

1918-1920 Influenza Pandemic: Northfield News

The Northfield News is one of two newspapers published in Northfield during this time period. Access the digital archives of the Northfield News [here](#).

Below is a summary of quotes or articles that reference or add to our understanding of how Northfield experienced the 1918-1920 influenza pandemic. To see a collection of all of our notes and access pdfs of some sources otherwise only available physically, [click here](#).

Table of Contents

1918	2
October, 1918	2
October 4, 1918	2
October 11th, 1918	2
October 18, 1918	4
October 25, 1918	5
November, 1918	8
November 1, 1918	8
November 8th, 1918	9
November 15, 1918	10
November 22, 1918	15
November 29, 1918	18
December, 1918	19
December 6th	19
December 13th	20
December 20th	21
December 27th	22
1919	24
January, 1919	24
January 3rd, 1919	24
January 10th, 1919	25
January 17th, 1919	27
January 24th, 1919	28
January 31st, 1919	28
March, 1919	29
March 7th, 1919	29
March 14th, 1919	29

1920	30
January, 1920	30
January 2nd, 1920	30
January 30th, 1920	31
February, 1920	31
Feb 6th, 1920	31
Feb 13th, 1920	32
Feb 27th, 1920	35
March, 1920	35
March 5th, 1920	35
March 19th, 1920	35

1918

October, 1918

October 4, 1918

Dundas

- Leo Candey is ill at University hospital with Spanish Influenza but is much better

Dennison

- Mrs. Austin Strand's brother Private Alfred Westermoe is ill with Spanish influenza and currently training at Dunwoody institute

October 11th, 1918

Precautions Taken are to Forestall Epidemic

Many Public Gatherings Cancelled Including State Baptist Convention - Interesting History of Spanish Influenza Given

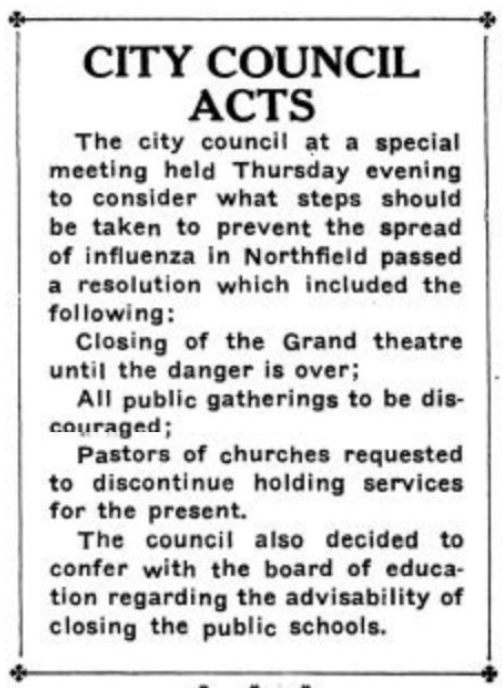
- Many public gatherings and the State Baptist Convention canceled
- deaths at Castle Rock in the past week due to Spanish influenza and 35 cases in Kenyon prompted authorities to shut down events
- Quarantine of almost all students at Carleton and St. Olaf
 - Women students have to get a permit to come to town and students aren't allowed to go to public gatherings
- People seem to be cooperating with influenza
 - "While few cases of Spanish influenza, so-called, have been reported in Northfield, the authorities are being commended for taking the precautionary

measures and the people are not only willing to fall in line, but are volunteering to cooperate”

- People are asked to report any cases to Dr J. G. Philips, the city health officer

City Council Acts

- City council had special meeting Thursday where they decided to close Grand theater, discouraged public gatherings, discontinue church services, and discussed closing schools



Copy of article from Minneapolis Journal about the disease (front page and continued on pg. 4)

- Early last May dispatches from Madrid told of mysterious disease raging through Spain
- Early August disease was carried to America in ocean liners and transports
- Discusses what spanish influenza is
 - Says it differs from the grip only in that it is more severe and is more likely to lead to pneumonia
 - Lists symptoms: sneezing, red/runny eyes, runny nose, chills, fever, aching back and loins, loss of appetite “and a general feeling of debility”
 - Says to go to bed and contact physician if you get it
- History and bacteriological character of influenza aren't known
 - Mentions it probably didn't actually come from Spain
 - Spanish people “leaped at the conclusion that this new evil, like other evils of the war, must be traced to German origin”
 - Theory it originated in German line and was carried to Spain
 - Other theory is that it was carried into Spain by crews of German submarine boats

- Hasn't been proven that it's any more than normal grip but they are pretty sure it's different
 - "It is fairly certain that the Spanish influenza, if different from the familiar grip, originated in the German camps"
- Discusses history of disease arising/spreading with war
 - Says spanish influenza is less dangerous than dysentery, black death, typhus, etc.
 - Mentions it will impair the offensive efficiency of an army so the Allies are trying really hard to prevent infection
- Arrival of disease came with Norwegian liner Bergensfjord on August 12th where more than 200 passengers had influenza
 - Yet before the ship arrived, officials at the Ford plants in Detroit reported that more than 2,000 employees were sick; this has not yet been confirmed to have been influenza
 - August 16th, 11 more cases reported from at quarantine from a ship arriving from a Scandinavian country
 - At this time the Health Commissioner Copeland Dr. Leland E. Cofer "regarded it as nothing more than the grip or at the best a sort of 'cousin'"
- Advice
 - Wash hands after being around someone who has sneezed
 - Smokers advised to give up tobacco for a few days until symptoms disappear
- Surgeon General Blue has a bulletin with the facts of the influenza
 - Infectious Agent is bacillus influenza of Pfeiffer
 - Incubation period of 1-4 days
 - Transmission by direct contact or indirect contact thru use of common things
 - "Quarantine -- None; impracticable"

October 18, 1918

Obituary

- "John Eppard Jr. died at the Orcut home, west of Dundas of Spanish influenza followed by pneumonia"
- 17 years old

Dundas

- Public schools closed for an indefinite period
- John Sweet is sick at Roy Hoover home with Spanish influenza but is improving

Stanton

- Schools closed for indefinite period of time

Castle Rock Center

- Public meetings called off and school closed bc of influenza, even though there are no cases in the vicinity

Millersburg

- Miss Beatric Johnson has been sick with Spanish influenza in Northfield
 - She has only had a slight case of it and can now attend school

Notes from the Army and Navy

- Reports casualties of men from Rice county who are in the service, several from Spanish influenza

