was stricken with the disease. A daughter, Agnes, was buried Friday. The mother and five other children are in a serious condition, and the father is also suffering from the disease.

BOARD OF HEALTH WILL NOT INTERFERE WITH SUNDAY MASSES

This Was Decided At Meeting In Mayor Lemaire's Office, Saturday Morning— Opinion of the State Board Was Asked

On Saturday morning the Lewiston Board of Health, following a conference with Mayor Lemaire in his office, decided it would make no effort to prohibit outdoor masses tomorrow by parishioners of the Catholic churches. Secretary Epstein, altho acquiescing in the decision, expressed his personal opinion that there should be no gatherings of any kind.

In accordance with an order by Rt. Rev. Louis S. Walsh, Bishop of Portland, out-door masses will be held generally thruout Maine and plans were made for them in the several Catholic churches of Lewiston and Auburn. In Auburn there was no objection; but in Lewiston two members of the Board of Health—Secretary Epstein and Eugene Fradette—called upon the mayor to discuss what should be done.

It was Secretary Epstein's idea that any public gathering, in the present crisis, would be unwise—a violation of the spirit of the order closing all churches and places of public resort, if not of its letter. With this view the mayor did not agree, and there was a half hour of discussion. Nobody seemed to know the exact extent of the local board's authority, or just what it could do in the event of determining to forbid meetings of any kind.

Finally Mayor Lemaire suggested: "Why not call up the State board?" A minute later they had Dr. Young, the State Board's secretary and medical adviser, on the telephone. He did most of the talking. Mayor Lemaire listened for about five minutes and then said:

"He believes this local board has authority to prohibit any public meeting, if it is thought for the best. But he also said that open-air meetings will not, in his opinion, be dangerous. He seemed to think those planned for Sunday in the local churches won't be a menace to the public health. The mayor waited a minute and added: "It seems up to you, gentlemen. The representative of the the State board says you have full authority."

The meeting lasted but a minute longer. Mayor Lemaire—acting merely in an advisory capacity, for he has no legal vote in the deliberations of the board—and Mr. Fradette were of the opinion that nothing should be done to stop the masses, in view of Dr. Young's positive statement that they would not be dangerous. To this Mr. Epstein finally agreed, altho his personal opinion that public gatherings of any kind are unwise plainly remained unaltered. Outdoor masses will be held tomorrow, therefore, in all local churches of Catholic faith. Secretary Epstein said that nineteen new cases of influenza were reported Saturday morning—a total of 97 to date. He pointed out, however, that some of these cases may have recovered; he has no way of knowing.

"I would like to ask physicians," he said, "to report to me when a patient recovers as well as when he is taken ill. That is the only way in which we can know exactly how the epidemic stands. I make the suggestion most earnestly."

TOWN CLOSED TO PREVENT EPIDEMIC

Influenza or grippe has not as yet become epidemic in Bar Harbor, but the Board of Health, believing that it is far better to apply the proverbial ounce of prevention now than the pound of cure later, decided on Tuesday evening to do everything possible at once to save the town from such a wave of the disease as has swept other places, and to that end issued an order closing until further notice all places where people gather in considerable numbers and in close contact.

All schools, theatres, lodges, libraries, dance halls and churches will remain closed. The Y. M. C. A. and Y. W. C. A. will remain open, but are prohibited from holding any gatherings. The disease has gained but slight foothold and those cases have come from out of town.

Everyone has evinced willingness to cheerfully abide by the decision of the health authorities and it is hoped that Bar Harbor will escape the further spread of the disease.

Monday
October 7, 1918

The Influenza Is Spreading In Maine

But Not Alarmingly, Says State
Commissioner of Health—
Predicament of Swan's Island

AUGUSTA, Oct. 7 (Special).—Dr. Leverett D. Bristol, State Commissioner of health, said this afternoon that the epidemic of Spanish influenza in his opinion is gradually increasing in the State, but not to an alarming extent. Evidence of the malady is brought more to the attention of the health department by the new ruling of the State Health Council approved by the Government and Council, requiring doctors to report their cases to the local boards of health. In other words, there might have been 100 cases of influenza in a community which had not been reported until after the rules adopted by the Public Health Council had become effective.

Dr. Bristol further said that even outdoor meetings are inadvisable at this time, but of course there is not the danger attending them that there is at indoor meetings. He suggests that people travel as little as possible, as the malady in certain places has been traced directly to travelers coming from points in Massachusetts, particularly in the vicinity of Camp Devens at Ayer.

Dr. Bristol today received some vaccine, which has been used with good success in Massachusetts, from Dr. Leary of the Tufts Medical School. He will inoculate his own clerical force, and anyone desiring the vaccine may have it by applying to State Department of Health. Dr. H. E. Thompson, director of laboratories, is now in Boston studying the methods of preparing the vaccine and getting the opinion of the authorities there as to its use.

The State Department today received information that nearly every inhabitant of Swan's Island, near Bar Harbor, is ill of influenza, as is the only doctor on the island. Help was dispatched there this afternoon. Report was received also that the influenza is raging fiercely at Lubec and Eastport.

CASES OF THE DISEASE MANY FEWER

But Twenty-Five Had Been
Reported to Board
Yesterday.

Death Rate Of City But a
Little Above Average
for the Season.

But twenty-five cases of influenza were reported to the Board of Health yesterday and about the same number Saturday. Of course Saturday was a short day and few of the physicians reported Sunday, so today a much larger number can be looked forward to. The weather for two days has been such as would warrant an increased number of cases also.

While prepared for any developments that may present themselves, and hardly daring to hope that the turning point has been reached, still the health officials and physicians are hopeful that the high water mark has been reached, though it is expected that the number of deaths may increase for a day or so.

Yesterday additional steps were taken when conductors on closed electric cars were instructed to keep at least two windows open, one in the front and one in the rear of all cars. While this may not be as comfortable to the passengers it will be much more healthy than having the cars closed. In Boston and many other places, instructions have been issued to have all windows open when closed cars are used.

So far in the neighborhood of two thousand cases have been reported, and the death rate has been little above the average for this time of year. Portland has been fortunate in that the cases developing here in most cases have been of a mild type.

With conditions almost favorable, it is most important that every individual exercise the utmost care. The history of most epidemics has been that a recurrence has developed in more virulent form than was the case originally. Careful adherence to sanitation, covering every cough and sneeze, avoiding crowds as much as possible, prompt calling of medical assistance and the right should be won before the death toll has reached a high figure.

In keeping with the present day precautions visiting day at the Home for Friendless Boys will be omitted this month.

The board and chapter meetings of the Elizabeth Wadsworth Chapter, D. A. R. have been postponed indefinitely.

Daily Eastern Argus
10/7/18

**ALL SISTERS OF MERCY
VOLUNTEER FOR NURSING
IN AFFLICTED FAMILIES**

**Bishop Walsh Announced That
Three Score Are Available
On Request.**

The Bishop's House,
Portland, Me., Oct. 6, 1918.
To the Editor Daily Eastern Argus:
In order to provide the required
care and nursing for the many families
affected with the influenza, the Rt.
Rev. Bishop of Portland, Louis S.
Walsh, addressed the Sisters of Mercy
this Sunday afternoon and asked for
volunteers to do the nursing work in
the homes of the sick. The entire
number, sixty, volunteered their ser-
vices, and are ready to go to work at
once. This offer will be made to His
Honor, the Mayor, and to the Board
of Health of the City of Portland, and
the details will be arranged in order to
provide for the best interests of all
parties concerned. If the doctors and
families requiring the aid of the Sisters
will please notify Mother Raphael at
St. Joseph's Convent, Deering, the Sis-
ters will be assigned where they will
do the most good.
Louis S. Walsh,
Bishop of Portland.

Daily Eastern Argus
10/7/18 e

AT HAY'S DRUG STORES

We Are Complying With The Board Of Health Regulations

in our stores and doing our best to assist all those requiring remedies and antiseptics for prevention, with the supplies they need. A few of the popular remedies have been out of stock with nearly all stores the past week on account of unexpected demand. We are receiving small lots of Hubbard's Germicide, Alkalol, Glycothymoline, and Listerine from day to day.

We still have sufficient supply of Aspirin, all kinds. Have just received quite a quantity of Pines' Glycerine Lozenges all flavors, Briggs' Menthol Horehound Cough Drops, Luden's and S-B Cough Drops.

WE SUGGEST THESE RELIABLE REMEDIES FOR USE AT THIS TIME: Hay's Antiseptic Air Freshener, an excellent preventative for spraying the air, for use in phones and in money drawers.

HAY'S THROAT EASERS. 25c per box. A gelatine glycerine pastille. Relieves the tickle and huskiness.

HAY'S LAXATIVE COLD TABLETS. 25c per box. Relieve ordinary colds in 24 hours, headaches and all the conditions which accompany a fresh cold.

HAY'S CATARRHAL JELLY in collapsible tubes with metal tip for nasal application, 25c.

ASPIRIN TABLETS. Preston's American, L & F and S K & F brands in small boxes. Also in 100's at 89c. Bayer's Aspirin in all sizes.

At our Soda Fountains we have always used the paper dishes but have now adopted the paper cups. Both Soda Fountains have a bountiful supply of hot water. Everything about our Fountains is kept absolutely clean and sterile with hot water, Ivory Soap and Bon Ami.

We use the best and purest materials obtainable regardless of cost.

MAIL ORDERS CAREFULLY FILLED.



DEA 10/7/18

DEVENS FREED OF DISEASE

Ayer, Mass., Oct. 6.—Spanish influenza has practically ceased to menace soldiers at Camp Devens. Today's death list contained only eight names and there were only 22 new cases of influenza and pneumonia.

Many doctors and civilian nurses who were called here to fight the epidemic have concluded their work and are leaving for other parts.

Tuesday
October 8, 1918

Daily Eastern Argus
10/8/18 a

POSTPONE OCTOBER TERM SUPREME JUDICIAL COURT TO TUESDAY, OCTOBER 22ND

Justices of the Supreme court have fallen into line with other officials in the matter of combating further spread of influenza, by suspending or postponing the current terms of court. The October term of the Supreme Judicial court for Cumberland county will be convened this morning by Justice Wilson, and then immediately adjourned to October 22nd when it will be reconvened by Justice Spear, the sitting Justice for this term.

The traverse jurors who were to report this morning have been notified by Clerk of Courts Barton that they have been excused until Tuesday, Oct. 22, which will officially be the first day of the term. The calling of the docket and the assignment of cases will be also arranged on that day.

The April term of the Supreme court was finally adjourned yesterday by Justice Wilson.

URGES CLOSING OF ALL PLACES OF AMUSEMENT

Gov. Milliken Believes It a
Necessary Precaution—Local
Authorities to Judge in Case
Of Schools and Churches

AUGUSTA, Oct. 8. (Special.)—Governor Milliken in a call to the people of Maine Tuesday, requested that every precaution be taken to prevent further spread of the influenza epidemic and included in his request the suggestion that all places of amusement be closed. He stated:

"On recommendation of the surgeon general of the U. S. Health service and with the approval of the Maine Department of Health, I hereby request that all unnecessary places of amusement, such as theaters, dance halls and pool rooms, be closed at present, during the prevalence of the influenza epidemic.

"I am not unmindful of the need and of the important part played by necessary recreation, in maintaining the cheerful spirit that is so helpful in resisting the epidemic. Yet I fully agree with the health authorities that in the present situation amusement which brings crowds together, indoors, are dangerous; and while this danger continues, people should take their recreation in their own homes, or thru some form of active exercise in the open air.

"Schools and churches should not be treated as unnecessary public gatherings. They are on a different footing from non-essential amusements. They should be closed only when, in the judgment of the local health authorities, the danger in keeping them open over-balances the need of their continuance. It is likely that unless the epidemic has reached considerable proportions in a given community, the children will be safer in school, with proper care, than they will be with the schools closed. Where the schools are continued, great care should be taken to instruct the children in simple precautions to be observed against infection. All the children should be inspected every day by a doctor, nurse or by the teacher under medical direction. Those having symptoms that might indicate influenza should be sent home at once and the case followed to be sure proper treatment is given.

"It is further suggested that in communities where the disease is prevalent the operation of soda fountains and the sale of soft drinks be discontinued, unless under special sanitary regulations to be approved by the board of health.

"It is urged that all unnecessary travel be avoided and especially that there be no travel to and from places where the disease is prevalent, unless in case of emergency.

"There is no occasion for panic among our citizens. Maine has, so far, been fortunate and the disease has not gained great headway except in a few localities. The U. S. public health service, the Maine Dept. of Health, the Red Cross, the Public Safety committee and the Medical Reserve of the National Guard are working together efficiently to aid stricken communities and to prevent further spread of the disease.

"But while there should be no undue alarm it is important that every possible precaution be observed by our citizens, in co-operation with the health authorities, so that the epidemic may be brought under full control before the severe winter weather set in."

GRIP MAKES NO GAIN IN BANGOR

Recoveries and New Cases About Equal in
Numbers—Quarantine Applies Only to
Sickroom—State Gets O'Leary Vaccine—A
Quebec Remedy. 10-8-1918 Bangor Daily

Reports received by Dr. D. A. Robinson of the Bangor Board of Health from the local physicians on Monday indicated about equal numbers of recoveries and new cases.

The last canvass of Bangor physicians was made on Friday and Dr. Robinson proposes to have another complete report on Wednesday, the five days interval being that usually allowed for the clearing up of cases. It is hoped that the developments at that time may indicate something of value in determining future action by the board of health.

