

# Pandemic in Cambridge 1918

## The Worst Could Be Over

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Cambridge Daily News Friday 1st November 1918

INFLUENZA EPIDEMIC

Schools in Borough to be Closed For Another Week

The epidemic of influenza in the Borough no signs of abating. In fact, reports show that the number of influenza victims is on the increase.

In consequence, the schools, which would have opened Monday next if things had been going satisfactorily, are to remain closed for another week at any rate. It is recommended that the Sunday Schools remain closed as long the day schools are closed, and this recommendation will doubtless be adopted throughout the town.

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Cambridge Daily News Saturday 2 November 1918

Help Wanted for Influenza Sufferers - to the editor

Sir, An over-worked district nurse rushed in to make my bed, and told me that in one house she has a mother and five little children down with influenza, and no one will go in to do anything. In another house seven are down, and no help. People are panic-stricken.

But surely there are middle-aged women like myself (or young ones who are free) who could not get war work because of their age, who would be glad to act as "orderlies" to the district nurses, and offer themselves through the District Nursing Association or through the clergymen of the parishes.

Perhaps the clergymen or ministers might appeal in the churches. The people seem to be dying because they cannot get help, and have to get up before they are well enough in order to nurse each other. — Yours, etc.

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Cambridge Daily New Thursday 7th November 1918

It is believed that the influenza epidemic in London reached its height last week and is now definitely declining, though there are still startling figures, writes a London correspondent. The disease would not have spread so rapidly had people taken ordinary precautions against passing infection on, but one has found assistants even in provision shops going on gallantly with their work while obviously a source of danger to their customers. The public health authorities have failed to impress the public with a sense of due responsibility.

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Cambridge Daily News Friday 8th November 1918

CAMBRIDGE AND THE FLU

Week's Deaths 37 as Against Oxford's 69

As was generally anticipated, last week brought heavy increase in deaths from influenza. In the 96 towns in England and Wales of over 50,000 inhabitants, including London, the aggregate of fatal cases was 7,412. However, there is every indication that the epidemic has passed the high-water mark, and that, save in certain areas, it is declining. That Cambridge has escaped comparatively lightly may be judged from the fact that deaths from "flu" during the two weeks ending on October 26th and November 2nd were only 14 and 37 respectively, compared, for instance, with Oxford's 55 and 63.

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## Cambridge Independent Press Friday 8th November 1918

### COLDS AND INFLUENZA

#### The Way to Avoid Them

Some have been known fall into icy water, and never experience the slightest ailment afterwards. Others travelling in a crowded train or sitting at home in a draught are laid up with a heavy cold, or worse still, fall victim to the prevalent influenza.

The difference is all in the bodily condition at the time. When a person is strong, hearty, able to enjoy a brisk, cold day, chills and infection are set at defiance. But when the system is below par. run down. Bloodless and nervous, the germs of influenza are quick to seize their opportunity. Go to bed at the first feverish sign of influenza, eat little or nothing and call in the doctor. Remember that when the fever has gone a long period follows during which the system remains low and depressed; there is a great difficulty in regaining strength and the victim is usually unfit for a normal amount of work.

The way to avoid colds, influenza, and all other infections is to keep the health up to the mark, the nerves steady, the digestion in good working order, the veins full of good, red blood. Because they make good rich blood, and help the body to resist attacks colds and influenza, thousands have praised Dr. Williams' pink pills for pale people.

For the same reason they are even more valuable in restoring strength and fitness for work after the system has been weakened by such attacks. Miss M. Heywood of 11, Doctor Street, Burnley, states: — "After I had had a severe attack of influenza I found myself in a very low state of health. It seemed as though I was never going to recover strength, and one doctor said that I was dangerously weak and bloodless.

"Then bronchitis followed, and I had to remain in bed for some time. But besides the cough and weakness I had pain all over me. My digestion was too weak for anything more than beef-tea or milk. I got little sleep at nights, and my blood seemed like cold water.

"Also, I suffered from headaches and was often subject to fainting attacks. Though I took medicine after medicine, the effects of influenza seemed to have mastered me, and my nerves were shattered.

"Then a friend recommended me to take Dr. Williams' pink pills for pale people. So I began a course of these pills and found after a few doses that they had awakened an appetite. Day by day they improved the state of my blood. Then steadily my strength grew; the cough left me and my nerves were braced up. Soon all headache went, and all pain left my limbs.

"After taking Dr. Williams' pink pills for a little longer I was completely cured, though I had given up hope of ever being well.

"These pills built up my strength and dispelled all the after-effects of influenza."  
If you want to be well lose no time; buy Dr. Williams' pink pills from any local dealer today, but look for Dr. Williams' name on the package; never accept a substitute.

Invaluable advice health and keeping fit, is contained in the little "Health Guide." which is offered free to readers. Send a postcard for it to Book Dept., 4b, Holborn Viaduct, London. EX.C. 1.

[Wikipedia - Dr. Williams' Pink Pills for Pale People was a late 19th to early 20th-century patent medicine containing ferrous sulfate and magnesium sulfate. It was produced by Dr. Williams Medicine Company, the trading arm of G. T. Fulford & Company. It was claimed to cure chorea, referenced frequently in newspaper headlines as "St. Vitus' Dance," as well as "locomotor ataxia, partial paralyxia, seistica, neuralgia rheumatism, nervous headache, the after-effects of la grippe, palpitation of the heart, pale and sallow complexions, [and] all forms of weakness in male or female.]

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## Cambridge Daily News Saturday 9th November 1918

Local authorities have been blamed in London for their supineness in the face of the influenza epidemic, but ideas do penetrate ultimately to the minds of our administrators. In one of the largest of the metropolitan boroughs posters made their appearance yesterday morning telling the public how to avoid influenza! Why this could not have been done a couple of months ago is a mystery hidden in the recesses of the bureaucratic mind. There certainly is nothing very recondite about the instructions now issued, for, although the doctors are very divided about what the disease is, they appear to have doubts about the best way to avoid it. There is some question whether the Sheffield doctor who has just announced that have been suffering from swine fever is a bacteriologist or humorist with grudge against Mr. Clynes.

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## Cambridge Independent Press Friday 15th November 1918

### THE INFLUENZA EPIDEMIC

#### 36 Deaths In Cambridge Last Week

During the week ending November 9th, there were 36 deaths from influenza in Cambridge, as against 37 in the previous week. In Oxford there were 12 deaths as against 63. Measured by last week's mortality the highest annual death-rates in the 96 towns with over 50,000 inhabitants from all causes per 1,000 living were: 62.5 in Stoke-on-Trent, 63.8 in Swindon, 65.8 in Cambridge, 71.0 in Gillingham, 74.6 in West Ham, and 75.9 in Sheffield.

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## Cambridge Independent Press 29th November 1918

### Influenza

Bovril Ltd. wish to express their regret at the shortage of Bovril during the recent Influenza epidemic.

The proprietors of Bovril, recognizing that those who are deprived of the body-building powers of Bovril may more easily fall victims to the epidemic, have done their utmost to increase the supply, but the lack of bottles has seriously hampered—and still hampers—their endeavours. Efforts are being made to collect empty bottles, and it is hoped that supplies will soon be increased by the release of men for the bottle factories.

It is suggested that those consumers who have a stock of Bovril should avoid purchasing at present, and thus leave the available Bovril for those who have more pressing need of it at this critical time.