October 25, 1918

It's Up to You to Fight Flu

- “With Northfield still free from the influenza epidemic, members of the city’s board of health appeal to the public to cooperate in preventing its introduction here by the one bethod that is sure to bring it, namely from outside sources”
 - Discourages against traveling to the cities or holding gatherings and inviting outsiders
- Colleges have a rigorous quarantine of 2 days (incubation period of the disease) for anyone who goes to the city
- “The only way in which the disease can be introduced in Northfield is from outside sources. Do your part in discouraging travel and the visits of guests and this city may be spared the loss of several lives. The responsibility rests with every individual, not with the officials temporarily in charge of safeguarding the public health”

City Assumes Re-Life Campaign

- “Further continuance of precautionary measures to counteract a possible epidemic of the Spanish influenza, which appears to be menacing many of the cities, towns and villages of Minnesota...”
- Council meeting held Oct 11th led to closure of public meetings, churches, public schools, the Grand, [the theater], pool halls and the community club
- “These precautions have caused some inconveniences to many, have been the cause of much dissatisfaction to a few, and to the members of the council who have been appealed to repeatedly for relief in some particular case have proved rather embarrassing”
- Last sunday church services were opened and Monday schools opened, but public gatherings, the Grand, pool halls and community club were still closed
- Discusses main threat is bringing flu from other areas

Dundas

- Reports the death of John Epard, the youngest child and only son of J. J. Epard from Spanish influenza followed by pneumonia → he was 17 years and 1 month old
- Schools opened Monday after benign closed several days the week before due to influenza

Randolph

- Reports that Henry Brown is ill with influenza and that Miss Celia Miller is recovering

- Including specific name wouldn't happen today
- “The schools, church and public gatherings are closed to prevent the spread of Spanish influenza”

Dennison

- “The Dennison school is closed for an indefinite length of time on account of the Spanish influenza. There are a few cases in the vicinity”

Uncle Sam's Advice on Flu

- Repudiated the claim/belief that the 1918 flu originated in Spain
- Has Q&A with General Rupert Blue of US Public Health Service
 - What is Spanish Influenza? Is it something new? Does it come from Spain?
 - “Although the present epidemic is called ‘Spanish influenza,’ there is no reason to believe that it originated in Spain”
 - How can “Spanish influenza” be recognized?
 - Severe and sudden symptoms that can happen at any time of year
 - Influenza spreads faster and more extensively than common cold
 - Discusses how it may be possible to identify spanish flu by blood samples, as “it has been found that in this disease the number of white corpuscles shows little or no increase above the normal.”
 - Lab investigations were being done with National Research Council and US Hygienic Laboratory
 - What is the course of the disease? Do people die of it?
 - Deaths were normally the result of a complication, most people have a fever for 3-4 days and then recover
 - What causes the disease and how is it spread?
 - “the germs benign carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like”
 - They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk.”
 - What should be done by those who catch the disease?
 - “Should go home at once and go to bed”
 - No one but nurse should be allowed in the room with patient
 - If someone is attending to the patient who will interact with other family members, “it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others”
 - Nurses will protect themselves “by wearing a simple fold of gauze or mask while near the patient”
 - Will a person who has had influenza before catch the disease again?

- Mentions you can get the disease multiple times
- How can one guard against influenza?
 - “Milk is one of the best all-around foods”
 - “Close relation between its spread and overcrowded homes”
 - Turn your face to not breath in the air of others
 - “Keep out of crowds and stuffy places”
 - Keep places well aired
 - “Make every possible effort to breathe as much pure air as possible”

Influenza Bulletin

- Has a list of recommendations
 - “Wash your hands before each meal”
 - “Soda is unnecessary. Why run the risk of infection from a dirty glass?”
 - “Safety lies in boiled dishes”
 - Last one is “DON’T WORRY”
- Instructions to nurses
 - Gauze scarcity that they used to make masks
 - “Owing to the scarcity of gaue, boil for half hour and rinse, then use the gauze again”
 - “Walk in the fresh air and sunshine daily, if possible”
 - “Sleep with your windows open in all weather”
- Instructions to householders
 - “Allow no visitors, and do not go visiting”
 - “Keep away from crowded places such as ‘moveis,’ theaters, street cars.”
 - “See to it that your children are kept warm and dry both night and day”
 - “Have sufficient fire in your home to disperse the dampness”
 - “Open your windows at night”
- Instructions for workers
 - “Walk to work if possible”
 - “Make full use of all available sunshine”
 - “Do not use a common towel. It spreads disease”
 - See a doctor if you’re sick, stay away from houses with influenza

School Notes

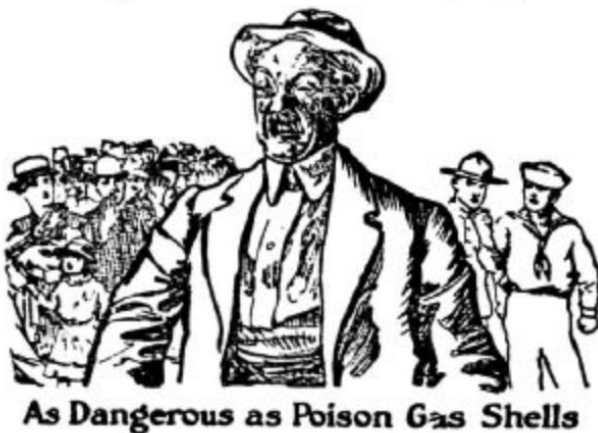
- Had a “forced vacation” for a week due to influenza but now school opened
 - “School reopened Monday after a week’s vacation. The attendance so far has been normal and no new cases of influenza have been reported.”
- Notice ‘No visitors allowed, use telephone’ was put on doors of high school “to help in preventing the spread of influenza”
- “The game with Framington... was cancelled owing to the influenza” but they hope to schedule a new one

- Gramma Department
 - Mr. Forbes talked to the department about “cleanliness as one of the greatest preventatives against the Spanish influenza”
 - Says to brush teeth frequently, bathe and wear clean clothes, sleep in well ventilated rooms
 - Drawing classes are making novelties to be sold to at the Red Cross bazar
 - Children are making hospital booklets with poems, stories, jokes and cartoons for the invalid soldiers

Fight Fluenza with Vaccine

- Discusses how hundreds of city residents had been inoculated with “the Dr. Rosenow serum,” “thought to be a preventative for influenza and pneumonia”

Coughs and Sneezes Spread Diseases



November, 1918

November 1, 1918

Rice County School Notes

- Mentions several schools in county are closing bc of influenza or for precaution

Stanton

- School was closed but is now reopened with no new cases
- Miss Bella McKeag had been seriously ill for last 10 days with influenza at University hospital but is now better

Dennison

- Ole Komprud is recovering from an attack of influenza

- Dennison school re-opened after having been closed

Forbid Public Funerals

- Orders from the state board of health “prohibit the holding of public funerals until further notice” because of influenza
- Includes a copy of the order from the state board of public health:
 - “On Oct. 12 the state board of health passed a resolution which will necessitate the holding of private funerals for all who die from the date given until revoked. This applies to death from any cause.”