The wave of the epidemic appears to be extending over Maine, and the local board is urged to continue the precautions already taken against a wide-spread epidemic.

On Monday Secretary Goldthwait of the Bangor board of health received from the State department of health a circular of instructions concerning influenza, from which the following extracts are made:

Reporting and Quarantine: Today the state department of health, with the approval of the governor and his council has declared epidemic influenza (Spanish Influenza) to be notifiable and quarantinable. By Notifiable is meant that all physicians from now on are required by law to report cases of the disease to the local board of health.

By quarantinable is meant that cases of the disease should be placed under a moderate quarantine to include only the room isolation of a person or persons sick with the disease until all signs and symptoms of the disease have disappeared. It does not mean that quarantine of the entire houses, buildings or premises which is impracticable. The local board of health is to use its own judgment as to the need for quarantine in each specific case.

Disinfection—Disinfection of the discharges from the mouth, throat and nose is required.

Terminal disinfection or fumigation other than through cleansing, airing and sunning are not required.

General Measures—All doctors and nurses attending cases of this disease are required to wear gauze masks. Hospitals and other like institutions should be requested to prohibit

the entrance of all unnecessary callers and visitors.

Dr. Leverett E. Bristol, state commissioner of health, said on Monday that the epidemic of influenza, in his opinion, was gradually increasing in the state but not to an alarming extent. Evidence of the malady is brought more to the attention of the state department of health by the new ruling of the state health council, approved by the governor and council, requiring doctors to report their cases to the local boards of health.

Dr. Bristol further said that out-door meetings are not advisable at this time although of course there is not the danger that there would be in indoor meetings. He also suggested that people should not travel any more than was necessary. Most of the cases in this state are traceable to people who have gone to Massachusetts particularly to Camp Devens at Ayer, and brought the germ of the disease back with them.

The state department of health on Monday received a call from Swan's Island, near Bar Harbor. Several persons on the island are sick, as well as the only doctor. Reports were received also from Eastport and Lubec stating that the disease reached those communities.

GETS O'LEARY VACCINE

Dr. Bristol on Monday received some vaccine from Dr. O'Leary of Tuft's Medical School. He will inoculate his own force and give the vaccine to any one who will apply for it.

Dr. H. E. Thompson, director of the laboratory, is looking up methods of preparing the vaccine and getting the opinion of authorities in Boston on how to make it. Later, the state department of health will make vaccine for use in Maine.

A QUEBEC REMEDY.

A member of the faculty of Sherbrooke (P. Q.) Seminary writes to a relative in Maine:

"Here, in the seminary, we have had about sixty cases of influenza but that's already a thing of the past. Every one of them is back to studies. All our doctors did was to put them at once to bed, and to disinfect their nose and throat with a ten per cent. solution of Argylol."

VOLUNTEER NURSES WANTED For Present Epidemic

If you have had any practical experience in home nursing, you are needed today. An army of volunteer nurses, not expert or trained, is wanted at once in Maine and other New England States.

REGULAR NURSES' PAY

ALL TRAVELING EXPENSES PAID

This is a real emergency, and every patriotic woman who is capable of acting as nurse should welcome the opportunity to help relieve the drain on the force of regular trained nurses, who are all needed for army and navy work.

Fill out the enrollment blank printed below and mail it to

ENSIGN OTIS,
Chairman Knox Co. Public Safety Committee,
Rockland, Maine.

Name

Address

Date and place of Birth

Would accept positions as indicated below.

(In County only) (In Maine only) (Anywhere in U. S.)

At how short notice?

Experience and references, briefly as possible.

To communicate with me quickly, telephone to

Tel. No.

DRASTIC STEPS TO CURB INFLUENZA

Mobilization of Full Force of the American Red Cross Determined Upon By the Authorities in Washington—Disease Rapidly Spreading Over the Country—The Situation in Various Districts.

WASHINGTON, Oct. 7.—Mobilization of the full force of the American Red Cross to combat the epidemic of Spanish influenza which is rapidly spreading over the country was determined upon today and instructions were sent to all chapters.

In co-operation with the public Health Service and the State Boards of Health the Red Cross will control nurses and will freely use its accumulated hospital supplies to fight the epidemic. A call also will be made for volunteers to go into homes where mothers and housekeepers are ill and assume the management of the household.

In a further effort to curb the spread of the disease, Surgeon-General Blue of the Public Health Service today suggested to all state health officers that schools and places of amusements be closed and public meetings be discontinued in all places where the malady becomes prevalent. Importance of reporting cases also was urged by Dr. Blue.

Reports today to the Public Health Service showed that the disease is spreading.

This, however, was not the situation in army camps, the number of new cases reported during the 48 hours ending at noon today showing a slight decrease. Pneumonia in the camps continued to increase, with 4,522 new cases and 1,388 deaths reported since Saturday. Influenza cases reported from all camps since the disease became epidemic September 13 now total 167,000; pneumonia cases 17,102 and deaths 4,910.

COUNCIL MEETING ENLIVENED

By Debaters As To Public Closing On Account of Influenza and Repairs On What Alderman Hawken Calls "Worse Than Cow Paths"

The October meeting of the City Council is generally a prosaic affair, but last night's session was interesting enough to stamp it as an exception.

A. S. Black, president of the Maine Theatres, Inc., appeared before the municipal officers to enter a protest against the closing of churches, theatres and schools, when the board of health is apparently neglecting other places in which the dreaded influenza can gain a foothold. "There's no middle ground," said Mr. Black; "either the situation is serious enough for radical action, or it is not serious enough to warrant the steps which have been taken." Mr. Black listed a number of places which had not been asked to close. There is no enforcement of the ruling against public funerals; no action has been taken in regard to soda fountains, and the restaurants have been given no regulations about the use of boiling water. After noting these things, Mr. Black read extracts from yesterday's Lowell Telegram, telling of the drastic action which has been taken in that and other cities.

"We'll take our medicine with a smile, no matter how bitter the medicine is," said Mr. Black in conclusion, "but we won't smile unless a fair deal is being given and all are being used alike."

"The sooner all public places are closed, the quicker we will be able to reopen those which are now closed," said Alderman Ingraham.

"If one place is closed they should all be closed," said Alderman Hawken. "If the people can't go to the theatres, some of them will congregate in filthy pool rooms where the danger is much greater."

Mayor Flint said that the matter is being given careful attention by the board of health, which will make the closing general the moment that the situation seems to warrant it. His honor remarked with some asperity that the restaurants and theatres would be reopened as soon as it was deemed practicable, but that no amount of persuasion could induce the municipal officers to remove the ban until the time was considered ripe. And there the matter ended.

Thursday
October 10, 1918

Bangor Daily
10/10/1918 C

U. S. Appeal for Nurses

OWING to the rapid spread of the present influenza epidemic, the safety of this country demands that all patriotic, available nurses, nurses' aids, or anyone with experience in nursing, place themselves at once at the disposal of the Government.

In order that the nursing resources of the country may be mobilized to assist in the control of the influenza epidemic, practising physicians in general, and specialists in medicine in particular, are urgently requested to release from attendance on chronic cases, and all other cases which are not critically ill, every nurse working under their direction who can be possibly spared temporarily from such duty.

Graduate nurses, unde graduate nurses, nurses' aids and voluteers are urged to telegraph, collect, at once their names, addresses, qualifications and earliest possible date of availability to their local Red Cross Chapter or Red Cross New England Division Headquarters, 755 Boylston St., Boston, or Red Cross Headquarters, Washington, D. C.

RUPERT BLUE, Surgeon-General,
United States Public Health Service.

REMARKABLE DEBATE UPON QUESTION OF CLOSING CHURCHES

Clergymen and Physicians Express Vary- ing Views At Civic Meeting Of Very Exceptional Earnestness and Signifi- cance

For nearly three hours, late Wednesday afternoon, clergymen and physicians of Lewiston discussed the influenza epidemic and the vitally important question of whether or not the churches shall be required to close.

Undoubtedly, in the diversity of views expressed and the sharpness of the discussion, it was the most remarkable civic meeting held for years in Lewiston; and at times it went deeply into social, ethical and religious problems. Monsignor Michael C. McDonough, pastor of St. Patrick's, spoke three-quarters of an hour—an address of great earnestness and deep significance, in which he outlined the position and position of the Catholic church.

The common council chamber was crowded, but only clergymen, physicians and members of the board of health took part in the discussion. Mayor Lemaire presided, and the hours wore from 3.15 to 5.30.

THE OPENING SPEAKERS
Mayor Lemaire called the meeting to order about 3.15 and very briefly told the purpose of it,—to get at some understanding as to whether schools and churches should be closed or not during the present epidemic. He called upon Dr. Bartlett to state his views, as the meeting had been called at his suggestion.

Dr. Bartlett said he had suggested this conference as he thought all the ministers would feel better if some positive decision could be reached. He said that the interruption to the church work was to be regretted, but that a very serious condition, an unprecedented one, had confronted us. He suggested further that the doctors be called upon to say if the present disease status in Lewiston warrants the closing of churches. In view of a decision either way he had prepared two resolutions the gist of which follows:

Number one: In view of the fact that this is a light epidemic and there are not many fatalities, the churches should be kept open next Sunday by permission, or with an order from the board of health. He also advocated in this resolution that church goers should be advised thru the press that anyone afflicted with colds should stay away. The second resolution read in part: "In view of the serious conditions all over the

United States, it is agreed after discussion, that it is advisable to close all churches next Sunday."
Dr. Bartlett said that his people were all willing to do whatever was advisable and to make whatever sacrifices were deemed necessary by the doctors and the board of health. He said there was no feeling of sectarianism in the matter, and that they were all American citizens.

Dr. Wiseman was asked for his views and said that Lewiston had been fortunate thus far in having a very mild form of the disease; but he believed we should be very careful nevertheless. He predicted that, with proper care and precaution, the epidemic will continue light. He said he thought schools and theaters should be closed, and that people should so far as possible keep away from crowds. But he thought people were duty bound to observe Sunday services. He advocated short services if churches were allowed to open, and that no parishioner with a cold or other malady attend, or anyone from a family where there was a cold, or other distemper.

Mayor Lemaire asked Dr. Wiseman if it were not true that attending church services did not endanger church conditions among working people, that is, if they would not be more likely to cleanse themselves and their surroundings on that account, the doctor agreed. The germs, he said, were not in the church, but were carried there and distributed by coughs and sneezes. He thought that if the services were short, and no infected person attended, the danger would be small.

In answer to a question by Monsignor McDonough, Dr. Wiseman said he had but two severe cases out of a possible French population of fifteen or sixteen thousand people.

Dr. Bartlett asked if keeping away from crowds did not mean keeping away from church. Dr. Wiseman reiterated that he advocated short services.

Dr. Blinn Russell thought the

number of fatalities was not a fair criterion of the seriousness of the situation. Out of some sixty cases under his observation, he said, perhaps a dozen were of the borderline type, and might develop into bronchial pneumonia at almost any time. Regarding the closing of churches, he said the spirit should be to avoid public gatherings. If necessary, some provision could be made for relief work by the churches.

He did not believe that it would be necessary actually to close the church doors, but public gatherings should be avoided. The spread is from one person to another.

Dr. Randall's Warning.
Dr. Randall said that in his opinion there has been precedent enough in other cities—where they waited too long. The time to move is before we are all "down and out." It is impossible to get help as it is,—either nurses or domestic help. He mentioned two families who were down with the disease and one man does all the work for both—cooking, housework and all. He believed in closing at once.

Monsignor McDonough asked Dr. Randall if he considered mills as public gatherings. "Not in that sense," was the answer. Dr. Randall said that the factories and mills are necessary to sustain life.

Dr. Clark and Mgr. McDonough.
Dr. Clark favored closing non-essential public gatherings and believed that churches as well as schools should close. He said that both schools and churches are necessary in a sense, but not at the present time.

"Then you think there are times when the church is not essential?" asked Monsignor McDonough.

"Certainly," replied Dr. Clark. "They are essential in a sense, but not in the sense that mills and factories are essential."

"I am not asking for comparisons," said Monsignor McDonough. "I want to know if you think churches are an essential asset to a community?"

Dr. Clark said he did not care to discuss that phase of the situation.

Rev. I. A. Bean regretted that he had to close his church, but thought the time to act was before we are in an awful condition. He felt that it was his patriotic and religious duty to close.

Dr. Dupras said that he had not changed his mind, and still thought the churches should be closed.

Monsignor McDonough asked if mills and factories were not dangerous. Dr. Dupras replied that they were to a certain extent.

No "Half-Way" Measures.

Father Desilets said he did not favor half-way measures. "Do I understand that you would like to close the factories?" asked Dr. Bartlett.

"Yes, I would close everything," replied Father Desilets.

Dr. Bartlett asked the mayor who had authority to close places in this city.

"The Board of Health," was the reply.

LES 10/9/18

Are Gathering To Discuss the Influenza Epidemic

A large number of clergymen, representing both the Catholic and Protestant churches of Lewiston, were gathered in Mayor Lemaire's office at 3 o'clock Wednesday afternoon. Members of the Board of Health, physicians of the city and many other interested persons were at the meeting also. Among the clergymen present were Mr. McDonough, Fr. Gill, Fr. Cote, Fr. Kealey, Fr. Desilets, Dr. Bartlett and Rev. W. A. Kelley, Rev. I. A. Bean. Among the physicians were Dr. Donovan, Dr. Wiseman, Mr. Dupran and Dr. Girouard. Several more are expected. The meeting had not begun when the Lewiston Journal went to press.

