

4/22/01

Dear Mr Mrs Fadden,

I am going to answer your letter of March 28 about my younger years in Ashosh.

I will start in 1916 when I was 9 years old. My parents owned a 1st room rooming house and with AshKosh Normal School less than a mile away they were able to rent ^{to} 8 boys rooms, in Sept 1915. In January 1916 one of the boys had a bad cold, high fever and upset stomach. My mother was concerned so she called over family doctor. He took one look and noticed the red watery eyes then said we had Small Pox. All persons in the house could not leave until the health department took the signs off the door. Everyone except my mother caught the smallpox ~~except~~, she did not catch it because she had

cow pox as a young girl milking cows
on her parents' farm.

What they did for small pox

(a) stay in a darkened room and
in bed

(b) If the pox did not break out in
3 days after the fever started, take hot
flat irons to bed until the pox marks are
all over the body. (Electric irons did not exist)

(c) Do not take a bath until all the watery
pox marks are dried (If you do - you have
pits for life on your skin. (Bath in $\frac{1}{2}$ to $3\frac{1}{2}$ weeks)

(d) This takes from the start of break out
until dried pox marks about 3 weeks.

(e) Medication - none

(f) Fumigated out for 1 day, 24 hours! ^{Everyone} OK

There were some deaths in Ash Knob
due to small pox - many people caught it,

at the University: they burnt
the books, ^{our boys had} when they were returned in a
strong sealed paper bag. (Books were retested)

All the boys took a special exam
in Feb. over the courses they were taking
as they missed the females!

Everyone passed!

1918 - 8 college boys rented rooms as before,
I was now 11 years old.

The Spanish Flu was in Astoria
it started in Dec. 1917 but no-one paid
much attention. By the last of Feb 1918
there were deaths and most schools went
on a fewer hours each day - First three
third grades were closed by last of Feb -
March!

- (1) no public meetings - schools closed
- (2) churches were closed
- (3) white gauze masks were
worn in public
- (c) Funerals limited to 15 min.
- (d) undertakers started picking
the bodies in the home with a wagon
and casket and to the cemetery
no funerals.
- (e) The University gave assignments
in the newspaper (this started before
last of January but soon stopped

What my mother did to protect us >

- (1) anyone with a fever, the doctor was
called
- (2) when coming in the house -
(a) all shoes were left on the front porch
(b) entering the house - hands had to

to be washed with Fels Naptha soap
 (3) no visitors allowed

None of the family or the college students at my mother's house caught the flu -

What the 1918 Spanish Flu did physically to anyone.

(1) Red watery eyes

(2) Fever.

(3) Throat and tongue become bloody and emitting a bad breath

(4) Hard cough

(5) + thirsty

(6) Fluid fills lungs - pneumonia - death

What a medicine cabinet had (my home) in 1916 - 1918

(1) castor oil

(2) aspirin

(3) vapor rub

(4) herbs in the field

(5) goose grease and wool scarf to warm and wrap around the neck (sore thro)

(6) Paregoric (for dysentary) for a crying baby (couple drops)

I will now tell you a few things about myself!

In my youth I had all the children diseases including scarlet fever, I did not get polio, or 1918 flu.

Education

- (1) B.A. in Teaching Jan 1929
Ashosh Normal School
- (2) M.S. in Chemistry 1930 (June)
Iowa University, Iowa City

Health

I am 94 years old, have a drivers lic until I'm 98, (today I would try again in 2005 to renew)

5 days a week (mon ^{8:45 AM} → Fri) I drive to the Senior Center, set table (for 60 to 100 people) play cards - lunch time I help serve the meals with a tray - at help clean up.

Sat I shop for clothes and groceries

Sun go to church - good weekend
go to the ocean

I do not wear glasses to see or to read - never have

I was married to a wonderful
Husband (he passed away last year)
for 70 years - had 2 boys - both in
Science.

I watch my diet, drink
buttermilk, lots of salads and vegetables
and fruit.

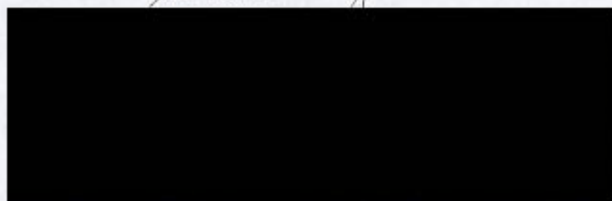
Never smoked or drank.

I try to walk 1 mile a day

I taught Chemistry and Math for
33 years most of the years at Chicago
Ill in Jr. College and High School - Loved
every minute of it.

I enjoyed writing to this class,


Sincerely



Teri:

Noticed your Flu Study in
Phoenix paper.

My Mother was born 1901 in
Bradford, Illinois. She said the
only family in her county that
didn't catch the 1918 Flu
were very poor. They practically
lived on ONION SOUP. Maybe
those garlic lovers are on the
right scent?? If you hear any
similar stories let me know.
Otherwise forget it.



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RE: Information on the 1918 Influenza Epidemic

Dear Teri,

I saw your notice posted at the Ripon Public Library, found it very interesting and hope this letter may help with "remedies".

The late Dr. H. Ackley, DO, previously practicing in Milwaukee, Wisconsin, lived in Oshkosh during that time. During osteopathic treatments he gave me, he would talk about his childhood and sometimes about that terrible epidemic. I wish I could remember all he said!

I know he became an osteopath because he observed the survival of his mother and others from pneumonia due to treatments by an osteopath practicing in Oshkosh at the time of the epidemic.

Especially the physical movement of air in and out of the lungs assisted their survival, he felt. This pumping occurred with the doctor standing at the head of the patient who was lying on his/her back with the doctor's hands on the upper chest. The doctor used both hands (palms) to push down and then let the chest return to its usual position. This was repeated many times so air was forced to move in and out of the lungs and with increased circulation of the blood, its oxygen intake was increased, too. Treatment along the neck, back and shoulders aided circulation, also.

I do not know how often osteopathic treatments including this lung pumping were given each individual during the epidemic. Daily?

Since no antibiotics were available in those days, evidently, in the eyes of Dr. Ackley, this technique of pumping the lungs would be identified as the best and the most successful treatment of that time. I feel sure he would have judged this by survival rate of patients, even as a youngster.

When I went to see him while he was still practicing in Milwaukee and I had a bad cold, he would do lung pumping then!

You probably have in your files an article about this pandemic which *might* have been in a Smithsonian magazine a few years back. I believe it was about the year of great concern of its return.