November 8th, 1918

Observe Foundation Day

- St. Olaf celebrated it's 44th birthday Wed, Nov. 6th despite the influenza
- “It was strictly a family affair” and people outside Northfield were not invited
- Events included
 - A battalion parade and
 - Football game between St. Olaf seconds and Northfield High School
 - Illumination of the Main building with a bonfire where students stalked and sang college songs
 - Chief meeting of the day where addresses were made and choir sang

Home Happenings

- “Cannon Falls has issued an order that no person can appear on the streets of that city nor frequent any public building without wearing a gauze mask.”
 - Order went into place Nov 1 and “is to be in force until the health department considers tekhn influenza situation safe once more”
 - Violations lead to a fine of \$5.00 or five days jail

Look out for Spanish Influenza.

At the first sign of a cold take



CASCARA QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

November 15, 1918

“Flu” Spreads; Quarantine On

Board of Health Adopted Closing Regulations to Prevent Epidemic

Advisory Committee Named

Public Sentiments Favored Taking Drastics Steps-Schools, Churches, Theater, Other Places Closed

- “With the announcement last Saturday evening that cases of influenza were manifesting themselves to a certain extent in the city of Northfield, the ban was voluntarily placed in effect once more on gatherings scheduled for Sunday at several of the churches. Monday the public schools were closed following a meeting of the school board with the board of health.”
- “The city health officers are not ‘viewing with alarm’ the possibility of an epidemic, but are taking every sane and sensible means of preventing such an occurrence with the attendant loss of life which has inflicted itself upon more than one city in this state, and has been more severe in many eastern states.”
- A meeting was called Monday (Nov 11th) afternoon with doctors and physicians and representatives from the colleges
 - “Dr. Philips expressed the opinion of the board that rules or regulations were necessary, and that the meeting was for the purpose of arriving at a definite understanding of the need for proper care and safeguarding of the citizens of the city.”
 - “Dr. Hunt believed it would be necessary to take more vigorous steps to protect the people of Northfield.” “He also emphasized the fact that children should be kept in close at home and not allowed to congregate in groups on the streets.”
 - Situation of colleges was reported on
 - There were no cases at St. Olaf but 15 at Carleton (on Monday; it quickly escalated)
 - Men at Carleton are excluded from classes and women continued classes but can’t leave campus
 - Schools were closed, as a teacher caught the influenza
 - Formed an advisory committee that met Monday evening
- Meeting of advisory committee Monday night (Nov 11th)
 - “Voluntary curtailment of college activities” such as Carleton opening of Carleton Concert Course (a concert by Ernest Davis) and athletics
 - The visit of the British Educational mission will only be attended by faculty and women students of Carleton
 - “gathering which has been looked forward to with anticipation by many of the townspeople and the faculties of both colleges”
 - “As stated above it was decided to close all public gatherings”

- “The public schools had already closed, and others added were The Grand theater, all churches of every denomination, the public library, all lodges and secret organizations, the Community club rooms insofar as the amusement features-billiard and card tables-are concerned, all women’s clubs and societies, and pool and billiard rooms. All places dispensing soft drinks, soda water and ice cream are placed under ban, except that they will sell candies, etc. not included under the items named above. Restaurants and lunch rooms may operate by eliminating the three items. Barber shops are to feel the iron heel of the order in that they cannot remove second-growth whiskers, plain fuzz, or hair on the face of any sort, description of disposition whatsoever. They still have the privilege of cutting hair on the top of the head providing they wear a “flu” mask, eliminate the lounging chairs, and make use of the ticket system whereby a customer can return in a specified time for his ‘chance.’”
 - Public funerals had been banned earlier but this order was incorporated into the one issued by the local board on Monday
 - The number of people allowed in grocery, dry goods and other stores was based on the square feet occupied.
 - “As finally drafted the regulation prescribes six people to each two hundred square feet of floor space, and the proprietor or manager of each establishment is honor-bound to see that these regulations are carried out.”
 - “In epidemic times the most difficult cult phase of the situation is to enforce a quarantine. There are always people who will violate the confidence reposed in them. Make it as unpopular to break quarantine as to refuse to buy a Liberty bond. Report every person violating his word of honor to the local health authorities and if necessary, go into court and testify to the facts. With the war won let’s all form a voluntary society pledged to forcing the absolute obeying of all laws of the country.”
 - “The board of health wishes to emphasize the fact that crowds are particularly dangerous, especially when they congregate in-doors.”
 - People from city and country requested to shop in the morning and those from the country are supposed to come to town earlier in week instead of on Saturday in order to “spread the trading at stores over the week as much as possible”
 - Discusses symptoms of flu again
 - Extend convalescent period from 5 to 10 days
- Face masks to be provided by the Red Cross, who were working in the High School to manufacture them and other articles
 - “After use for two hours they must be sterilized of thirty minutes in boiling water before being used again, and must not be used by any other person”

- Placards issued Tuesday bearing the order of the board of health and placed around the city
 - “Other cards bearing the warning against the ‘flu’ are being placed on the residences of those where the disease is present.”
 - All cases to be reported to health officer
 - Infractions classed as misdemeanors and penalized by fines and/or imprisonment

“Flu” Survey Made: Red Cross Names Committees to Aid in Fighting Influenza

- “A week ago there were very few cases locally; yesterday a survey showed the situation to be as follows: At Carleton forty cases; St. Olaf twenty-nine; in the city forty-one; or a total of 110.”
- Only one death, that of Miss Minne Marko
- Progression at Carleton
 - Monday 16 cases, Tuesday 25, Wednesday 36, Thursday 40
 - “The college students are under strict quarantine and face masks are worn by everyone”
- Directors of Red Cross chapter had a meeting Thurs and decided on survey
 - “One plan consists of making a daily survey of the city to ascertain new cases of influenza or pneumonia, cases in need of assistance in nursing or in the preparation of food”
- “Kindly report cases of illness in your family or any other cases in need in your neighborhood. There is no autocratic power to handle the situation we are in. Let us show by our co-operation that democracy is effective”
- Following committees named by the Red Cross:
 - Emergency Hospital Committee
 - Committee on Supplies
 - Committee on Nursing
 - Food and Dietetics Committee
 - Committee on City Survey
- Board of health orders that women working in Red Cross rooms wear masks and boil for 10 min after wearchign and after 20 where there is sickness
- Red Cross is looking for extra rooms in private residences for parents coming to visit their children at the colleges



Top Row—(Reading from left to right)—Mesdames Cartzdafner, Pritchard, John Whitson, DuBois, Calef, Ekern, Crary. Photo by Anderson Studio.
 Second Row—Mesdames A. L. Dixon, Wyman, Lord and Davis, Miss Murray and Miss Couper.
 Bottom Row—Miss Neva Foster, Mesdames Cheney, R. Harmer, Fobes and J. M. Ellingboe.
 Organization for efficiency is the order of the day—in Red Cross work as well as in the army. The above group represents the captains who act as heads of the work tables at the Northfield Red Cross headquarters in the high school gymnasium. The photograph was taken before Mrs. DuBois left Northfield. A committee, of which Mrs. Fobes is chairman, has charge of the work rooms when supplies are available and the "plant" is running full blast.