**Monsignor McDonough
St. Patrick's Church, Lewiston
(aka Marc Mutty, Portland Diocese)**

**Dr. Epstein
Chair of Lewiston Board of Health
(aka Dr. Don Hoenig, State Veterinarian)**

Maine 1918

- Lewiston population
~30,000
- Auburn population
~16,000

Maine 1918

**~47% of Lewiston's population is
French American**

Maine 1918

Franco-Americans in Lewiston

- 1850 – None
- 1870 – 689
- 1880 – 4,500
- 1920 – 14,815

Women in the packing room at the Portland Company with wooden boxes for the howitzer shell casings. The casings were packed two in a box and shipped out in 1917-1918.

<http://www.mainememory.net/bin/Detail?ln=5781>



Item #5781 - Maine Memory Network - www.Mainememory.net
A project of the Maine Historical Society

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During WWI, women worked at the Portland Company to manufacture the 108mm brass howitzer shells used in the war. Here are some of the women posing in front of the shipping and receiving doors at the Portland Company in 1917.

<http://www.mainememory.net/bin/Detail?ln=8597>



Maine 1918

Two-Pronged Economy

- Natural Resource-Based (lumber, granite, lime, and ice)
- Factories (wood, textiles, shoes, shipbuilding)

Maine 1918

Industries with Largest Numbers of Wage Earners in 1918

Paper, Wood, Lumber

Woolen Goods

Cotton Textiles

Boot and Shoes

Shipbuilding

Maine 1918

**Most of Maine's textile factories are in
Lewiston and Biddeford**

Maine 1918

Maine Textile Factories

- Half of the workers are women
- 80% of the workers are from Quebec

Maine 1918

Two-Pronged Economy

- Natural Resource-Based (lumber, granite, lime, and ice)
- Factories (wood, textiles, shoes, shipbuilding)

Maine 1917

16,337 babies born.

Born to Foreign-Born Parents:

- 1 in 5 in Maine
- >1 in 3 in Lewiston
- ~1 in 2 in Biddeford

Maine 1917

Countries Parents Born In:

- France and French Canada (~70% statewide)
- Ireland
- England
- Italy
- Russia
- Scotland

**Monsignor McDonough
St. Patrick's Church, Lewiston
(aka Marc Mutty, Portland Diocese)**

**Dr. Epstein
Chair of Lewiston Board of Health
(aka Dr. Don Hoenig, State Veterinarian)**

Aftermath of Meeting

BOARD OF HEALTH ADHERES TO ITS ORIGINAL POSITION

Has Not Changed Ruling on the Churches, But Has Held No Meeting Since Yesterday's Discussion

There seemed to be little that was new or definite in the influenza situation this morning—or, rather, the attitude of the authorities thereto— notwithstanding the highly important meeting of clergymen and physicians yesterday afternoon.

It was believed that the Board of Health would meet and take some decisive vote—but, according to Chairman Robbins, it didn't. He said, when questioned by the Journal, that the board adheres firmly to its original decision that all churches must close. This was definite and explicit; but when asked what the board will do in case of refusal—whether or not it will invoke the aid of the State board or the municipal authorities—Mr. Robbins refused to say another word. And yet this, of course, is highly important.

City Solicitor Powers says that the local board has no authority to close churches or anything else; it can request, but not command. The mayor says that he has called three meetings and feels he has about done his duty. The situation rests with the local board, which should know its duties, responsibility and authority. Personally, he does not believe it necessary for the churches to close; but he will give the board any assistance possible in whatever proper and legal action it thinks best to take.

"Abide by Ruling"—Robbins.
"The Board of Health has made its ruling and will stand behind it," said Chairman Charles Robbins of the Lewiston Board of Health, Thursday morning. "There will be

no more meetings of the board at this time, as they are not necessary. There is nothing more we could do or say than has been done and said already."

"Will anything be done in case churches are open Sunday?" was asked. "There is nothing to say that has not been said," answered Mr. Robbins. And he would add nothing.

"No Authority"—Powers. City Solicitor Frank E. Powers

was asked what the law says in regard to the power and authority of the Board of Health in the matter of compulsory closing of places where the public gathers.

"They have absolutely no authority to demand that a place close," said he, "especially churches. Nor will they have authority until the constitution of the United States is changed. I know of no provisions for emergencies, or anything of that sort. The constitution says specifically that religious gatherings must not be interfered with. Undoubtedly the state health officials have great powers that the local board of health, but I doubt if even they have any right to close a church, because of the constitutional provision."

The Mayor's Position.

Mayor Lemaire feels that he has done all that he can do, as mayor, in the present situation. "I am not a member of the Board of Health," said he, Thursday morning, "even ex-officio. I have worked all thru for the best interests of the city, so far as my power went. I called three meetings, all told, of the physicians of the city, as I felt that they, if anyone, would know best what to do. At the first meeting, it was decided that there was no need of closing anything. The second meeting brought but one doctor, who felt that it was too soon to close. Then I sent invitations to every doctor, and fourteen responded from both cities. Mayor

Burnham and his Board of Health, the Lewiston Board of Health and the physicians discussed the matter thoroughly in my office here, and it was unanimously decided to close schools, churches, poolrooms, theaters, clubs and so on, but to leave the factories and mills open. At the request of members of the clergy the meeting Wednesday was called; further information was given by the doctors, and the proposition of opening or closing churches was pretty thoroughly discussed. I can't see that it led anywhere, but I have done all that I can do. At every meeting the majority of the physicians has been in favor of closing.

"I do not know what the Board of Health can do, or will do. I presume they know their powers, but I don't."

"Speaking for myself, I do not see any great harm in the churches being open for short services Sunday, and this attitude I have held since the beginning. However, it is for the physicians and the Board of Health to say, not for me."

Situation in Auburn.

There is no great change in the situation in Auburn. There is a slight increase in the number of cases, but the doctors and the Board of Health are busy every minute to keep the disease at bay, so far as possible.

SPANISH INFLUENZA--WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New--Simply the Old Grip, or La Grippe That Was Epidemic in 1889-90, Only Then It Came from Russia by Way of France and This Time by Way of Spain.

Go To Bed and Stay Quiet—
Take A Laxative—Eat Plenty
Of Nourishing Food—Keep
Up Your Strength—Na-
ture Is The "Cure"

ALWAYS CALL A DOCTOR

NO OCCASION FOR PANIC.

Spanish influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept all over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—Influenza itself has a very low percentage of fatalities—not over one death out of every four hundred cases, according to the National Board of Health. The chief danger lies in complications arising, attacking principally patients in a run-down condition—those who don't go to bed soon enough, or those who get up too early.

THE SYMPTOMS.

Grippe, or influenza as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages nose, throat and bronchial tubes—there is usually a hard cough, especially bad at night, sometimes a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

THE TREATMENT.

Go to bed at the first symptoms, not only for your own sake but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course, but Nature will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remain in bed until after his strength returns—stay in bed at least two days or more after the fever has left you, or if you are

over 50 or not strong, stay in bed four days or more according to the severity of the attack.

EXTERNAL APPLICATIONS.

In order to stimulate the lining of air passages to throw off the grippé germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and covered with two thicknesses of hot flannel clothes. Leave the clothes on some hours. The heat of the neck as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed thru and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE.

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly thru coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up bodily strength by plenty of exercise in the open air, and good food. Above all, keep free from colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzol's cam kettle. If this is not available, use an ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

NOTE: Vick's VapoRub is the discovery of a North Carolina man who found how to combine, in salve form, Menthol and Camphor with such other herbs as Eucalyptus, Thyme, Cubebs, etc., so that when the salve is applied to the body heat these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York and New England and a few Western states where it is just now being introduced, but in the other sections of the country it is the standard home remedy over a million homes for all forms of cold troubles. Over six million jars were sold last year. It is particularly recommended for children's croup or colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects. VapoRub can be had in three sizes at all druggists.—Adv.

DIFFER OVER CLOSING OF THE CHURCHES

Catholic Clergy Deem It Ad-
visable to Permit Indoor
Sunday Services.

Matter Was Not Settled
When Conference of
Yesterday Closed.

The removal of the ban on the churches thus permitting the usual Sunday services was thoroughly discussed yesterday afternoon in the Mayor's office, at an adjourned hearing of the Board of Health, from several angles of view sanitary, religious and otherwise by a goodly gathering of the clergy of the City, and at the conclusion of the hearing it was announced that the Board of Health would go into executive session at 6 o'clock today to decide the matter.

In the absence of Chairman Philip F. Chapman, Mr. Hutchinson presided, and Dr. Tetreau was first called upon to say something about the situation as regards the epidemic now prevailing.

Dr. Tetreau said that thus far there had been about 2,500 cases reported in the City with 60 deaths, and held out the opinion that the latest reports indicated a waning of the disease. The need of increased hospital facilities had been severely felt, but all along this line progress was being made by the use of Fraternity House, Queen's Hospital and other places.

Discussion was then in order, and the first to speak was Right Reverend Bishop Walsh, who pointed out that all sought to do what was best, and then passed on to consider the question from an historical, traditional, legal and religious viewpoint. He maintained that this closing order of the churches was a new departure in New England, and called to mind a serious epidemic in Boston some thirty years ago at which time no such step was ever contemplated.

He again referred to the attitude of Health Commissioner Bristol and the Governor of Maine, mention of which was made at a previous hearing, and he doubted if statute law allowed such drastic proceedings as had been taken relative to public worship in the several churches.

He expressed the opinion that out of the 15,000 Catholics in the City ninety-five per cent were opposed to the closing of the churches, and he was a little surprised after the first order was issued by the Board of Health and approved by the Mayor, that a subsequent order had been issued which embraced the churches and had caused him to institute masses in the open air, as was done on Sunday last and which despite a pouring rain had been fully attended by the Catholics all over the City.

He did not believe that the assemblages in the churches were as much of a menace to the health of the community as that which comes from factories in some of which a thousand people are crowded together, nor that of some stores where the atmosphere is overheated.

He went further and held that freedom of worship was a right granted by the Constitution of the United States and liberty in that and other aspects was the corner stone on which our system of government most wisely rests. Viewing some religious phases of the case he strongly pled that such liberty be granted to the Catholic churches regardless of what other churches in the City might see fit to do.

Rev. Asa Leavitt of State street church referred to the action of the Federation of Churches in deeming the closing of their churches prudent before any action was taken by the Board of Health. To his mind it was a question that resided entirely now with the Board, and the ministers were only laymen. He took the ground that even if only one person was made the victim of the epidemic by the congregation, regard for that one person would justify the closing of the church. The Sabbath was made for man, not man for the Sabbath, and following this divine precept the churches should do nothing to jeopardize the health of anybody.

Bishop Brewster said at the first meeting of the Board of Health he opposed the proposed closing order, but since the spread of the disease he was in favor of it, and thought the question should be left to the health authorities. To re-enforce the spiritual side of the people he thought this might be met by ministrations of priests and others to individuals who appeared in the churches, without a general assembly.

The position taken by Rev. Mr. Leavitt and Bishop Brewster was supported by Rev. Mr. Walker of the Church of the Messiah, Rev. Mr. Sykes of Friends church, Rev. Mr. McLean of First Baptist church, all being of the opinion that the question should be settled by the Board of Health. The views set forth by Rt. Rev. Bishop Walsh were concurred in by Rev. Fathers Clary of St. Dominic's, Houlhan of the Cathedral Parish, and Houlhan of St. Joseph's Parish.

Father Clary told of what had been done to safeguard the health of his parishioners and the precautions all were taken to avoid any spread of the disease. Father Houlhan of the Cathedral parish was astonished that so many clergymen present had utterly ignored the important element of worship which should enter largely into the consideration of a matter of this kind.

Superintendent of Schools Perkins adhered to the opinion he gave at the previous meeting, and opposed any immediate opening of the public schools for the reason that until the epidemic had to a greater extent disappeared, the attendance of pupils would not be large enough to make a re-opening desirable.

Just before the closing of the hearing Bishop Walsh asked Mayor Clarke if at the original meeting he was not opposed to the closing.

The Mayor replied that he was so then that he had no power over the matter, this resided entirely with the Board of Health of which he was not a member, and such power to close was vested in the Board by statute.

During the discussion Dr. Tetreau laid before the gathering a map which graphically indicated the progress of the disease, and finally the announcement was made by Dr. Palmer, secretary of the Board that the matter would be decided at an executive session which will be held early today.

Saturday
October 12, 1918

Bishop Walsh Protests Against Closing Order

PORTLAND, Oct. 11.—Bishop Walsh of the Catholic Diocese of Portland appeared before the mayor and board of health Thursday to protest against the order closing the churches during the epidemic, claiming that the order was illegal. Mayor Clarke stated that there was no question about the legality of the order but the board reserved its decision about rescinding the order.

LEWISTON HEALTH BOARD IS KEENLY INTERESTED IN SITUATION IN PORTLAND

Bishop Walsh Asks That Schools and Churches There Reopen—No Further Announcement This Morning As to the Local Church Situation

Members of the Lewiston Board of Health, confronted by the problem of whether or not the churches shall remain open on Sundays, were keenly interested this morning in the situation in Portland. In fact, action taken by the board of health in that city is likely to have an important bearing here.

