

The Burlington Historical Society

**GAZETTE**

**The Forgotten Squadron  
The Royal Navy on Lake Ontario, during the War of 1812**



Gurth M. Pretty is an amateur culinary and navy historian. He has been re-enacting for 20+ years, with different War of 1812 groups, both British army and Royal Navy. His interest in the Royal Navy began upon volunteering aboard HMS Bee (Discovery Harbour, Penetanguishene) as a landsman.

Aboard the longboat, Gurth is the gun captain and occasional helmsman. At re-enactment events, he is the ship's cook, preparing period meals over the camp fire. He received his warrant from the Victualing Board, certifying him as a warrant officer.

Gurth is the corporate cheese expert for a national grocery retailer.

Join us to hear Gurth M. Pretty  
Monday, **January 14th, 2019** at 7 pm  
Burlington Public Library, Central Branch



**NOTE:** Our Annual General Meeting is postponed to 11 March 2019

The February meeting promises to be a lot of fun. Our speaker will be Rob Green of the Ontario Black History Society.

Monday, **February 11<sup>th</sup>, 2019** at 7 pm  
Burlington Public Library, Central Branch

*In this issue -*

- President's Report 2
- Membership Table 2
- The Spanish Flu 3-5
- Mystery Photo 5
- Freeman Update 6
- Outreach 6
- From the Archives 7
- Heritage Happenings 7
- BHS Executive 7
- BHS Membership 8

BHS Members will receive the BHS Gazette and other communications and can unsubscribe at any time [info@burlingtonhistorical.ca](mailto:info@burlingtonhistorical.ca). Information contained on our website, newsletters and publications is printed in good faith and for general purposes Editor: Joan Downey

## President's Report *Jane Ann Newson*



To all our BHS Members and Friends and on behalf of The Burlington Historical Society Executive, I wish you a very happy 2019 filled with good health, happiness and the learning of new things!

Much has happened over the past year and we were very grateful for such a talented group of 8 speakers who brought their special topic to life. Those speakers include:

- Sherry Saevil – Residential Schools
- Dennis Scott – Black History Month
- Mike McDonnell – Fighting for the Cause: Canadians in the American Civil War
- Bill Freeman – Strengthening our democracy in Canada through citizen participation
- Ron Danielson – Railway Heritage of Burlington
- Don Crossley- Memories of Burlington
- Linda Ploen – A Walk through Vimy Ridge and Juno Beach: Past and Present
- Robin McKee – Anniversary of the infamous Dieppe

Which speakers and topics did you like the best? Let us know by emailing [info@burlingtonhistorical.ca](mailto:info@burlingtonhistorical.ca). Do you have a topic or a speaker that you would like us to feature during 2019? If so, please email us at the address shown above.

As we step quietly into the brand-new year, we are filled with great expectations for the continued pursuit of all things historical – especially as they apply to our city Burlington!

## Membership Table *Jane Ann Newson*

Many thanks to those who joined us in 2018! Those new members include:

Earl Chapman  
Donna Ryan  
David Kemp

Don Crossley  
Catherine Sutcliffe  
Jennifer Kemp

Diane Gaudaur  
Nicky Melichar  
Chris Mallion-Moore

(my apologies if I have missed someone)

**\*\*Reminder - 2019 Renewal Membership fees are now due!\*\*  
New Members may join anytime!**

# SPANISH FLU by Pat Taylor

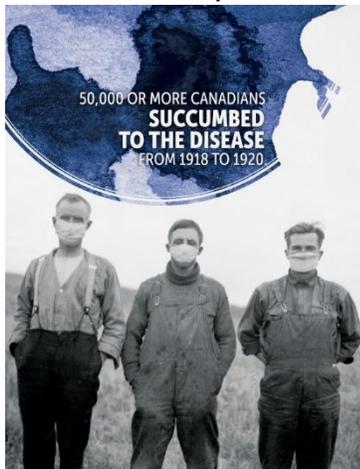
About this time, the middle of December, 100 years ago the worst wave of the Spanish Flu had run its course. The high fever, sniffles, cough, muscle and joint aches, labored breathing and deaths that often occurred within 24 hours of taking ill were abating. The Spanish Flu actually had 3 waves – early in 1918, affecting mainly soldiers in the theatre of war; the 2<sup>nd</sup> and worst wave in the fall of 1918 and the 3<sup>rd</sup> wave in early 1919. For some unknown reason this flu tended to be hardest on young and healthy people. In Canada, 1 in 3 people were affected; 30,000 to 50,000 people died. World wide, at least 500 million people were infected and 20 – 50 million died.