^^Red Cross working out of High School gymnasium

Fighting "Flu" With Food

- Discusses diet needed to keep yourself healthy/prevent yourself from getting sick

Ads that capitalize upon the flu

Buy Christmas Gifts Early, Says Uncle Sam

Early Christmas purchases as a patriotic measure is asked of the buying public by the various state councils of defense. This course will relieve rail congestion during and preceding the holiday season and will avoid long hours and the employment of extra help in December.

Gifts should be purchased early and if designed for out-of-town distribution should be mailed as soon as possible, preferably at this time.

The influenza ban makes it necessary also to avoid crowds of shoppers. Shop in The News first. Merchants who appreciate your patronage invite it thru the advertising columns of The News—the Buyer's Guide.

After the "FLU" Be Careful

If you have had Spanish Influenza, don't be too eager to get back to work. Even slight cases may develop serious after-effects. When the fever leaves you, you feel better and want to get up. That is a dangerous period in the sickness. The doctors advise staying in bed for several days after your temperature is normal. It is better to be careful, than to take chances on pneumonia or other complications.

You may need a tonic to put you in good shape again. If the doctor prescribes it, bring the prescription to Finkelson's, and it will be filled in the way he wants it put up—carefully compounded of fresh, full strength drugs.

If he recommends any of the standard proprietary tonics, you will find them here.

Physicians like to have their patients patronize Finkelson's.

Shave yourself with a safety razor. We have all makes.

FINKELSON'S DRUG STORE

COLUMBIA GRAFONOLAS.



Home Happenings

- “According to the current ads, about the only two commodities that don’t either cure or prevent influenza are Shinola and Rat Biscuit.”

Barber Shops Closed

- “On account of the influenza all barber shops are closed until further notice.”

***Reports on neighboring counties contain many reports school closures and cases of influenza

School Notes

- “The schools have been closed again for an indefinite period because of the influenza epidemic. This news was received in a surprisingly indifferent manner by the students but no one seems to regret it very much.”

Sermonette for Home Worship

- “With services at the churches cancelled, due to the influenza ban, Northfield church-going folks will fill the gap with religious worship in their homes on Sunday. A program of family worship consisting of the singing of well known hymns, scripture reading and prayer, could include the reading of the following sermonette prepared at the request of the News by Rev. J. A. Rinkel:”

November 22, 1918

Influenza and Other Causes Prevent Effective Work Among the Rural Districts

- Northfield district’s portion of the welfare fund for the war is short \$7,800
- “Canvassing has been delayed till the wave of the influenza recedes”
- “It has been impossible to complete the campaign among the students and faculties at the colleges. The conditions caused by the influenza quarantine among the men in the Carleton-St Olaf. S. A. T. C. unit prevents any canvas among them at present.”

Pneumonia Takes Mrs. Herman Roe

Efficient Committees Under Red Cross Direction Make Careful Survey of Northfield

- “Two deaths occurred this week in Northfield from pneumonia resulting from influenza, that of Mrs. Herman Roe Monday Nov. 18, and of Waldemar Schmidt yesterday, Nov. 21”
 - Mrs. Herman Roe’s death “is particularly distressing in that she leaves behind her husband, three small children in the home.”
 - “The employees of the News, upon whom has developed the work of issuing this week’s paper, have only the kindest remembrance of her graciousness, and join with the community in extending to the bereaved ones their heartfelt sympathy in these dark hours.”
- “Waldemar S. Schmidt died yesterday afternoon at the St. Olaf hospital of influenza-pneumonia.”
 - He was 18 and a member of the St. Olaf S. A. C. T.
- “There has been no apparent increase in the epidemic of influenza in Northfield. According to statements by the board of health there have been few new cases since last week’s report of the conditions, but those who have recovered or who have been released from quarantine make the average about the same.”
- A survey seems to have been conducted to see who had influenza, and Supt. M. P. Fobes, chairman of the Red Cross committee on nursing, said there were 68 cases of influenza reported but that it doesn’t actually reflect the conditions of the time
- Food committee has been giving food to families and the supplies committee has been providing masks for members of the colleges and many townspeople
- “While conditions are not considered serious at St. Olaf precautions are being taken to prevent the spread of the influenza. Yesterday there were about sixty-eight cases of influenza among the men, and two ill with pneumonia.”
 - Classes have been suspended at St. Olaf and men with no indication of the disease are quartered in the Main building
 - The only women students who have influenza are the student volunteer workers
 - “With trained nurses and plenty of volunteer help the situation looks hopeful for a return to normal conditions soon”
- “The influenza situation among the Carleton men has greatly improved according to authentic information”
 - “No cases have been reported among the Carleton women, who are continuing their class work. Men are not permitted to attend classes, chapel, or in any way mingle with others.”
- “The wearing of masks is compulsory at both colleges.”

Obituary

- Mrs. Herman Roe

- “The entire community feels deeply for the bereaved family and especially for the small children who so early must be taught the stern lesson that they must bow in humble submission to the will of the Creator.”

Red Cross Notes

- Help the Red Cross
 - “Eighty pneumonia jackets have been made for the patients at both colleges and in town in the last ten days. St Olaf and Carleton college auxiliaries have each made several hundred influenza masks.”