For in Portland as well as in Lewiston the health board is having its troubles. It ordered the schools and churches to close—and they did so. But the opposition developed; and late Thursday afternoon, with members of the board and the mayor present a long hear-

ing was held.

Rt. Rev. Louis S. Walsh, Bishop of Portland and head of the Catholic Diocese of Maine, asked that the order relating to the churches be rescinded; and he urged the advisability of opening the schools. Rev. Ashley Day, representing the Portland Federation of churches, told how, following a conference, it had been decided that the church doors should be closed for the benefit of all concerned; and DeForest H. [acting superintendent] said he believed it [was] [Continued on page 2]

No Masses in Portland Churches

Order Rescinded This Afternoon By Bishop Louis S. Walsh

PORTLAND, Me., Oct. 12.—Instructions to hold masses in all the Catholic churches of Portland were rescinded today by Bishop Louis S. Walsh in deference to a written request by Mayor Charles B. Clarke and the "very reasonable judgment of the medical profession."

Bishop Walsh in a statement added: "I hereby instruct all the priests and the people that the holy sacrifice of the mass will be offered in the open air, as on last Sunday, and that the people are perfectly free to follow the dictates of their conscience in regard to their presence."

The Board of Health today passed an order, which later was approved by Associate Justice Scott Wilson of the Supreme court, providing for the closing of churches, theaters and other places of public assembly in event of an epidemic of a threatened epidemic.

This dispatch was received just as the Journal went to press and the local churches had taken no action to rescind the order at that time.

Sunday Services In Catholic Churches

Usual Hours In the Morning,
But None Afternoon or
Night

At a meeting of the Catholic clergy of Lewiston and Auburn, held Saturday, it was decided to hold services in all churches of this faith at the usual hours Sunday morning. These services will be brief, there being no high mass. The church authorities urge that all parishioners observe a voluntary quarantine, and that all in homes afflicted with grip or influenza remain away.

There will be no catechism classes, and no afternoon or evening services.

Monday
October 14, 1918

The Epidemic Is Still Spreading

Prospects of Early Checking It
Are Far From Bright—Big
Industries Not Seriously
Handicapped, However

With the influenza epidemic presenting a steadily increasing menace, local authorities are contemplating more stringent measures than any they have yet taken for safe-guarding the public health, the public gatherings of all kinds have been prohibited as far as possible. Local physicians are working practically day and night, while the number of people needing their attention steadily grows larger. Under these conditions, the prospect of immediately suppressing the epidemic, which in the last week has gained considerable headway, is not encouraging.

"It is growing worse," said an Auburn physician this morning.

Not only are the doctors overworked, but it is impossible to find help for homes where it is needed. Whole families are ill with the disease, with no one to care for them. Approximately 40 new cases were reported today to the Lewiston board of health, the same who were ill in the segregated ward at the C. M. G. hospital where influenza patients are cared for, have been discharged as cured.

One local doctor has given this advice relative to warding off the disease, and thereby helping to check the spread. A temperature of ninety-nine degrees should be in his opinion a danger signal—not so much that it denotes a serious illness, as that it is an excellent time to prevent one. The patient should go to bed, and stay there for several days. He should immediately consult a physician and follow his advice, and not wait until the cold has developed into something worse.

Local industries are not as yet seriously handicapped by illness of employees. One of the largest shoe factories reports that there are no more cases of illness than usual at this time of year.

Pending further decision as to what is best for the public good, the health authorities are trying to impress on the people the need for caution.

"They can't be too careful," said Mayor Burnham of Auburn this morning, in discussing the situation. People are advised, as they have been countless times before, to avoid all crowds so far as possible, and especially to be more than ordinary careful of what they call "only a cold," neglect being responsible for a great deal of mischief.

Daily Eastern Argus
10/14/18c

HELD SERVICES IN CHURCHES AT LEWISTON

Board of Health to Take Steps
to Stop It; Disease at
Bates College.

Lewiston, Me., Oct. 13.—Seventy-five new cases of influenza have been reported in Lewiston and Auburn, bringing the total number up to about 600. The disease has appeared at Bates College, 16 of the girls at Rand Hall being under quarantine.

All of the Catholic churches of Lewiston held indoor services today, disregarding the closing order of the board of health.

Out of door services were held by the Catholic church in Auburn, in compliance with a request of the Auburn Board of Health.

It is understood the Lewiston health board will take steps tomorrow to get the necessary authority to enforce closing orders in this city.

Daily Eastern Argus
10/14/18 d

LOCAL HEALTH BOARD NOW FULLY EMPOWERED

The local Board of Health in order to provide for all contingencies that might arise during the epidemic and in order to acquire legal authority to enforce all closing regulations, Saturday passed a new by-law which received the stamp of approval of Hon. Scott Wilson, Associate Justice of the Supreme Court, and accordingly upon becoming operative as a law. The by-law gives the board absolute authority to put a stop to all assemblies daily and Sunday until the epidemic danger has passed.

Tuesday
October 15, 1918

50 NEW CASES OF GRIP ON MONDAY

Total Number to Date in Bangor 707—Hospital Wards Filled With Patients—Pneumonia Usually Result of Reckless Exposure—Recoveries and New Cases About Equal.

On Monday night Dr. Daniel A. Robinson, chairman of the Bangor board of health, announced that 50 new cases of grip had been reported during the day, and that, so far as he could learn, there had been about that number of recoveries, so that statistically, at least, the situation remained unchanged.

In regard to the number of cases reported in the 24 hours ending last Friday which has been made the subject of some controversy, Dr. Robinson reiterated on Monday night his previously quoted statement that the report in the News of last Saturday morning giving the number as 357 was correct, and that he did not inform the Commercial that the number mentioned represented all the cases from Oct. 4 to 11, not having given that paper any figures whatever. Secretary Goldthwait on Saturday expressed to Dr. Robinson the belief that the report in the News of 357 new cases developing on Friday was incorrect. But Dr. Robinson produced the records, showing that the total number of cases up to Friday night was 567, of which 267 had been reported on Friday and 310 previously. The Commercial's figures were those of Mr. Goldthwait, however or where or obtained, and were incorrect; those published in the News were from the records as tabulated by Dr. Robinson, and were correct.

From Saturday morning to Monday night about 140 cases were reported, bringing the total to date up to 707. The fifty cases of Monday were reported by eight physicians, a dozen other physicians failing to send in any figures.

HOSPITAL FULL

Dr. A. K. P. Smith, who on Saturday night concluded his term as visiting physician on the medical staff of the Eastern Maine General Hospital, said on Monday that when he left the institution there were about fifty grip and pneumonia patients under treatment, including eight from the University of Maine, one of whom had since died. Dr. Smith was of the opinion that the disease was about as a statistical recoveries offsetting the new cases, and he thought that in about two weeks, if reasonable precautions are observed, the epidemic will be over. Dr. Smith remarked that so far as he had observed, the cases of

pneumonia usually resulted from negligence or recklessness of grip patients, who, thinking themselves fully recovered, went out too soon. In such cases pneumonia is almost certain to follow. The lesson plainly is: "Stay in the house until there is no doubt of complete recovery—or until the doctor is satisfied."

On Monday both the men's and women's wards of the Eastern Maine General Hospital were filled with grip and pneumonia patients, also the sun parlor, while several patients occupied private rooms.

PUBLIC WARNED

The medical men warn the public to be very careful in their manner of living and in their going about in business or social intercourse. Individual co-operation and sensible precaution will do much to halt the grip wave and save widespread suffering and death.

There have been many sudden attacks of prostration, the collapses being such as to alarm those concerned. The physicians state that many people keep about when attacked by the preliminary stages, thinking they are but colds instead of giving up and taking proper precautions and medicine. After keeping about for a time they have a double infection. The heart is weakened and the patients are subjects for a sudden end. This is in brief the explanation as given by physicians for the deaths which puzzle the layman so much when observing the sudden collapse of persons who generally are regarded as unusually strong and healthy.

It is hoped that every citizen will exercise the greatest precautions in public and in private, those afflicted with colds or worse forms of trouble refraining from visiting others unnecessarily and from breathing into others faces or coughing without covering their mouths with handkerchiefs.

SPANISH INFLUENZA

Resembles Old Fashioned Grip

The symptoms of Spanish Influenza are very similar to old fashioned grip—pains throughout the body, extreme dizziness, sleepiness, chills, high fever, headache, disturbed digestion with runnings at the nose, and eyes and excessive spitting, showing an inflammation and congestion of the mucous linings.



Manifested by Catarrhal Condition

With the first symptoms of Influenza, it is well to consult your family physician at once. It is not the disease itself that is to be feared so much as it is the complications which may follow. To ward off Spanish Influenza or as an aid to returning health after an attack, nothing is any better than Dr. Hartman's World Famous Peruna.

For Catarrh of Every Description Take

PE-RU-NA

The well known and direct action of Peruna in restoring and maintaining a healthy condition of the mucous membrane throughout the body makes it the greatest disease preventing and health restoring remedy known to science.

For fifty-five years Peruna has retained its title as a reliable safeguard to the health of the American family.

EXPERIENCE OF USERS THE BEST RECOMMENDATION

ANNA DEHO. I had Peruna excellent for Catarrh of the head. I had Peruna and it worked in the nose. All the time. Price: A. Rankle, Box 56.

NEWARK, N. J. I have used Peruna for colds and grip. It will do all you claim and more. My family always have a bottle on hand for stomach and bowel trouble and colds. Geo. Clark, 124 Union Street.

Try Peruna First—Tablets or Liquid—Sold Everywhere

Wednesday
October 16, 1918

Bangor Daily
10/16/1918 d

RECESSION OF THE GRIP WAVE

Only New Cases on Tuesday, Making 787 to Date—Fr. Garrity Gives Use of Girls' High School House as Hospital Annex.

Thursday forenoon society
part of the Bangor board of
received from physicians re-
of eighty new cases of grip in the
making a total of 787 cases up to
time of the report. It is
overlooked, but Dr.
son, chairman of the board of
believes that the number is
if not quite equal to that of how
many are the crest of the
wave, not to have passed, and
situation demands the utmost pre-
caution on the part of every individual,
the most energetic measures by the
authorities. Indifference or carelessness
like this invites public censure.

will be noted in despatches pub-
lished in another column that the Wu-
chies in Montreal forbid anyone en-
tering an infected house, where a death
has taken place; that twenty-five per-
cent may attend the funeral of a grip
case but that none of them may
enter the house, while in Quebec fu-
nerals may be attended only by rela-
tives. Some regulation applying to
funerals for the dead. Very stringent reg-
ulations have been adopted in other
places but in most instances the pre-
cautions have been adopted only after
the disease has gained considerable
momentum.

The Eastern Maine General Hos-
pital on Tuesday about sixty grip and
pneumonia patients were under treat-
ment and that number represents the
capacity of the institution. For such
private hospitals are not able
to accommodate many grip patients,
due to the action of Rev. Patrick J.
Garrity, rector of St. John's Catholic
church, in giving the use of the Bors-
man building in State street (later pur-
chased for occupancy by the Catholic
high school) for public hospital
use. It is a timely and much appre-
ciated and an example of enlight-
ened and public spirit.

Concerning statistics of the progress
of the disease in Bangor from day to
day the afternoon paper continues to
circulate misinformation. It circulated
yesterday to the official figures.
It was with curious obtuseness that
the morning paper has twice admitted
"own mistakes" and "considers the
time closed." The morning paper has
made no mistakes, consequently admit-
ting them and will continue to keep the
public straight, rather than seek to
minimize the gravity of the situation
by the publication and repetition of
theoretical stupidities. The official
figures to date:

Reported Oct. 4 to 11	210
Reported Oct. 11	357
Reported Oct. 12 to 14, inclu- sive	140
Reported Oct. 15 (part of day)	80
Total	787

will be provided for about 30 patients.
The house will be under the hospital
administration as much as if on the
hospital grounds. The trustees ex-
pressed their appreciation of this re-
sult from the crowded conditions at
the hospital, which on Tuesday night
had 133 patients, including 80 cases of
grip and pneumonia, almost every
available space being taken. The nor-
mal capacity of the institution is from
100 to 110 patients.

The Sisters of Mercy have tendered
their services, while released from
their teaching duties during the clos-
ing of the schools, for the care of pa-
tients at the hospital annex.

—HAY'S DRUG STORES—

Remedies for Colds

Sprays and Atomizers for Prevention

The epidemic prevailing in other states has made a greatly increased demand for supplies of this kind. By repeated long-distance phone calls we have succeeded in securing a quick supply of good Throat Atomizers at \$1.00 and \$1.50 each. We have all the leading Throat Sprays as prescribed by your physician and have arranged for extra prescription clerks for the next few days to assure prompt filling of orders in this department. Gum Camphor has been in unprecedented demand. So far we have been able to supply nearly all calls and have sufficient for immediate needs and a promise of two additional shipments for Monday.

HAY'S ANTISEPTIC AIR FRESHENER
is an excellent preventative for spraying the air. For use on phones and in money drawers.

HAY'S THROAT EASERS 25c per box
A gelatine glycerine pastille. Relieves the tickle and huskiness.

HAY'S LAXATIVE COLD TABLETS, 25c per box
Relieve ordinary colds in 24 hours, headache and all the conditions which accompany a fresh cold.

HAY'S CATARRHAL JELLY
in collapsible tubes with metal tip for nasal application 25c per tube

ASPIRIN TABLETS
Preston's American, L. & F. and S. K. & F. brands in small boxes. Also in 100's at 89c each.