In 1918/19 the medical profession thought that 'flu' was a bacterial infection. There were no preventive vaccines, no antibiotics to combat the complication of pneumonia; no federal health department or national health policy to co-ordinate plans to combat the spread of the disease. Until 1918, health was seen as a personal and local government responsibility. This flu appeared in east Canada on September 13 – and 19 days later it had reached the west coast. It crossed into Canada from the United States into a military training camp in Niagara-on-the

Lake along with some Polish soldiers recruited in the US on their way to the French army. That same day, just east of Montreal, in Victorville, Catholic clergy and parishioners from the US gathered with fellow Canadians at a weekend Eucharistic Congress – a gathering of 25,000 participants. By Monday some of the priests and students at the host college were dead. Students, still well enough to be sent home, were - they were sent off to homes across the province – viruses and all.

Why was it called "The Spanish Flu?" Did it originate in Spain? No. It is commonly thought to have started in East Asia. In most countries involved in the war, news that could hurt morale or benefit the enemy was censored. Since Spain was neutral in WWI, they were free to report what was happening – hence it became known as "The Spanish Flu." The news spread – according to today's communication standards – slowly – no radio or television, and few telephones. Through local newspapers, local



Departments of Health communicated with the public: people were encouraged to be in the open air as much as possible; to get plenty of sleep; to eat plain and wholesome food (might be difficult as much of the "wholesome" food had gone overseas for the military); schools and theatres were closed; meetings and church services were cancelled; store opening hours were shortened; funeral homes had to get the deceased buried within 24 hours – public funerals were banned. People were encouraged to cover their mouth and nose if coughing or sneezing (usually using your hand, not into your sleeve, thereby passing the virus to the next thing they touched); to wash hands frequently and wear a mask when in public places but iron the mask frequently to destroy germs and bacteria. Kissing should be strictly avoided.

## Burlington and The Spanish Flu

The Burlington Gazette issue of October 9, 1918 recorded:

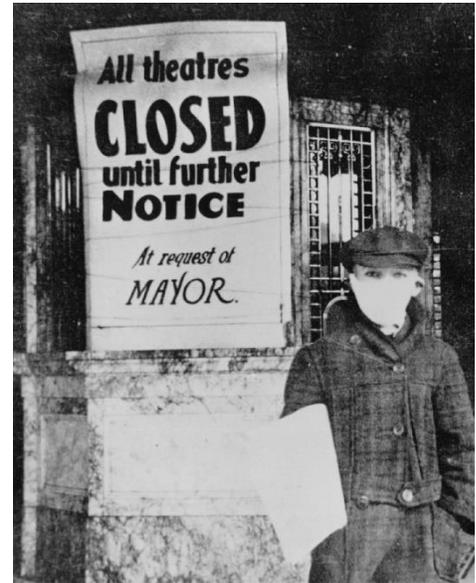
*“The Spanish Flu, which has become a serious epidemic in all parts of Canada and the United States, causing many deaths, struck Burlington last week and over 200 cases have been reported. The authorities are taking prompt measures to check the progress of the disease. The public schools, Sunday schools, and theatres have been closed. People who have malady in their homes are asked to keep away from the patient and not mix with crowds. The disease is very communicable and every precaution should be take to prevent its spread.”*

The October 16, 1918 issue of the Gazette recorded:

*“The Spanish Flu epidemic has become very serious, no less than five deaths have occurred within the last few days. The schools, theatres and poolrooms continued closed until further notice and no Sunday schools will be held next Sunday. The Board of Health may issue an order closing the churches next Sunday if the epidemic does not abate. Every effort is being made to combat the epidemic.”*

On October 30 the Gazette reported further:

*“It is thought the outbreak of influenza throughout the town, has sufficiently abated to ward the health authorities in raising the ban on public gatherings, beginning on Sunday November 3. So unless something unforeseen occurs in the meantime the churches and Sunday schools will reopen next Sunday, and on Monday the public and high schools and other places may reopen.” \**



People were desperate. Many home remedies were tried and included:

1. Fill cotton bags with camphor or mothballs and hang around the neck.



2. Atomizer use: Mix together ½ tsp. baking soda, ½ tsp. borax, 1 oz. glycerin and 10 drops of carbolic acid and 6 oz. of distilled water in an atomizer. Spray into nose.

3. Layer goose liver and fried onions on a thin piece of gauze or cloth. Place on patient's chest so mixture can seep from cloth to the patient.