Obey the Ban

- “Thursday of last week witnessed the promulgation of the most far-reaching quarantine regulations within the memory of the oldest Northfield inhabitant. These precautionary measures have been made to check an epidemic of the Spanish influenza which is appearing in Northfield at this time.”
- “No one relished having his actions or his business placed under a ban or even restricted to a limited extent. But these are times when the situation is really dangerous unless some restrictions are placed upon the interminglings of people in social and business intercourse Every sane person realizes that the value of every life is priceless, and any measure which tends to safeguard life is not to be considered from a personal or a selfish viewpoint The community as a unit must enter into the fight against the spread of the disease with a spirit of willingness, and co-operate with the authorities in any manner they made decide is necessary. Report promptly any sickness to your doctor, and obey his orders without question.”
- “The resulting safety and the self-sacrifice of these concerned will be amply repaid later, however, if they can conscientiously feel that thru no fault of theirs has any person died from the influenza.”
- “Do your part - obey the ban.”

Fresh Air is Healthy Insurance

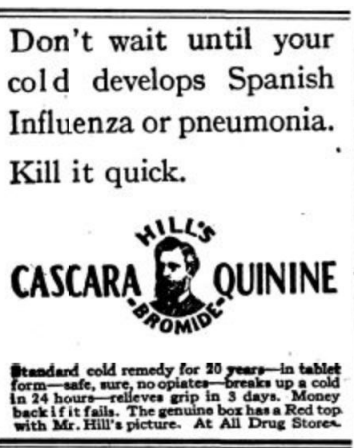
- “The best protection against colds and influenza is plenty of fresh air.”

Home Happenings

- Mentions several community members whose relatives are sick with influenza or have died

Dennison

- School has ben closed again because of a number of new cases of influenza



November 29, 1918

"Flu" Situation Now Improving

Epidemic Wave Receding-Few Cases-Colleges to Resume Their Work

Public Schools May Reopen

Four Deaths at St. Olaf--Staff of Physicians and Ten Nurses Provide Excellent Care

- "The influenza that struck Northfield 3 weeks ago appears to be receding"
 - Survey shows things are improving
- Of the 52 cases previously reported all are better and the 13 new cases are in 3 families
- Board of health and advisory committee is meeting that day to discuss making changes to the regulations that started Nov 12
- Quarantine relaxed at the colleges; possibility of schools reopening
- St Olaf
 - Spread was at first very rapid, with 80-90 cases appearing in the first few days
 - 4 people died
 - For the past 6 days the patients have been improving
 - "The heroic work done to stop the progress of the plague has no doubt saved the lives of many more"
 - Have employed 10 professional nurses to work with the doctors
 - College work partly resumed this morning; classes for all but SATC men to start Tuesday
 - Lists the 4 students who died
- Carleton
 - There was 8 weeks of quarantine
 - First 3-4 weeks were preventative, then the last 3 weeks were necessary because there arose cases
 - About 70 men were isolated in the gym

- Only a few serious cases
- Most likely quarantine will be lifted and classes will resume something this week

Obituary

- Alfred Earl Livingston died of influenza in San Diego
- Perry Newton died of influenza in Montana

December, 1918

December 6th

Monthly Review of City's Affairs

- Member of city council held regular December meeting
- Mayor presented the proceedings of the special meeting of consultation that was held Nov 30th to establish regulations for the control of the epidemic
- "Complaints as to the non-compliance with the order that warning notices be posted on houses in which influenza existed were brought to the attention of the council by Alderman Street."

Letters to Santa Claus

- "The influenza ban will not prevent the deliver of Santa Claus letters"

Early Shopping Again Possible

Quarantine Restrictions Modified by Committee at Meeting Thursday

Only One New Case Reported

Situation in Northfield Believed to be Such that Moderate Precautions Will Avert Epidemic

- Members of special quarantine board voted to remove some restrictions at a meeting held yesterday afternoon (Dec 5th)
- No new cases at Carleton and men living in gym were back in dorms
- Only 6 cases at St. Olaf
- Only 1 new cases in Northfield and county districts are improving
- Following modifications made
 - Public library open for exchange of books but not for reading
 - Small meetings allowed in churches but regular Sunday services not allowed
 - Ban on lodges, clubs and secret societies lifted if they have small groups
 - Restriction on downtown business district removed
 - Grand still closed, as all pool and billiard rooms
- "The committee wishes for it to be understood that the citizens of Northfield are still expected to observe the spirit of caution which has been expressed in the previous provisions as to loitering in public places or allowing children to loiter on the streets. It is

suggested that shopping be done during the morning hours by more people in order that there be no congestion in the stores.”

- The board of health and advisory committee met Nov 29th and decided to continue the quarantine restrictions until further considerations could be taken at a later meeting
 - Reported that at Carleton women had continued classes and there had been no cases among the women; Total cases among Carleton men was 46
 - At St. Olaf there were none sick among the SATC men but 4 nurses and Sister Avedia were sick
 - Board of education met Friday and decided not to open schools until after Christmas
 - School attendance comes from all over the country districts where they were still cases
 - Additional precaution needed in the manner of welcoming returning soldiers
- “It should be remembered and distinctly impressed upon everyone that great care must be taken to ward off this disease at the start.”
 - Mentions that other cities which have opened have had to close again and for longer

Rice County School Notes: Information Regarding Lost Time During Influenza Epidemic

- Recommended that time lost be made up, the method of which depends on the amount of time lost
 - Use vacation and holidays or continue school past regular closing time
 - Teaching Saturdays



December 13th

Influenza Ban Continues: Board of Health and Advisory Committee Met Yesterday Afternoon

- Influenza ban as modified last week will continue in effect until further notice

- “While it was pointed out that the city itself is practically cleared of the disease, other cities are experiencing a return of the influenza, and the board feared that a removal of the ban at this time might give a larger opportunity for a firm hold, should another epidemic come to Northfield”

“Flu” Casualties Heavy: Epidemic Deadlier than War - 300,000 Victims in the USA

- Calls the number of deaths “appalling”
- “A recrudescence of the disease now is occurring in many communities, but this is believed to be sporadic and not to indicate a general renewal of severe epidemic conditions”

17,000 Soldiers Die of Influenza

- 17,000 soldiers died in army camps and military centers in the US

Obituary

- Moving obituary of Mrs. Arthur Thorvilson who got sick taking care of her husband who was sick with influenza



December 20th

It's a Strange Christmas: No Church Services-No Sunday School Festivities

- “Old man Influenza and Santa Claus have been running in close competition for the attention of people throughout the country, and Santa Clause has won over Northfield people by his argument that where there are too many people gathered together in a warm room, he is perfectly willing to keep away himself and give his opponent full reign.”
- “In spite of it all, most people seem to be happy and among small groups there is much of the old time holiday excitement.”

“Flu” Ban Continues: No Change in Regulations-Several New Cases Reported

- Same regulations still hold
- There are a number of new cases in the city “the general sentiment is against removing the restrictions any further”

"Imthruenza" Germs Make Apperance in Red Cross Chapters

With the cessation of hostilities the Red Cross is called upon to combat a new epidemic, originating this time within its own ranks. The affliction is known as "I'm-thru-enza."