Bayer's Aspirin in all sizes.

We are fortunate in getting a quantity of S-B. and Luden's Cough Drops recently. Also Slippery Elm Lozenges.

We and everyone associated with our stores are doing our best to promptly meet all demands for these remedies.

MAIL ORDERS CAREFULLY FILLED



Daily Eastern Argus
10/7/18 e

AT HAY'S DRUG STORES

We Are Complying With The Board Of Health Regulations

in our stores and doing our best to assist all those requiring remedies and antiseptics for prevention, with the supplies they need. A few of the popular remedies have been out of stock with nearly all stores the past week on account of unexpected demand. We are receiving small lots of Hubbard's Germicide, Alkalol, Glycothymoline and Listerine from day to day.

We still have sufficient supply of Aspirin, all kinds. Have just received quite a quantity of Pines' Glycerine Lozenges all flavors, Briggs' Menthol Horehound Cough Drops, Luden's and S-B Cough Drops.

WE SUGGEST THESE RELIABLE REMEDIES FOR USE AT THIS TIME: Hay's Antiseptic Air Freshener, an excellent preventative for spraying the air, for use in phones and in money drawers.

HAY'S THROAT EASERS. 25c per box. A gelatine glycerine pastille. Relieves the tickle and huskiness.

HAY'S LAXATIVE COLD TABLETS. 25c per box. Relieve ordinary colds in 24 hours, headaches and all the conditions which accompany a fresh cold.

HAY'S CATARRHAL JELLY in collapsible tubes with metal tip for nasal application, 25c.

ASPIRIN TABLETS. Preston's American, L & F and S K & F brands in small boxes. Also in 100's at 89c. Bayer's Aspirin in all sizes.

At our Soda Fountains we have always used the paper dishes but have now adopted the paper cups. Both Soda Fountains have a bountiful supply of hot water. Everything about our Fountains is kept absolutely clean and sterile with hot water, Ivory Soap and Bon Ami.

We use the best and purest materials obtainable regardless of cost.

MAIL ORDERS CAREFULLY FILLED.



DANGER AFTER SPANISH INFLUENZA OR GRIPPE

How It Can Be Avoided and Treated. Simple Rules to Be
Followed. No Occasion for Panic

No need of anyone being afraid of the after effects and slow recovery from Spanish Influenza, hard colds or Grippe; if they will use common sense and start in building up their health and strength the right way.

The main thing is to get the blood rich, red, and pure, so it can carry life-giving oxygen and strength to every part of the body. Impure blood is the cause of so many slow recoveries and set-backs.

Doctors say: "Get the blood right and the rest is easy, that nine-tenths of all sickness is due to lack of iron and phosphates; the healthy strong, vigorous man or woman's blood is always loaded with these two life-giving elements".

Physicians also claim with fresh air and nourishing food nothing equals Phosphated Iron as a blood tonic and health builder. Phosphat-

ed Iron takes hold from the first dose. Results are seen and felt; strength returns, food digests, appetite picks up, sleep is restful, there is a color in the cheeks and a sparkle to the eye that only blood charged with iron and phosphates can give.

It is the duty of everyone who has had Spanish Influenza, Grippe or a hard cold to build up their system with nature's tonic, Phosphated Iron. It sure is health, protection. Safety first. The results will repay you many times. Give yourself a show. Special notice: To insure doctors and their patients getting the genuine Phosphated Iron we have put in capsules. Do not take pills or tablets. Insist on capsules.

C. H. Guppy Co., Druggists, H. H. Hays Sons, Druggists, and leading druggists everywhere.

Thursday
October 17, 1918

Bangor Daily
10/17/1918 a

TO FIGHT EPIDEMIC RAGING IN MAINE

State Commissioner Bristol
Presents Plans to the Gov-
ernor and Council.

AUGUSTA, Oct. 16—Dr. Leverett, D. Bristol, state commissioner of health, presented to the governor and council today plans to combat the epidemic of influenza in Maine.

Dr. Bristol asked that \$25,000 be appropriated from the emergency war fund, the state epidemic fund practically having been exhausted, and that the governor appoint a committee representing the state health department, the U. S. public health service, the Red Cross and the Maine committee on public safety to have control of the situation and fight the epidemic.

An order was passed to transfer \$10,000 from the state contingent fund to the epidemic fund for the use in special emergencies where the resources of the local committees are inadequate.

A committee to have charge of the work was appointed consisting of Dr. Bristol, Dr. Kemp of the U. S. Public health service, L. E. Smith, Jr., field representative for Maine of the American Red Cross and Harold M. Sewall, chairman of the Maine committee on public safety.

Places so far affected seriously in Maine are Portland, Bath, Eastport, Lubec, Lisbon Falls, Biddeford and Lewiston, and the disease is still spreading, Dr. Bristol stated.

Lieut. R. L. De Saussuer of the U. S. public health service outlined the very serious condition at Lisbon Falls where the influenza has been very severe.

Friday
October 18, 1918

EMERGENCY HOSPITAL OPENED

**Narragansett Hotel Now Devoted To Influenza Patients—
Numerous Deaths, But the Number of Rockland Cases
Has Greatly Decreased.**

In order to meet the unusual conditions arising from the influenza epidemic in this city, the Narragansett Hotel has been opened as an emergency hospital, for the care of all classes and creeds, and without reference to financial circumstances. Each physician has a chance to care for his own patients there, and the hospital also serves an important mission as an asylum for sick ones who have been unable to obtain proper nursing or medical attendance. The hospital is under the general supervision of Dr. William Ellingwood, and the nursing is under the direction of Miss Hazel Bryant, matron at Sibley Hospital.

This morning 15 cases were being treated in the emergency hospital and many other patients will doubtless be taken there as soon as the fact becomes generally known that there is such an institution. The hospital is destined to be a great blessing, and is a credit to the men who conceived and made possible the project.

The use of the Narragansett was voluntarily offered by its proprietor, M. Frank Donohue, to Secretary McCarty of the Board of Health, and the idea met with enthusiastic acceptance when laid before the committee meeting at the federal building Wednesday afternoon. Mayor Flint promptly guaranteed the City Council's backing.

The Narragansett is splendidly adapted for the purpose, having 28 rooms, and every convenience which is found in a well appointed modern hotel. There is urgent need, however, for children's cribs. If you have one that you can spare, notify the Narragansett Hotel (phone 340) or the Red Cross headquarters (phone 79). Old white cloth and linen are also needed.

The long death lists in this week's papers tell more eloquently than words can the extent to which the epidemic has raged in this vicinity. This morning Undertaker Burpee had 10 bodies in charge, and is working day and night on energy which could be found only in a person of his remarkable constitution. In spite of the many fatalities the situation this morning takes on a decidedly note of encouragement. Secretary McCarty reports that the number of cases has dwindled to about 280 from the alarming total of 450, which was reported early in the week.

To the westward the situation is decidedly improved and here in Maine the turn has probably been called.

The meeting at which the emergency hospital proposition took form was held in the City Council rooms Tuesday evening. Mr. Nelson McDougall presiding. There was a very small attendance considering the importance of the project, but there was no mistaking the earnestness of those who were present.

President Buffum of the Red Cross Chapter said that the crying need was attendants rather than a place for the patients, and explained how war de-

mands have created a shortage of trained nurses. Dr. William Ellingwood explained the communicable character of the disease and told how it was spread from one family to another. "An emergency hospital is needed more than anything else right now," said Dr. O. R. Lavry, adding that all of the physicians will be glad to give part of their time.

Dr. Hannigan, surgeon at the Naval Training Station explained how Bath is handling the epidemic. "The only thing I do is to get the patients concentrated," he said. Rev. J. Edward Newton bespoke the co-operation of the ministers. A number, he said, have already expressed willingness to go among the sick as attendants and the Methodist church has already done something toward furnishing food for families in which all the members are sick and nobody able to cook.

Dr. Wassatt said that he did not wish to discourage the project, but didn't know of many patients who would wish to leave their homes and go to an emergency hospital. He didn't object to such an institution, but thought it would be a blessing. Rev. M. E. Osborne quoted Drs. North and Foss as favoring an emergency hospital.

Rev. Fr. Flynn spoke strongly in favor of such a hospital but insisted that it be an un denominational affair. The statement of a previous speaker that some of the city's foreign residents might avail themselves of the privilege caused Fr. Flynn to speak warmly in behalf of those who are "considered good Americans on Liberty Loan days."

"I don't know of any community more charitable than Rockland," said Postmaster Donohue. "The city today needs another hospital. If the people can't pay for it the city should; and if Rockland can't I will take it up with the government."

Dr. Hannigan stated that conditions were much better at the Naval Training Station and that within a week he believed he could furnish from 20 to 30 beds.

Secretary McCarty of the Board of Health said that the city ought to have a hospital, but couldn't say what the city would do about the funds.

Chairman McDougall, who has had this sickness "in his own cup," and was hard pressed to find a nurse, spoke very earnestly in favor of an emergency hospital. "If the city can't raise the money," he said, "I know of good people who will give from their pockets to meet the expenses."

Upon motion of Mr. McCarty a committee was appointed to work in conjunction with the Board of Health and Red Cross in providing a hospital. Chairman McDougall named members of that committee, John L. Donohue, Rev. V. L. Pratt, Valentine Chisholm, Dr. Ellingwood and Rev. J. Edward Newton.

Nurse wearing a mask as protection against influenza. September 13, 1918.

www.archives.gov/.../records-list.html



Houlton Times
10/9/18 c

You know me
Folks,
I'm the Trained
Nurse.



I'll tell you where
to buy Drugs and
Drug Store Things.

Broadway Pharmacy

Main St.,

F. O. Hanagan, Prop.

Influenza!

should be carefully guarded against. A mild spray and gargle mixture of water and

JOHNSON'S ANODYNE LINIMENT

for the nose and throat with an occasional dose taken internally may safeguard you from serious results and halt the evil in its first stage. This famous old physician's prescription is an

ENEMY TO GERMS

Saturday
October 19, 1918

Bangor Daily
10/19/1918 a

GRIP ON THE WANE; RELIEF WORK BEGINS

Reports of New Cases Indicate Decided Abatement of Epidemic—Hospital Annex Opened. Generous Donations Received, More Needed.

Physicians reports to the board of health of new grip cases are so irregular that the figures announced on any day need considerable explanation. Standing alone, the report of 64 new cases on Friday would seem to indicate that the disease was gaining, but when it is made known that the returns of some of the physicians covered a period of nine days and that the average per day of the five physicians reporting was only three cases,

the situation takes on an entirely different and decidedly hopeful aspect. Through a misunderstanding, the announcement was made on Friday that Mayo anti-pneumonia serum had been received by two Bangor physicians. The preparation received is the Leory influenza vaccine, which has been used to some extent in Massachusetts, and which is very similar to a vaccine used by the famous Doctors Mayo, but unlike their anti-pneumonia serum. One

is intended as a proven live of influenza, the other of pneumonia as a sequence of influenza. The influenza vaccine is obtainable at the Maine State Laboratory in Augusta.

There is every reason to believe that the epidemic in Bangor is subsiding, and some physicians express the belief that another week will see the end of it.

THE HOSPITAL ANNEX

The hospital annex established through the kindness of Rev. Patrick J. Garrity, in the Catholic girls high school house in State street, and the generous assistance of others in contributions of money, supplies and services, was opened on Friday, when four patients were received.

Donations were received on Friday as follows: Mr. Charles H. Wood, \$50; Mrs. Charles H. Wood, \$50; service department employes, Eastern Mfg. Co. \$10; Sisters of Mercy, linens; Mrs. Isabel Weston, refrigerator; Home for Aged Men, vegetables; Housekeeping supplies of any description, jellies and anything suitable for sick persons will be welcomed.

RELIEF WORK.

The movement, inaugurated in the News of Friday for a volunteer force of helpers to those in distress on account of the prevailing epidemic had an immediate effect, many offers of assistance in various ways being received at Mayor Woodman's office at City Hall during the day.

Several women volunteered as nurses, while many others who could not engage in such work offered their services to cook for those who need aid in that line, and others will give part of their time for cooking and general housework.

A large number of automobiles have been pledged for conveying helpers to and from houses and running errands, and will be available day or night.

It is requested by Mayor Woodman, whose office is headquarters for the relief work inaugurated by the board of health and the Red Cross, that all physicians of the city report to his office the families which may be in distress. Neighbors and friends of the sick who need assistance also are requested to inform the mayor's office. If no information is given, many worthy cases may be neglected through no fault of the authorities, who desire to do all in their power to aid in the present serious situation.

It is also desired that people who have bedclothes to spare will forward them to the mayor's office or send the address at which the volunteer automobile workers may call.

Already there has been a very generous response to the firm appeal to the public and it is assumed that Bangor will do everything possible for the unfortunates whose needs are made known.

Monday
October 21, 1918

Daily Eastern Argus
10/21/18 a

LEWISTON CHURCHES CLOSED YESTERDAY

Lewiston, Me., Oct. 20.—In accordance with an order issued by the Board of Health and approved by Associate Justice Scott Wilson, all of the churches in Lewiston remained closed Sunday on account of the epidemic of influenza. Out of door masses were held by the Catholic churches.

A week ago all Catholic churches in Lewiston held indoor services, disregarding the health board's order. Seventy-six new cases of influenza were reported in Lewiston and Auburn since Friday night. There has been little change in the situation during the last few days.

