

The wisest course when attacked is to go to bed, keep warm, take light nourishing food, and report to your doctor. In most cases, if those precautions are taken, the attack is soon over, and there are no after-effects. Although the epidemic of influenza is worse than usual, there is certainly no need to get alarmed, but there is certainly the necessity to take precautions and protect ourselves, and not to spread the complaint to others. A precaution as a preventative is the use of a weak Condy gargle twice a day for the back of the throat.

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Lincoln Corporation: Precautions to avoid

## Researching

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# THE 'SPANISH' INFLUENZA EPIDEMIC 1918-19

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### *Local and Regional Newspapers*

A TEN-MINUTE TALK will be presented by Dr. Andrew Jackson of Bishop Grosseteste University in Lincoln for the BRITISH ASSOCIATION FOR LOCAL HISTORY on their Website. Available from 9 June 2020. ADMITANCE FREE.

influenza. 1. Overcrowding in dwellings and in unventilated rooms and places of entertainment should be avoided. 2. The aggregation of large numbers of persons in one room, especially for sleeping is dangerous when catarrhs are prevalent; the smaller the number of persons per bedroom the less is the risk of infection. 3. Alcoholism or over-strain favour infection, and complication by pneumonia is especially fatal among immoderate drinkers. 4. Dirtiness whether personal or of living and working rooms, and dusty conditions, favour infection. The wet cleansing of all invaded places is important. 5. Indiscriminate exp-

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## LINCOLN CORPORATION

### Precautions to avoid influenza.

1. Overcrowding in dwellings and in unventilated rooms and places of entertainment should be avoided.
2. The aggregation of large numbers of persons in one room, especially for sleeping is dangerous when catarrhs are prevalent; the smaller the number of persons per bed-

room the less is the risk of infection.

3. Alcoholism or over-strain favour infection, and complication by pneumonia is especially fatal among immoderate drinkers.
4. Dirtiness whether personal or of living and working rooms, and dusty conditions, favour infection. The wet cleansing of all invaded places is important.
5. Indiscriminate expectoration is always a source of risk of infection; and is especially dangerous during

the prevalence of influenza.

6. If every person who is suffering from Influenza or Catarrh realised that he is a likely source of infection to others, and that some of the persons may die as a result of this infection, and he took all possible precautions, the present danger and mortality from such Epidemics would be much reduced.

**Medical Officer of Health.**

*Lincolnshire Echo*, 18 October 1918

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## WHY DO THE GERMANS DELAY?

### *SOME REMARKABLE RUMOURS*

PARIS, Friday. - The newspapers continue to speculate as to the reasons for the delay in the renewal of the German offensive ... From medical sources it has also been ascertained that a very severe epidemic of influenza is now raging in the ranks of the German forces.

*Lincolnshire Echo*, 24 May 1918

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## THE INFLUENZA EPIDEMIC GRIMSBY VICTIMS

The Grimsby district has been invaded by the influenza germ, and many cases are reported ... Dock workers have been attacked while engaged in their duties, and in some instances have had to be removed upon stretchers. At certain works the precautions have been adopted of administering quinine to members of the night shift.

*Lincolnshire Echo*, 28 June 1918

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## LINCOLNSHIRE ECHO

WEDNESDAY, JULY 3, 1918

The present visitation of "Spanish flu" is about the last thing expected during a dry summer. Since the plague of 1889-90 influenza has appeared periodically every year in some part of the British Isles, but it is unusual in June and July. The name "influenza" is of Italian origin, but in 1889 the disease was known as Russian influenza.

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## KIDNEY TROUBLE

### After Influenza

#### *Take Timely Care!*

Tend your kidneys during the run of the epidemic. Do not let them break down if the big strain comes. A medicine which relieves even advanced kidney symptoms is assuredly a very helpful safeguard.

DOAN'S Backache Kidney Pills

*Lincolnshire Echo*, 11 November 1918

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## WINTER MILK SHORTAGE

There is urgent need of economy in milk during the next four months ... Young children and invalids have the first claim. The demands of the latter have been increased by the needs of wounded men, and by the recent epidemic of influenza. Steps are being taken to secure a better distribution of available supplies; but there are already signs of shortage in many districts.

*Lincolnshire Echo*, 17 August 1919

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## *Influenza*

### *An apology for the shortage of Bovril*

In view of the immense value of Bovril during an influenza epidemic the proprietors of Bovril are making every effort to meet the demand. The shortage of bottles is seriously hampering the endeavours to increase the supply.

*Lincolnshire Echo*, 28 November 1918

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## LINCOLN RURAL WORKERS' INSURANCE SOCIETY

The Chairman said they had supported every object for the welfare of the rural workers ... the establishment of the Ministry of Health ... would mean the unification of the various departments now dabbling in a vital subject, and would save them being sent from pillar to post on various occasions.

*Lincolnshire Echo*, 14 June 1919

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## LINCOLNSHIRE NURSING ASSOCIATION

Lady Cavendish-Bentinck said she knew a little of the magnificent work which had been done in Lincolnshire ... She knew if they had only been able to get nurse during the influenza epidemic the mortality would not have been so great ... She appealed to them to help the Association to the utmost ... that they might have a nurse in every village.

*Lincolnshire Echo*, 17 August 1919

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## ST. JOHN AMBULANCE LINCOLN

First aid, of course, will have the prominent place, but the scheme goes materially further, and contemplates such highly important subjects as home nursing and advice on healthy home surroundings and administration ... how deeply it has been felt that there was something more one could do for the dear ones lying ill.

*Lincolnshire Echo*, 23 August 1919

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