The initial symptom is a sense of lassitude—a feeling of "What's the use? It's all over. Why should I work?" Steps are being taken to isolate the germ—also those who are carrying it.

The epidemic is not widespread; nevertheless an effort is being made to stem its advance.

"Cold feet" is a marked smyp-tom.

Another indication of the presence of the germ is forgetfulness (that the boys are still over there).

The victim, as a rule, cannot concentrate the mind (on knitting).

The sight becomes impaired (can't see to sew).

The ears become affected (can't hear the appeals of hundreds of thousands of refugees who must be clothed, fed and housed).

Heart dosen't beat as it used to, and in advanced stage that organ apparently turns to stone.

A vaccine, consisting of equal parts of tincture of I-won't-quit and Red Cross spirits, a dash of patriotism and a peck of pep, is effective.

December 27th

Schools to Open Monday: Colleges Resume Work Next Week Also Minso SATC

- Northfield schools set to reopen Monday, Dec 30th after 6 weeks bread
- Plans for making up lost time not yet made
- Children from homes where there is influenza should not come

- “The influenza situation generally remains about the same and as the board of health and advisory committee have not held a meeting this week the ban as it affects churches, the Grand theatre, etc. continues in effect”
- Work at Carleton and St. Olaf will resume in the later part of next week minus SATC

Northfield's Record for 1918

- Only 50 deaths and 76 births, even with influenza
- “Perhaps no city in the state has been more fortunate in regard to the influenza situation, borough about, as city officials believe, by the quarantine regulations that have been carefully enforced”

No Epidemic Here

- “Northfield is conservative and after noting the experience in other cities, where the lifting of the ban too soon invariably brought a recurrence of the disease, local authorities have adopted the policy of playing safe”

FIRST AID IN INFLUENZA PREVENTION

At the first sign of a cold see that the bowels are open. Colds cannot gain a start if the system is free from food-waste.

When the bowels are inactive and food-waste lies in the system it ferments, creating dangerous poisons which are absorbed into the blood. Then the kidneys, lungs and skin pores are not equal to the task of getting this poison out of the system and disease gets a quick start.

Colds Precede Influenza

The colds that follow blood sluggishness, due to the poisons created by constipation, leaves the body an easy prey of influenza and after that—PNEUMONIA!

Ask any doctor what precaution you should take against colds, influenza and pneumonia and he will tell you to take a *thoro* laxative. But pills, tablets and vegetable compounds are only partly effective.

Your druggist has a product called SALINOS that is a *thoro* laxative which will completely empty the entire digestive tract, including the lower bowels, where most poisons are formed.

SALINOS is *really pleasant* to take, pleasant in taste and pleasant in action.

You can get a bottle of SALINOS for a Quarter (larger sizes, Fifty cents and a Dollar.)

Be Safe! Get It Today! Use It Tomorrow Morning.

1919

January, 1919

January 3rd, 1919

Influenza Ban Removed Tuesday

Church Services to the Resumed-Grand Theater is Open Again

It's Up to Individuals Now

Take Good Care of Yourself and Occasion for Restoring Ban May be Prevented

- Ban entirely lifted for first time since Nov 15th on Tuesday afternoon (Dec 31st)
 - This affects churches, pool halls, Grand theater and large public gatherings, all of which had not been permitted by the easing of the ban that happened on Dec 5th
- Colleges are getting ready for returning students and are prepared to isolate those who have symptoms in order to catch cases coming from students' home towns
- "Carleton has prepared a circular letter to be placed in the hands of each student as he returns."
 - The letter will contain students to the campus until Jan 10th
 - "Seating in classes and dining rooms has been arranged to give the maximum space between individuals, and visiting the rooms of the dormitories or other places is forbidden."
 - St. Olaf has similar precautions
- Stresses that it is now up to individuals to keep everyone safe
 - "Common sense on the part of the public will do much to prevent the return of influenza"

FIRST AID IN INFLUENZA PREVENTION

At the first sign of a cold see that the bowels are open. Colds cannot gain a start if the system is free from food-waste.

When the bowels are inactive and food-waste lies in the system it ferments, creating dangerous poisons which are absorbed into the blood. Then the kidneys, lungs and skin pores are not equal to the task of getting this poison out of the system and disease gets a quick start.

Colds Precede Influenza

The colds that follow blood sluggishness, due to the poisons created by constipation, leaves the body an easy prey of influenza and after that—PNEUMONIA!

Ask any doctor what precaution you should take against colds, influenza and pneumonia and he will tell you to take a thoro laxative. But pills, tablets and vegetable compounds are only partly effective.

Your druggist has a product called SALINOS that is a *thoro laxative* which will completely empty the entire digestive tract, including the lower bowels, where most poisons are formed.

SALINOS is *really pleasant* to take, pleasant in taste and pleasant in action.

You can get a bottle of SALINOS for a Quarter (larger sizes, Fifty cents and a Dollar.)

Be Safe! Get It Today! Use It Tomorrow Morning.

The GRAND IS OPEN

Picture hungry? Sure you are! Didn't realize how much you needed motion pictures until you were deprived of them.

The Board of Health has revoked the closing order. That means the danger is over.

The Grand is well ventilated and disinfected each day.

You deserve a feast and you are going to have it—the best pictures money will buy.

**LISTEN! THE PRICE IS ONLY
FIFTEEN CENTS**

January 10th, 1919

Quarantine Restrictions Successful in Preventing Epidemic

- Good conditions since students returned from holidays
- “The temporary restrictions which have been in force at both institutions have been successful in so far that no cases of influenza have developed.”
- They will continue to immediately isolate any students who feel ill, although “the customary life of campus is rapidly getting back to normal.”

COLDS ARE DANGEROUS

Colds are often followed by **Influenza** and **Pneumonia**. Everybody knows how many deaths they have caused this year.

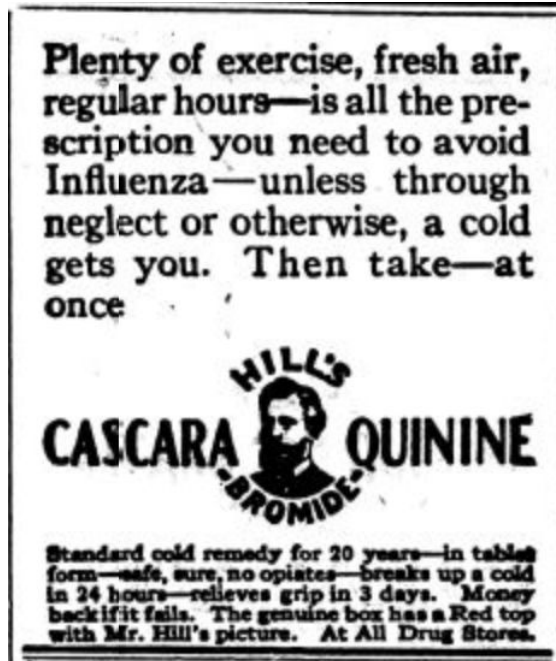
Dangerous as they are, colds are not difficult to avoid if you keep yourself in condition to resist them.