Typist wearing mask, New York City, October 16, 1918.

www.archives.gov/.../records-list.html



IMPROVEMENT IS STEADY

Number of Influenza Cases in Rockland Now Considerably Less Than Half of the Maximum—The Emergency Hospital's Splendid Work.

The epidemic situation has shown steady improvement in the past few days. Secretary McCarty of the Board of Health reports that the number of cases has been reduced to about 80, and fine weather like today's offers reasonable ground for hope that the run of influenza is nearing its end. There is decided improvement to the westward, and in many towns the schools and places of amusement are reopening. The latest report from the Emergency Hospital says that all but two of the 40-odd patients are showing improvement today.

The Courier-Gazette has already told the story of how the Narragansett Hotel was transformed into an emergency hospital, but it is doubtful if the public fully understands the tremendous value of that institution in a crisis like the present. The hospital was opened last Thursday morning with seven patients, and since that time has had as high as 40. The number receiving treatment there last night was 38.

Dr. William Ellingwood, as resident physician, and Miss Ethel Bryant, as matron, are in charge of the institution. The members of the committee, Dr. Ellingwood, E. D. MacAllister and Rev. W. L. Pratt, feel that too much credit cannot be given to Miss Bryant, who immediately organized the institution along the lines of a modern hospital, and is conducting it in the most scientific and successful manner. The committee also feels that a great deal of credit is also due to Dr. Sisby, who has released Miss Bryant for this work at a time when his own hospital is having a heavy influx of business.

The committee held its first meeting last Wednesday night, outlined the work which must be done, and then made a thorough inspection of the Narragansett Hotel. A group of eight women, selected from the various churches, visited the building early next morning and gave it a thorough cleaning from attic to basement. Superintendent West then placed at the committee's disposal the services of the city's school teachers, furnishing relays of workers for the office, kitchen and sterilizing department. The kitchen is in charge of Miss Madeline Dezell, a domestic science teacher. Women representing the churches gather daily in the Methodist vestry and supply soup and broth for the hospital. Miss Bryant is at the head of the nursing department with eight constant nurses at her disposal day and night. Two nurses furnished by the State arrived from Augusta last night. The three upper floors of the hotel are used by the patients and the ne-

cessity is great enough the dining room will be converted into a ward.

The great generosity of Rockland people has again been strikingly demonstrated by the immediate response which they have made to the appeal on The Courier-Gazette bulletin boards for materials. The articles called for especially were babies' cribs, children's night dresses, blankets, old linen, towels, sheets, pillow cases and mattresses. The only things now needed are blankets, pillows and large sheets.

One Rockland citizen contributed six new blankets, another is giving a gallop of ice cream each day, and scores are contributing jellies, food, etc., for the patients and nurses. Even the children are doing their bit by sending their toys to the juvenile patients in the hospital. If you are in doubt what you can best do, an inquiry at the hospital (telephone 310) will solve the problem.

The spirit of co-operation furnishes a fine text for one of the best sermons that could be preached in Rockland at the present time. Every doctor is doing his utmost, the Y. M. C. A. furnished 17 cots, the Naval Station is lending valuable assistance and the local ambulances are always at the disposal of the workers. That the Red Cross is in the forefront of this important work goes without saying. The women have thus far furnished 36 night robes, one and one-half dozen sheets and pillow cases, 10 yards of flannel for pneumonia jackets, 20 nurses' outfits, several dozen gauze masks, and 20 children's outing flannel night gowns.

Tuesday
October 22, 1918

DON'T COUGH OR SNEEZE

It was the urbane and gentlemanly Irish major of undying fame who declared that he blew his nose "in the privacy of the own apartments." A notable example. Where are you blowing yours? Also, where are you coughing and sneezing? Do you carry in mind the knowledge that on the governance of you act in that connection may depend the lives of your fellow-citizens? The Maine Anti-Tuberculosis Association issues this pertinent warning:

Spanish Influenza is undoubtedly due to lack of sunshine and fresh air, to dampness outdoors and in, to getting wet feet; and is spread by careless spitting, and by coughing (even the little "hackling") and sneezing without covering the mouth. Therefore—the measure of our patriotism may be indicated just as truly by where we spit, and how we cough or sneeze as by the number of U. S. S. we buy or Liberty Bonds we purchase. While our boys are fighting to stop needless destruction of life Overseas, why should not we (by simple, thoughtful precautions) try to prevent the unnecessary spread of sickness and death at home? That which spreads Influenza likewise spreads tuberculosis, and the methods of preventing the one are also effective with the other."

Rensselaer County Tuberculosis Association, ca. 1925

www.profiles.nlm.nih.gov/.../other/visuals.html

PREVENT DISEASE



**CARELESS
SPITTING, COUGHING, SNEEZING,
SPREAD INFLUENZA
and TUBERCULOSIS**



RENSSELAER COUNTY TUBERCULOSIS ASSOCIATION, HWY. 6, N. Y.



Maine 1918

Did you know the Maine
Anti-Tuberculosis Association was
formed in 1911 and became the Maine
Public
Health Association in 1920?

Maine 1918

- **1911 – Maine Anti-Tuberculosis Assoc.**
- **1920 – Maine Public Health Assoc.**
- **1950 – Maine Tuberculosis Assoc.**
- **1960 – Maine Tuberculosis & Health Assoc.**
- **1972 – Maine Lung Association**
- **1986 – American Lung Assoc. of Maine**

Thursday
October 24, 1918

MAINE SHAKING OFF THE GRIP

General Improvement, Most
Cases Mild—Health Officials
Bleed for Cause.

Dr. L. D. Bristol, Maine's health commissioner, on Tuesday afternoon stated that in general the influenza conditions were improving in this state, although in some sections the epidemic had not "burned itself out" and appear to be on the gain. The smaller places report that the worst is over and that most of the cases have been of a mild type. The sections where the disease seems on the increase are Rockland, Belfast, Camden, St. George and some others in that section, and in Washburn, Van Buren, Fort Kent and other Aroostook places.

Dr. Bristol thought that a very important reason why Maine had not suffered to the extent and virulence that other states have been afflicted, notably Massachusetts, is that we are not so over-crowded. The severity of the influenza depends largely on the amount of the poison "bugs" taken in to the system and their presence would be augmented by large crowds and gatherings, so that less congested districts should not be expected to suffer as the crowded places.

He did not take seriously the theory that the present war diet of the people had much to do with the spread of the disease, calling attention to the fact that where the very pick of our manhood is now located and where the food and care is of the very best obtainable, the influenza has been doing its most deadly work—in the army camps.

Dr. Bristol is much pleased with the success of the Maine health department in supplying the influenza vaccine to so many of our Maine people. Early in the run of the disease he

obtained from Dr. Timothy Leary of Boston a culture of the germ and Dr. H. E. Thompson, in charge of the laboratory work, has been devoting most of his time to supplying the calls for the vaccine. Enough has been sent out to treat about 4000 people and the laboratory force is still at work.

It may be said that the department of health is literally giving its life blood to this cause, for it is necessary to have a supply of human blood for these germs to live in and upon and practically every member of the staff has contributed more or less of his blood for that purpose. And they very willingly did it, too.

The vaccine being supplied by the Maine department of health has already been sent to the following places:

Bar Mills; Lincoln; Ellsworth; Auburn; Old Town; Waterville; Mexico; Presque Isle; Turner; Houlton; Dexter; Kennebunkport; Phillips; Portland; Belfast; Bath; Boothbay Harbor; Lewiston; Rumford; Norway; South Paris; Bangor; Hebron; Pemaquid; Augusta; Milo; Caribou; Weld; Washburn; Van Buren; Unity; Milltown; Fort Fairfield.

CITY BACK TO NORMAL NEXT WEEK

Services Will Be Resumed in
the Churches Coming
Sunday.

Schools and Places of Amuse-
ment to Resume on
Monday.

The ban on public gatherings because of the epidemic has been lifted, so that churches will open Sunday, schools, theaters, pool rooms, etc., Monday. Such was the action of the Board of Health at a special meeting yesterday morning, not however, without a warning to the public not to go at once to public places, if they have had influenza personally, or if there are cases in their homes.

In connection with this warning notice by the Board, Dr. Tetreau, health officer of the City, had this to say: Every case of influenza is supposed to be quarantined. That is, the patient must be kept in an apartment by himself, and no one allowed in the room but attendants. All dishes, utensils, bedding, etc., coming from the home should be promptly disinfected, and visitors should not be allowed in the house, but inmates, other than the patient, should be allowed their usual vocations taking care that they do not come in contact with patients.

On account of the difficulty of determining the exact time when persons recovering cease to be carriers of the influenza, it is important that such persons do not go to public places until at least one week after recovery. It is also advised that persons from homes where there are cases, refrain from attending any unnecessary gathering, and that children from such homes should not attend school nor children who have had the disease be permitted to go to school, until a week elapses after recovery.

A printed bulletin of instructions was distributed by the Board of Health, and Dr. Tetreau regards those instructions of great importance, as much so now as ever before, because sporadic cases will continue to develop, some so mild as to escape detection, and these persons may unwittingly expose others to the disease. Hence great care should be exercised and the best safeguards be put up when at theaters, concerts, bazaars, sales, traveling in street cars, etc.

"Cover up each cough and sneeze. If you don't you'll spread disease."

This was Surgeon General Blue's way of putting it and the suggestion is an excellent one—for by so doing you are likely to check the spread, not only of influenza, but various other diseases which human flesh is heir to such as scarlet fever, pneumonia, etc.

The records of the Board of Health show 3195 cases reported during the present epidemic—146 deaths from influenza and 24 from pneumonia, among the latter being some fatal given in as influenza cases. About one in twenty of our population suffered from the disease but the percentage of deaths was small, only about five per cent.

Dr. Tetreau added that the spirit shown by the people should be most warmly commended, and the hearty co-operation extended by church and theater folks, Red Cross and other organizations had been a great assistance to the health authorities and thoroughly appreciated by them.

Bangor Daily
10/24/18 F

PORTLAND OPEN

PORTLAND, Oct. 24—The influenza situation in Portland has improved to such an extent that the board of health at a meeting Thursday morning ordered the removal of the ban on churches next Sunday and on the opening of schools, theatres and other places of public gatherings Monday. Only 19 new cases were reported Wednesday.

There has been reported a total of 8,212 cases of influenza since Sept. 24 with 171 deaths, but the record of deaths is not complete.

Saturday
November 2, 1918

Bangor Daily
10/25/18 c

Wanted by the State of Maine

Men and women to volunteer their services as nurses to be sent to places needing immediate aid. All expenses paid. Wire **EMERGENCY INFLUENZA COMMITTEE** or telephone, Augusta, 1200, collect.
BLAINE MANSION, Augusta, Maine.

Thursday
November 7, 1918

Maine 1917

In 1917, what was the Maine county with the highest number of births, birth rate, and population gain (births minus deaths)?

Maine 1917

Aroostook

Monday
November 11, 1918
11:00 AM

Armistice is signed!

UNIVERSAL AND ECSTATIC JOY

The Coming of Peace Celebrated In Manner Unrestrained --Armistice Conditions Make Triumph of Allied Arms Complete--Both Army and Fleet Rendered Incapable of Doing More Harm--Fighting Ended On Battlefronts Six O'clock Yesterday Morning--American Army Was On Offensive Up to the Minute.

ALL TEXT OF THE INSTRUMENT THAT PLACES THE FOE UNDER RESTRAINT

THE ENDING FOR ALL TIME OF MILITARISTIC GOVERNMENT

PORTLAND'S DAY OF GREAT JOY CONCLUDED WITH A SMASHING BIG PARADE

WW I

November 11th:

- 1938 became a Federal holiday
- 1954 became Veterans Day

Monday
November 18, 1918

Maine 1918

Le Madawaska, November 18th

The hand of God has struck our population. A great number of families have seen the death of a mother, a father, brothers, sisters. The losses are numberless and everywhere there is sorrow. Few are the families who have not been affected. Never has such a calamity visited our region.

Maine 1918

Le Madawaska, December

The influenza was brought to Madawaska region by a trainload of soldiers from Nova Scotia. The train left with 500 soldiers in good health, and arrived in Edmundston the 26th of September with six soldiers suffering from influenza.

Tuesday
November 19, 1918

Bangor Daily
12/2/1918 b

FAMILY OF 5 FOUND DEAD OF THE GRIP

Ghastly Discovery in a St.
Agatha Home During
Recent Epidemic.

Dr. H. J. Hunt, who has been stationed in Aroostook county for some weeks in the work of combatting the influenza epidemic, has returned to Bangor and will resume his medical practice here. Dr. Hunt states that conditions in Aroostook county were very serious for some time, there having been many cases and a large number of deaths.

In St. Agatha, he said, in one house, neighbors found the parents and three children dead, no one having any knowledge as to the time they had passed away. One boy died in a chair by the stove.

Maine

October-November Influenza Deaths

Madawaska Area Communities

- | | | | |
|----------------|----|---------------|----|
| • St. Jacques | 24 | • St. Leonard | 26 |
| • St. Francois | 25 | • Lac Baker | 12 |
| • Ste. Anne | 23 | • St. Hilaire | 27 |
| • Clair | 9 | • St. Andre | 30 |
| • St. Basile | 42 | • Edmundston | 42 |

Maine Historical Society

<http://www.mainememory.net/bin/Detail?In=15105>

World War 1 poster entitled, "Oh, boy!, that's the girl! The Salvation Army lassie -- keep her on the job Nov. 11th - 18th 1918 United War Work Campaign."