4. Other poultices – (Any of you ever have a mustard plaster/poultice placed on your chest?)

5. Sprinkle hot coals with sulphur or brown sugar and carry throughout the house while it produces clouds of billowing smoke.

6. Elder blossoms and peppermint – pour 1 oz. of each into a pint of boiling water. Let sit for 30 minutes and then drink like a tea.

\*Copied from 'Diseases and Doctors: Medical Practice in Burlington, Ontario 1791 – 1961. By Dr. G. Patrick Sweeny & Dr. Edward Smith (PhD, Canadian History)

The Globe newspaper in Toronto reported in the 11 Oct. 1918 edition: “In Toronto members of the sanitation department and other branches helped by rendering medical aid, delivering fuel and looking after furnaces in private homes when the whole family had taken ill.” I would think that the people of Burlington would have done something similar.

The third wave of the Spanish Flu occurred in the spring of 1919. Not as severe as the other two, but affected so many members of the Montreal Canadiens hockey team that the Stanley Cup play-offs were cancelled and the Cup was not presented that year.

I don't remember ever skipping to this song but it was common for a few years:

“I had a little bird  
And its name was Enza.  
I opened the window  
And in flew Enza.”

I wonder if there were actions to go with the song?

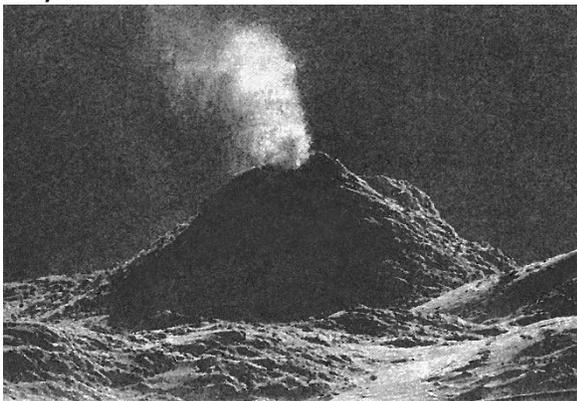
Recent forensic investigations of the virus's inner workings have helped create an intensive world effort to prepare for the next pandemic. When – not if – the next pandemic virus emerges, labs will know how to sequence the genome quickly. In Canada, that will trigger an information campaign to tell Canadians what to do.

If there was any positive outcome from this devastating event, it was the formation by the Canadian government of a Federal Department of Health to co-ordinate and give leadership in matters that directly affect the health and safety of Canadians.



## Mystery Photo Joan Downey

January 2019 unknown photographer



No, it's not a photo taken by David Saint Jacques from the window of The International Space Station. This photo was taken in Burlington in the 50s. It is a print from a newspaper photo which accounts for the poor quality and darkness. But, I think you can get the idea. For a larger image please go to the website.

November 2018 Photo by Alan Harrington



Well, that turned out to be far too easy. What with Google and an article in the Post, the answer was pretty easy to find. In case you missed it, go

to the website to get the story.

[www.burlingtonhistorical.ca/mystery-photos](http://www.burlingtonhistorical.ca/mystery-photos)

## Freeman Station Update *Alan Harrington*

In the Spring of 2018 the Freeman Station received a grant from the Ontario Trillium Foundation for the purpose of installing handicap access.

It took some time for the design, permits and construction and finally the ramp was completed in November. The rear door is now accessible for those so inclined.



Many thanks go to the Ontario Trillium Foundation for providing the funding.

Photos by Alan Harrington



## Outreach Report *Jane Ann Newson*

As your BHS Outreach Team look back over the past year, we are very thankful for the many opportunities enabling us to showcase our Society in 2018. Some those activities included are:

- ❖ Hosting a *Burlington Beginnings* Course at the Burlington Senior Centre (now for the 2<sup>nd</sup> year)
- ❖ Speaking at the *Historical Lighting Society of Canada*
- ❖ Meeting with the Vice Principal of *Lester B. Pearson High School* re possible digitally capturing and preserving photographs and other printed material on display at the high school
- ❖ Speaking at the *Retired Women Teachers of Ontario, Burlington Branch* group meeting
- ❖ Conducting *Historic Downtown Burlington Tours*
- ❖ Presenting a *Brant Inn Day* at BPL during 2018 Heritage month
- ❖ Conducting *Pearl and Pine Oral History* interviews with residents
- ❖ Providing photographs of Burlington's Past to the *OnePlan Business Centre* for their grand opening
- ❖ Speaking at *The Williamsburg Retirement Residence* and the *Appleby Retirement Residence*
- ❖ Providing articles for the Burlington Senior Centre newsletter "*Centre Piece*"
- ❖ Recipient of another *Heritage Organization Development Grant (HODG)* totalling \$1545
- ❖ Honour of *laying a wreath at the City Hall Cenotaph*
- ❖ Participating at the Hamilton Public Library's first annual *Genealogy Fair*

Without the dedication and preparation work provided by our Outreach Team - Joan Downey, Patricia Taylor, Peggy Armstrong, Chris Mallion-Moore, Alan Harrington, Tom Bochsler, Jack Segart and Wayne Murphy, this success story could not have been told for 2018!