If your blood is healthy, rich and red, free from poisons constipation creates, it will be mighty hard for colds to fasten upon you. But if food-waste is allowed to lie in the bowels it ferments, creating dangerous poisons which are absorbed into the blood and carried to all parts of the body. The kidneys, lungs and skin pores are busy trying to get rid of these poisons and colds have a free field.

Your druggist has a new product called **SALINOS** which will completely empty the digestive system, including the lower bowels, where most poisons are formed. It is taken in cold water, is pleasant in taste and pleasant in action. Get a bottle for a Quarter (large sizes Fifty cents and a Dollar). Take it tomorrow morning.

Influenza Ravages: Causes More Deaths in Two Months Than All Deaths a Year Ago

- Influenza caused more deaths in Oct and Nov in MN than from all deaths in the last year
- More men died than women and more people under 2 years and between 15 and 50 years died
- 2,009 influenza deaths in MN in October
- 2,781 influenza deaths in MN in November
 - 233 deaths of infants under 2
 - 241 deaths ages 15-20
 - 8881 deaths ages 20-30
 - 714 deaths ages 30-40
 - 205 deaths ages 40-50



Carleton Quarantine Up Today

- The quarantine restricted students to campus and kept groups separated as much as possible “in order that there might be no chance of an epidemic resulting from any student who might have contracted influenza in his home community.”
- There are no cases of the disease

January 17th, 1919

Schools To Close May 29th: Time Lost During Quarantine to Be Made Up on Holidays

- Northfield public schools will close on May 29th as originally planned and time lost by the influenza will be made up through “the saving of time usually lost on holidays and vacations”

The Latest on Influenza: From the Minnesota Public Health Journal

- The American Public Health Association met in Chicago Dec 9-12 1918 and came up a working program for influenza
- Outlines a summary of the points accepted by the committee and association and published in the “Influenza Bulletin” Dec 13, 1918
 - Spread by “exchange of discharges from the nose and throat of those infected to the nose and throat of persons susceptible to the disease”
 - “The use of sprays and gargles as preventatives was concemed, for it has been found that, in influenza, their use does not protect the mouth and nose from infection but actually increases the liability of entrance of infective organisms”
 - “The proper wearing of masks should be compulsory in all hospitals and is recommended for the general practice.”

- “The closing of schools and prohibition of gatherings are still matters of dispute”

January 24th, 1919

Inoculation Against Pneumonia and Influenza Proven Effective

- “That the vaccine for prophylactic inoculation against pneumonia and influenza is not only harmless but that it has proved in all cases that have come under the observation of Northfield’s physicians to be of highly valuable service in preventing any serious cases of these two diseases, seems to be well established according to data secured from the local situation”
- “Northfield physicians, as well as a majority in the profession throughout the country, have been slow to recommend the inoculation, feeling while that there seems to be excellent results obtained in instances where it had been tried out, there might be the idea of personal profit attached to the process of administering the vaccine on the part of the public. While there is even now no attempt to advertise the serum, the physicians are unanimously agreed that it is proving very satisfactory.”

January 31st, 1919

Death of Fred B. Hill is Heavy Blow to City

Popular and Public-Spirited Carleton Professor a Victim of Influenza-Pneumonia--A Community Leader

- “Nothing has thrown a pall over the entire community in many a day as the sad news which spread rapidly Wednesday evening that Fred Hill was dead, a victim of the dread and treacherous influenza-pneumonia”
- “The college and community were greatly shocked by the news of Mr. Hill’s death, for it was generally understood that he was out of danger. When the news was given out at the Armory during the intermission between the first and second games between Carleton and St. Olaf basketball teams, a great pall seemed to hang over the audience. The second game was postponed out of respect for Mr. Hill and Carleton.”
- “It was the gift of Mr. and Mrs. Hill that made possible the building of the Sayles-Hill gymnasium at Carleton. Mr. Hill had led in attempts at improvements of all kinds, and was a substantial giver for many public causes.”



March, 1919

March 7th, 1919

Another Merchant Called: W.A. Matson Succumbs to Attack of Pneumonia

- “W. A. Matson, one of Northfield’s prominent young business men died early Sunday morning, March 2, a victim of influenza”
- “Will Matson was an industrious, successful business man; always genial and well met. He was a devoted husband, father and son and his untimely demise is a terrible blow to his family who have the sincere sympathy of the community in their hour of sorrow”

March 14th, 1919

A Terrible Epidemic: Epidemic Breaks Mortality Record for Minnesota - Year’s Total 23,615

- Influenza caused 7,269 deaths and 125,000 causes of sickness in MN during 1918
- The next closes cause of death is tuberculosis with 2,408 deaths
- “That influenza resulted in a larger number of deaths than all other causes combined is shown by the following figures:”
- “When the epidemic was at its height in November, deaths exceed births for the first time on record in Minnesota, totalling 4,943 against 4,072 births.”

1920

January, 1920

January 2nd, 1920

INFLUENZA
starts with a Cold

Kill the Cold. At the first
sneeze take

HILL'S
CASCARA QUININE
BROMIDE

Standard cold remedy for 20 years
—in tablet form—safe, sure, no
opiates—breaks up a cold in 24
hours—relieves grip in 3 days.
Money back if it fails. The
genuine box has a Red
top with Mr. Hill's
picture.

At All Drug Stores

Describes Treatment of Influenza.

Dr. Merton Field, M. D., who has recently established a practice in Northfield, is the author of an article on "Quinine and Urea Hydrochloride in the Treatment of Influenza and Pneumonia," which appeared in The Journal-Lancet under date of Dec. 1, 1919. Dr. Field's experience in the use of quinine and urea hydrochloride in the many influenza cases which came under his care while he was United States surgeon to the S. A. T. C. camp at Gustavus Adolphus college, together with several hundred cases among the lay population convinced him that this is the most positive treatment of influenza and pneumonia yet introduced. Dr. Field strengthens his contention by reference to successful treatment along this line by Dr. Christian Zelstrup of Petersburg, N. D., and also by reference to Forchheimer's "Therapeutics of Internal Diseases."