Oh, boy! that's the girl, World War 1 poster, 1918



DANGER AFTER SPANISH INFLUENZA OR GRIPPE

How it Can Be Avoided and Treated. Simple Rules to Be
Followed. No Occasion for Panic

No need of anyone being afraid of the after effects and slow recovery from Spanish Influenza, hard colds or Grippe, if they will use common sense and start in building up their health and strength the right way.

The main thing is to get the blood rich, red, and pure, so it can carry life-giving oxygen and strength to every part of the body. Impure blood is the cause of so many slow recoveries and set-backs.

Doctors say: "Get the blood right and the rest is easy, that nine-tenths of all sickness is due to lack of iron and phosphates, the healthy strong, vigorous man or woman's blood is always loaded with these two life-giving elements".

Physicians also claim with fresh air and nourishing food nothing equals Phosphated Iron as a blood tonic and health builder. Phosphat-

ed Iron takes hold from the first dose. Results are seen and felt; strength returns, food digests, appetite picks up, sleep is restful, there is a color in the cheeks and a sparkle to the eye that only blood charged with iron and phosphates can give.

It is the duty of everyone who has had Spanish Influenza, Grippe or a hard cold to build up their system with nature's tonic, Phosphated Iron. It sure is health protection. Safety first. The results will repay you many times. Give yourself a show. Special notice: To insure doctors and their patients getting the genuine Phosphated Iron we have put in capsules. Do not take pills or tablets. Insist on capsules.

The Howditch-Webster Co., Drug-
gists, and leading druggists every-
where. Adv. oct21-23-nov14-21

Tuesday
December 3, 1918

SPANISH INFLUENZA MORE DEADLY THAN WAR

Said That Epidemic Cost More
Lives Than American Loss in
Battle—Danger Not Over.
Great Care Necessary to
Prevent Further
Outbreak

The appalling ravages of Spanish Influenza in this country are perhaps best realized by the statement recently made that more deaths have resulted in little more than a month from this disease than through out whole eighteen months participation in the battles of the European War.

Our greatest danger now, declare authorities, is the great American tendency to forget easily and to believe the peril is over. Competent authorities claim the coming of cold weather is very apt to bring a return of this disease and there should be no let-up throughout the winter months of the following easily observed precautions, remembering that Influenza is far easier to prevent than cure.

Influenza is a crowd disease. Avoid crowds as much as possible. Influenza germs spread when ignorant or careless persons sneeze or cough without using a handkerchief. Cover up each cough or sneeze. Do not spit on the floor, sidewalk, in street cars or public places. Avoid the use of common drinking cups and roller towels in public places. Breathe some reliable germicidal and antiseptic air to destroy the germs that do find lodgement in your nose and throat.

Remember, no safer precaution against Influenza could be employed in this manner than to get from the nearest drug store a complete Hyomel Ouffit consisting of a bottle of the Pure oil of Hyomel and a little vest-pocket hard rubber inhaling device, into which a few drops of the oil are poured. You should carry this Inhaler about with you during the day and each half hour or so put it in your mouth and draw deep breaths of its pure, healing germ killing air into the passages of your nose, throat and lungs.

By destroying germs before they actually begin work in your blood, you may make yourself practically immune to infection.

All these suggestions about Spanish Influenza are equally true in the prevention of colds, croup of nose and throat, bronchitis and even pneumonia. Don't become careless. Do your part. Keep the germs away. You may save yourself a serious illness and the loss of several weeks' work. Sold by Buckley Drug Co.

—ADVL

Lewiston Evening Journal
10/1/1918 a



For
Grip
and colds that
develop into
Pneumonia

You are safe
when you take
Father John's Medicine
for your cold and to
build new flesh and
strength, because it is
free from morphine,
chloroform, codeine,
heroin, or other dan-
gerous drugs.

Take it Today.

Aftermath of 1918 Pandemic

SECOND ANNUAL REPORT
OF THE
State Department of Health
OF
MAINE
AND THE
Twenty-Seventh Annual Report
UPON THE
Births, Marriages, Divorces
and Deaths
FOR THE YEAR ENDING DECEMBER 31, 1918



Leverett D. Bristol, M.D., Dr. P.H., Commissioner,
Augusta.

SDH_9-31-18a

Maine 1918

Emergency Influenza Committee:

- Filled 120 calls for nurses to 50 communities
- 23 doctors to 26 communities
- Opened 23 emergency hospitals in 18 communities.

Maine 1918

A number of communities provided their own nurses and doctors, and opened their own hospitals at their own expense.

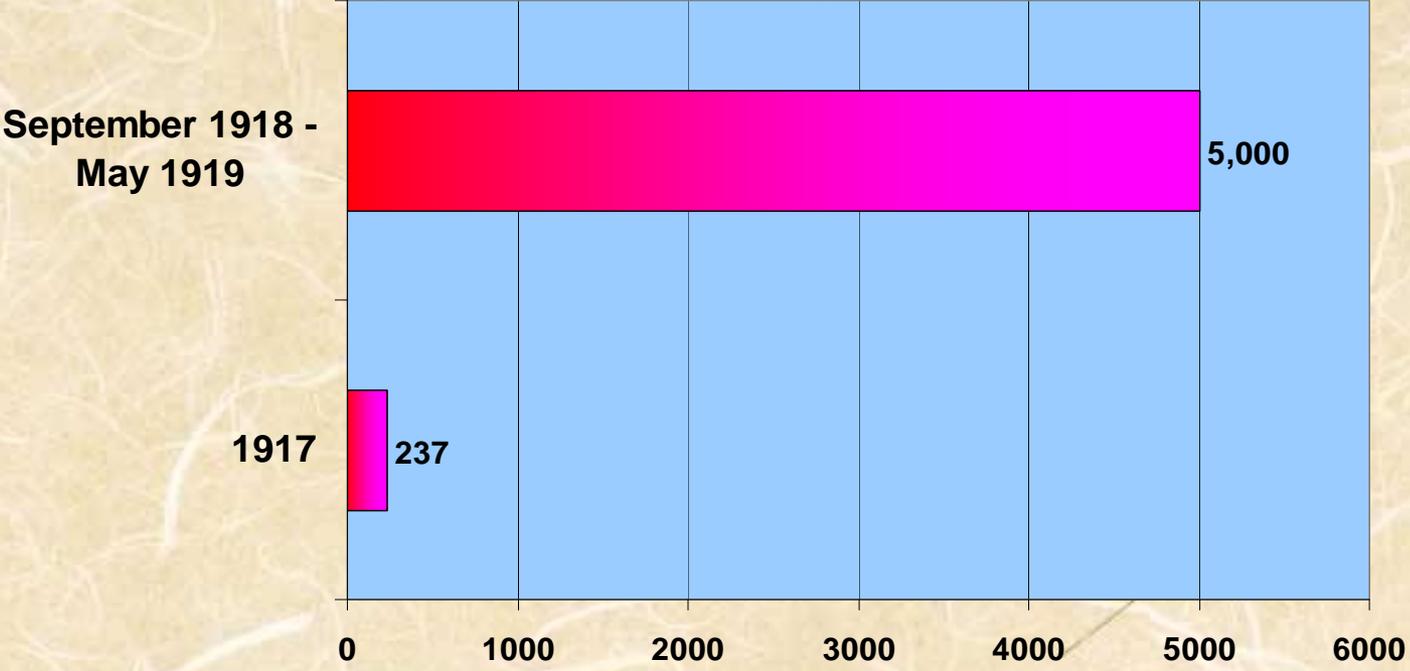
Maine 1918

Pandemic Impact in Maine

September 1918 – May 1919

46,948 reports of
influenza in Maine.

Deaths from Influenza



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**Estimated deaths from influenza in Maine ~ 5,000**

# DEATHS PER 1,000 POPULATION

Maine, 1982 - 2005\*



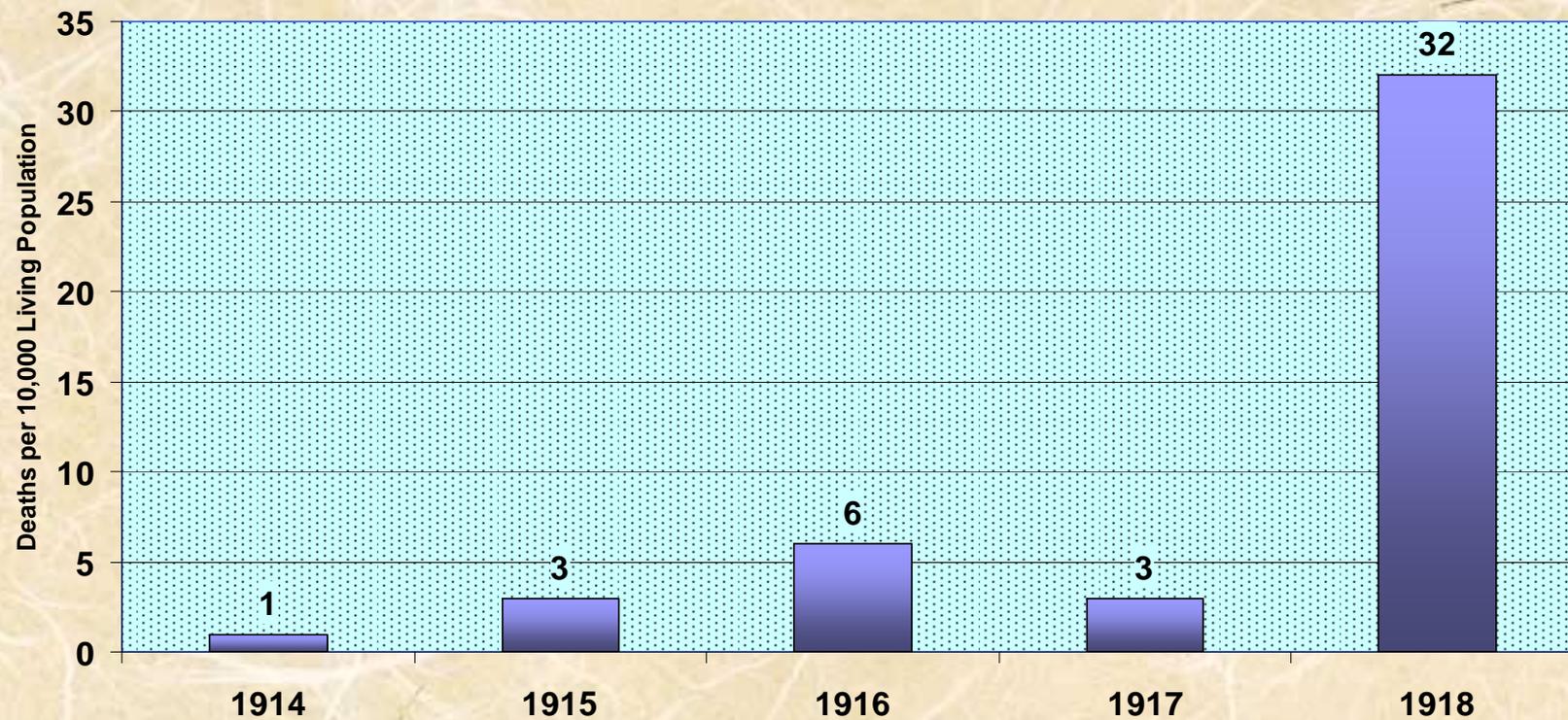
# Influenza and Pneumonia Deaths per 100,000 Population Maine, 1892-2005\*