Great work and THANK YOU sincerely! Bookings for 2019 have already been received! A great start!

l-r Joan Downey, Chris Mallion-Moore & Pat Taylor in Hamilton



## From the Archives *Joan Downey*

In case you didn't get a chance to visit the Archives Table at our last meeting I would like to share with you the story of the beautiful piece of embroidery which was brought in by our member Margaret Jones. The piece was embroidered by her father, George Sydney Sassall. He was a soldier in WWI and was wounded at Passchandaale. At the age of 23, his arm and shoulder were virtually shattered. As part of his rehabilitation program he embroidered that beautiful tapestry which depicts the crest of his unit – The Royal Field Artillery. Margaret says "he never did any needlework again".

When he died in 1972, Margaret returned to England to sort through his personal effects. There, in the attic, folded in a box was the needlework piece. Thank you for sharing it with us, Margaret.



Photo by Alan Harrington

While you are putting your holiday decorations away think of sharing your photos and memories of childhood in Burlington with The Burlington Historical Society.

## Heritage Happenings

### Coyote Howl Hike

31 Dec 2018 in  
Bronte Park -  
Guided hikes at  
7pm and 7:30pm  
Followed by a  
Kid's countdown  
bonfire at 8:30



### A Victorian Christmas



Have you ever been to the  
Victorian home in Bronte  
Creek Provincial Park?  
  
Spruce Lane Farmhouse is  
open 27-30 Dec 2018 and  
3-6 Jan 2019 to celebrate a  
Victorian Christmas

For more information on either of these events visit: [www.brontecreek.org](http://www.brontecreek.org)

## Burlington Historical Society Executive

Officers (Elected)	Directors (Appointed)	Convenors (Appointed)
President (acting) Jane Ann Newson	Programs Alan Harrington	Greeting Cards Anne Wingfield
1 <sup>st</sup> Vice President Vacant	Archives Joan Downey	Telephone Committee Elizabeth Baldwin
2 <sup>nd</sup> Vice President Vacant	Webmaster Wayne Murphy	Heritage Burlington Rick Wilson
Secretary Pat Taylor	Membership Jane Ann Newson	50/50 Draw Pat Taylor
Treasurer Alan Harrington	Newsletter Joan Downey	
Past President Jane Ann Newson		



# The Burlington Historical Society

Preserving Burlington's History for Today and Tomorrow

## Membership - 2019

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

### Membership Dues (check all categories that apply)

- New Member   
  Family: \$40.00   
  Senior: \$25.00  
 Renewal   
  Adult: \$30.00

Yes, as a **new** BHS member I wish to receive the Gazette newsletter and other e-communications and understand I can unsubscribe at any time.

## Volunteer

**Join our volunteer team** – please circle your interest(s)

RESEARCH - 50/50 DRAW - COFFEE - BYTES OF BURLINGTON - ARCHIVES - NEWSLETTER – OUTREACH - MEMBERSHIP - SPECIAL PROJECTS – GENERAL MEETING GREETERS – EXECUTIVE – DIRECTOR - TELEPHONE COMMITTEE

## Donation

I wish to make a separate donation to the society in the sum of \_\_\_\_\_

A Tax Receipt will be issued for all donations totalling \$25.00 or more

The Burlington Historical Society is a registered charity # 119217693RR0001

### Mail completed form and remittance(s) to:

The Burlington Historical Society  
Membership Convenor  
PO Box 93164  
1450 Headon Road  
Burlington, Ontario L7M 4A3

**OR**

-  
Leave it at the Membership table at any General Meeting

Make cheques payable to The Burlington Historical Society

[www.burlingtonhistorical.ca](http://www.burlingtonhistorical.ca)

[info@burlingtonhistorical.ca](mailto:info@burlingtonhistorical.ca)

[www.facebook.com/burlington.history](https://www.facebook.com/burlington.history)