January 30th, 1920

May Flu Cases

Every Precaution Should be Taken to Prevent an Epidemic

- “While there is no immediate danger that a severe epidemic of influenza will break out in northfield, a large number of people in the community are suffering from the ‘grippe’”
- A few mild cases of influenza and pneumonia have been reported
- There are a few serious cases and “unless the necessary precautions are taken and the public co-operates with the health officers, influenza will become epidemic”
- No students at colleges were allowed to go to their homes during the past week
- “At the present time there need be no alarm felt”
- Faribault issued an order last week prohibiting public gatherings including schools, churches and theaters

Unlooked-For Vacation

No Sessions in High School Building for Two Days

- “With the present epidemic of influenza increasing every day, it was not a surprise to the people of Northfield to learn that the publics in the central building were returned to their homes immediately upon their arrival at school yesterday morning.”
- “Their surprise came in when they learned that the responsibility rested on the flues rather than on the ‘flu’”
 - The brick wall surrounding the flues in the heating plant caved in

February, 1920

Feb 6th, 1920

Serious “Flu” Situation Met By Prompt Action

Relief Forces Mobilized Under Banner of the Red Cross-Schools and Churches Closed. Public Meetings are Barred

- “The fact that the situation had really become serious came like a thunderclap Saturday evening when the news spread verbally that schools, churches and all public gatherings had been ordered closed by the Board of Health”
- Red Cross started working immediately and appointed following committees:
 - Emergency Hospital Committee
 - Hospital and Sick Room Supply committee
 - Committee on nurses and other assistants
 - Fourth committee has women preparing pneumonia jackets and other sick room supplies
- Thanks public teachers for helping spread news and acting
- Carleton students are volunteering to help

Postpone the Institute

Influenza Ban Necessitates Change in Institute Plans

- “It is with deep regret that the management of the Home Talent Farmer’s Institute feels obligated to announce that the institute has been indefinitely postponed because of the ‘flu’ situation.”

Obituary: Robert Thompson

- “Friends here were shocked Tuesday to learn of the death of Robert Thompson, son of A. B. Thompson of Waterford, at University hospital, Minneapolis, from pneumonia following influenza”
- He had visited his home in Northfield Sunday before last and then returned to the Agricultural college
- Had graduated from Northfield High School in 1916
- Last year he was in the S.A.C.T at Carleton and last fall he enrolled in the Minnesota Agricultural college

Feb 13th, 1920

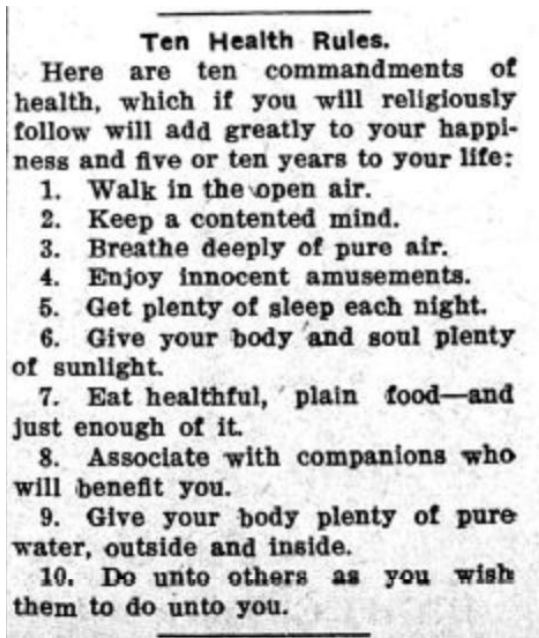
No Lifting of “Flu” Ban Yet

Situation Somewhat Improved but Condition is Still Considered Serious

Volunteers Do Relief Work

Nurses Stricken Following Strenuous Service-Red Cross Workers Merit High Praise

- No lifting on ban yet
- There are only 6 patients at the hospital but the superintendent Miss Gustafson has influenza
- “Things have at times looked pretty discouraging during the week.”



- “No one who has been in close touch with the work of the Red Cross during this ‘flu’ epidemic has anything but praise for the fine spirit with which people in general have responded to appeals for assistance in practically every case where it was possible for them to do so.”

Obituary of Wheeler Ernest Dawley

- “The community was saddened again last Sunday by the unexpected death of Wheeler Ernest Dawley of the Waterford community.”
- He was sick for a week with influenza that turned into Bright’s disease and he died Sunday
- “Mr. Dawley was a strong man and apparently in vigorous health and his sudden demise was a shock to all who knew him.”
- “He died as he lived, without an enemy”

Obituary of Laura Louise Splinter

- “Her life ended in the bloom of youth early Thursday morning, February 12, 1920 at the age of sixteen years and fourteen days. Death was caused by influenza-pneumonia”
- In 1913 she moved with her parents from Winthrop to the farm five miles southeast of Northfield
- She was a freshman at Northfield high school

Obituary of Evelyn Ruthia Thompson

- She died Tuesday night in at the Northfield hospital after an attack of influenza to pneumonia
- She came to Northfield about a year ago and was employed in the U. L. Lashbrook home
- Her family at Emmons are all ill with influenza so her parents were prevented from being with her when she died

If future epidemics of influenza are to be checked not only eating utensils but handkerchiefs as sources of infection must be carefully sterilized, not merely perfunctorily washed in water more or less hot. At sanatoria for consumptives the handkerchiefs used by patients are always soaked in disinfectant before being washed, and during epidemics this should be made a general rule. Further, the public must be taught that handkerchiefs, like bandages, should be changed as soon as they are soiled, and that a dirty handkerchief is not only aesthetically objectionable but a source of danger both to the owner and to the community.—The Hospital, London, Eng.

How To Get the Flu.

A nurse had been taking care of influenza cases for several weeks. She had been perfectly well and had come to think herself immune. One evening she sat in an open window until she was chilled. By morning she had a well developed case of the flu. The bacteria had been in her throat all the time. The protective forces of the body had kept them from developing until her resistance was lowered by the chill.

If you want to get the flu when it is prevalent, take little sleep, eat a lot of rich food, deny yourself fresh air at night, let yourself get chilled in a draft, and in general pay no attention to the rules of common sense living. The flu germs are always on the lookout for such as you.

Feb 27th, 1920

***Dundas seems to be having a lot of cases and deaths throughout Feb-March

March, 1920

March 5th, 1920

Dundas

- Only mention of influenza is under Dundas section, where there seems to still be several cases

March 19th, 1920

Dundas

- Influenza still present in Dundas but that is only mention of it