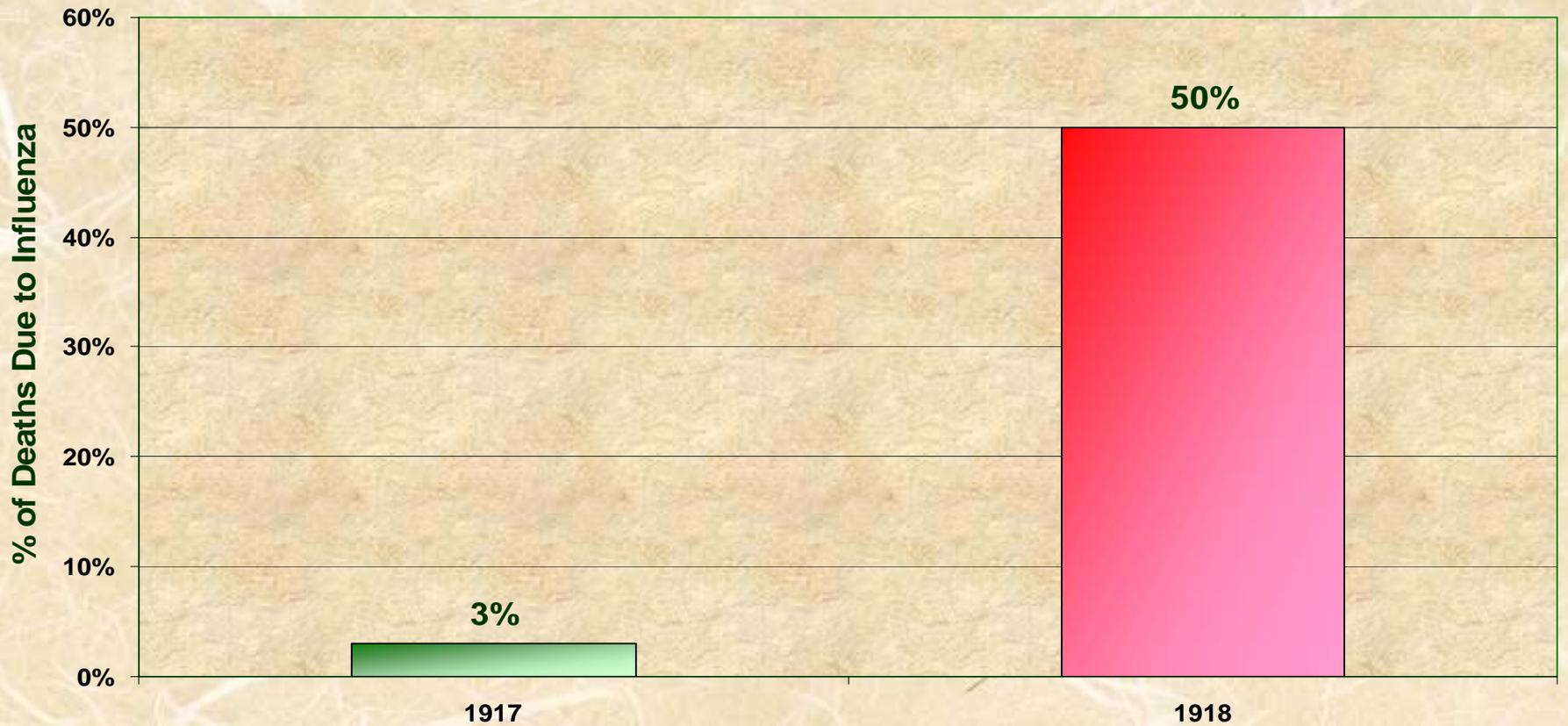


# **Maine 1918**

**52% of Maine Influenza Deaths in  
October, 1918**

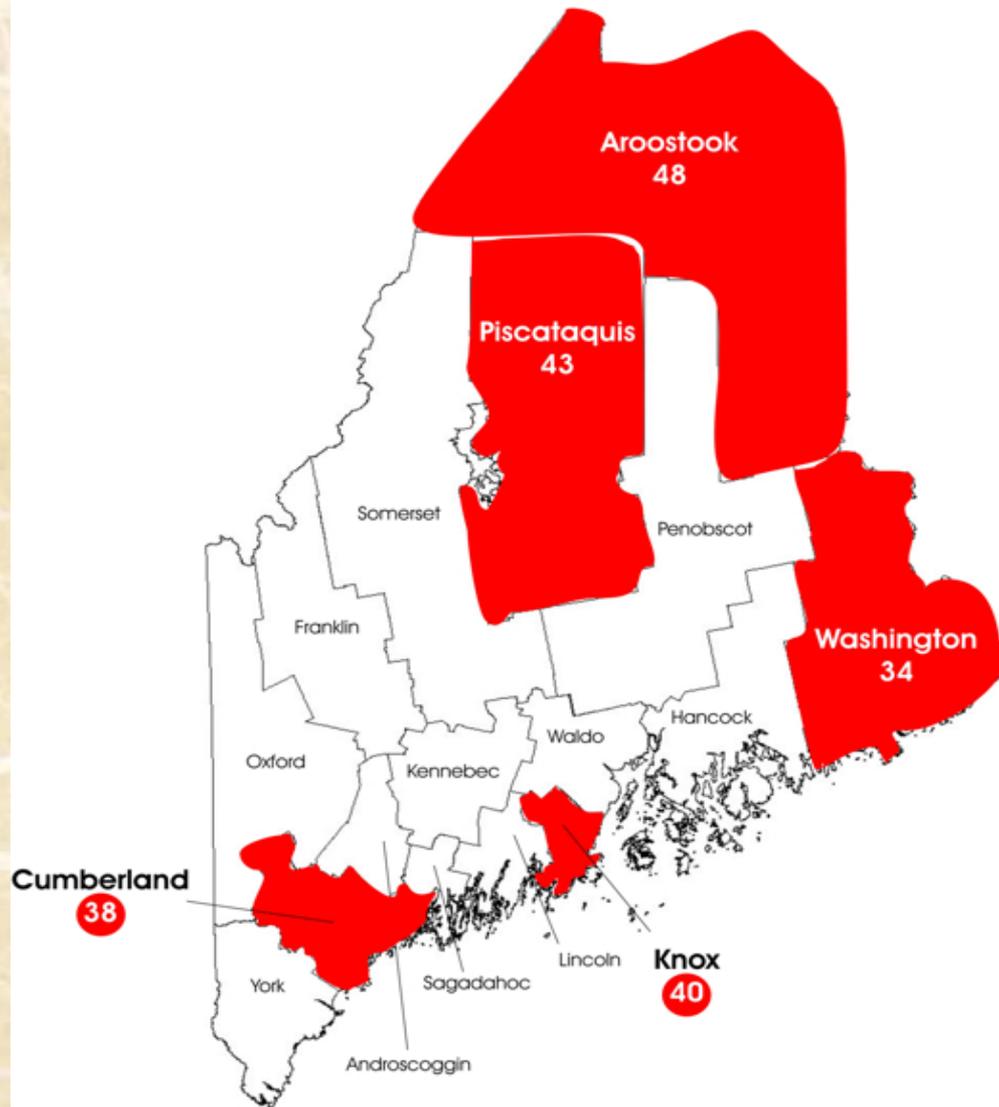
## Maine Death Rates From Influenza 1914-1918





**Maine Influenza Deaths Among Those 20-40 Years Old**

## Maine Counties with Highest Reported Death Rates from Influenza 1918-1919



Rates = Deaths per 10,000 living population

# WW I

Maine lost 1,026 soldiers during  
World War I.

# WW I

~550 (over half) of these soldiers  
died from influenza.

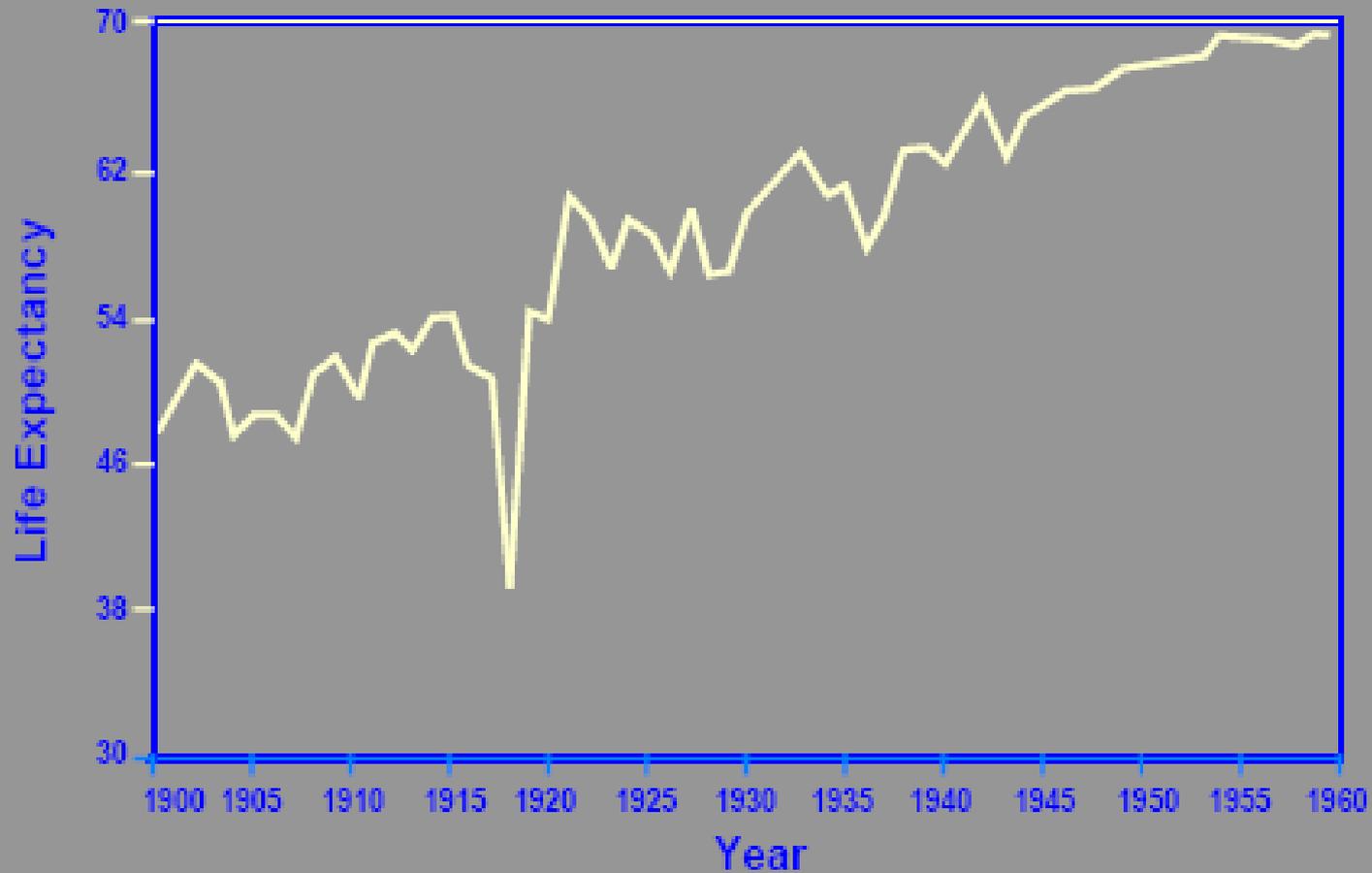
# **1918 Pandemic**

## **National Impact**

# 1918 Pandemic in U.S.

- Highest US death rate – ever
- 675,000 deaths – mostly young adults
- 24,000 out of 34,000 US Army deaths in WW1 were from influenza
- Virtually all 5,000 US sailor deaths were from influenza

# U.S. Life Expectancy 1900-1960



# 1918 Pandemic

## **Worldwide Impact**

- 50-100 million deaths
- Killed 5-10% of world's young adults

# Maine 1919

## Legislation Passed:

- Maine Department of Health Annual Appropriation increased from \$30,000 to \$76,000 (was \$8,000 in 1916)

# Maine 1919

## **Legislation Passed:**

### Local Health Officers (LHOs):

- Appointment subject to approval of State Health Commissioner
- May take the place of a Local Board of Health
- If qualified in public health and working fulltime, State Health Department will pay 1/3 of salary

# Maine 1919

## **Legislation Passed:**

- LHOs “shall assist in the reporting, prevention, and suppression of diseases and all conditions dangerous to health”
- LHOs “shall be subject to the supervision and direction of the State Department of Health”
- Subject to approval of State Health Commissioner, towns may organize together to hire a joining LHO.

# **Maine 1919**

## **Legislation Passed:**

### **Local Boards of Health**

- **Local Boards of Health “shall be exercised under the control and direction of the State Department of Health”**

# **Maine 1919**

## **Legislation Passed:**

### **State Department of Health**

- **May issue orders or rules to protect life and health, including in a real or threatened epidemic or disease**

# **Maine 1918 Aftermath**

- Isolation ward at  
Maine General Hospital  
(now Maine Medical Center)
- Emergency Medical/Nursing  
Corps
- Improved disease surveillance

# **Influenza Aftermath**

**Girls common jump rope song:**

I had a little bird  
And its name was Enza  
I opened the window  
And in-flew-Enza

# **Maine 1918 Aftermath**

**Evidence today - Bath**

IN MEMORIAM

HARRIET F. BLISS  
BATH CITY HOSPITAL  
1915

ALICE S. DAIN  
TRULL HOSPITAL  
1911

ADELAIDE B. HOGUE  
AUGUSTA GENERAL HOSPITAL  
1912

WHO GAVE THEIR LIVES FOR  
THE CITIZENS OF BATH DURING  
THE INFLUENZA EPIDEMIC IN  
1918

## Signing of Woman Suffrage Proclamation, August 8, 1920

At the signing ceremony for the Woman Suffrage Proclamation, August 6, 1920, are, from left, Mrs. Henry Cobb, Mrs. Carl E. Milliken, Governor Carl E. Milliken, Deborah Knox Livingstone, Florence Brooks Whitehouse, Charles Milliken, Mrs. Guy P. Gannett, Mrs. Arthur T. Balentine and Mrs. William R. Pattangall.

<http://www.mainememory.net/bin/Detail?ln=5471>



Item #5471 - Maine Memory Network - [www.MaineMemory.net](http://www.MaineMemory.net)  
A project of the Maine Historical Society

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In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie.  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high,  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

# **Maine 1918 Aftermath**

**Lessons Learned  
and  
Questions Asked**

# **1918 Pandemic in Maine**

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Maine CDC

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# 1918 Pandemic in Maine

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- Marla Davis
- MidCoast Hospital
- Caribou Public Library
- Many others – Thank You!!

**THE  
PUBLIC HEALTH NURSE**



**She Answers Humanity's Call  
Your Red Cross Membership  
makes her work possible**

# Maine State Government

- **Commissioner Brenda Harvey**, Department of Health and Human Services,
- **Adjutant General and Commissioner Major General John Libby**, Department of Defense, Veterans and Emergency Management
- **Deputy Commissioner Ned Porter**, Department of Agriculture, Food and Rural Resources
- **Commissioner Roland Martin**, Department of Inland Fisheries and Wildlife
- **Commissioner Michael Cantara**, Department of Public Safety

**1918 - 2006**

**Lessons Learned**