

Time Capsule

CHILDREN TO FIGHT FLU

PUPILS AND TEACHERS IN
SCHOOLS ARE ENLISTED.

Pamphlets Containing Instructions
Will Be Distributed Among
Youngsters Tomorrow.

School children and teachers in the public schools of Portland have been enlisted in the anti-Spanish influenza campaign by Dr. Sommer, who yesterday was given complete authority to tamp out the disease in this city. Beginning Monday an active campaign will be waged through the medium of the pupils and teachers. Incidental to the campaign will be the distribution of thousands of pamphlets containing the following directions:

To keep well, keep clean.
Wash your hands before each meal.
Don't go to crowded places.
Avoid the person who sneezes.
Smother your cough in your handkerchief.
Keep out of dirty restaurants.
Warmth is necessary. Be well clothed.
Soda is unnecessary. Why run the risk of infection from a dirty glass?
Safety lies in polished dishes.
A common towel is only for filthy people.
You wouldn't use my tooth brush. Why use my drinking cup?
Sleep well. Eat well. Play well.
Don't worry.
Walk to work if possible.

From *The Oregonian*, January 11, 1919

Back in 1918 when the world endured our last pandemic, Portland struggled with the same things we're struggling with in 2020. The similarities are striking: human suffering and loss, school closures, dire economic impacts, isolation, protests about shutdowns and masks, misinformation, uncertainty.

Just as now, kids back then helped get the word out to parents and their communities about ways to fight the pandemic. Today the phrase "Stay home, Stay Safe" sums up what the newspaper was trying to convey at the peak of the 1918-1919 influenza outbreak.

We like that line: *Sleep well. Eat Well. Play well. And Don't worry!*

Activity Suggestions & Curiosities

1. An artist we know is making sketches every day of the things she sees, hears and thinks related to the experience of the pandemic. What drawings, art music or other expressions capture your experience of these weeks of shutdown? It's not too late to follow your creativity where it leads you.
2. Indulge your inner photographer by capturing photos of things unusual to these times, like tethered horses wearing masks! We've been photographing "closed" signs on local businesses, which tell a poignant and often poetic tale.
3. Have you noticed what the pandemic sounds like (or doesn't sound like)? The 7:00 p.m. cheer is consistently amazing. Are you participating? What's that been like? Is your dog as scared as ours is each night at 7:00?
4. Write a journal about these times: what is your family doing? How has your routine changed? Your spring and summer plans? Different foods and meal routines? How do you stay in touch with friends? What's it like doing school on Zoom? How about exercise and games? More computer time or less? Tell your future self what it's really like here in the spring of 2020.
5. Assemble a time capsule to contain a few things you make, write, find or clip to pass along to the future. Label it and tuck it away for another day, maybe in a good hiding place in your house.
6. Here's a great lecture from OSU History Professor Christopher McKnight Nichols about what we can learn from the pandemic of 1918-1919:
<https://ohs.org/events/what-we-can-learn-from-the-influenza-pandemic.cfm>

Home History School is a collection of activities for kids of all ages to experience and connect with neighborhood history in Northeast Portland, Oregon. This is one of a dozen "lesson plans" on a variety of local topics. The collection—which we're adding to each Monday this spring—can be found at www.alamedahistory.org. For more information or other ideas, contact Doug Decker, doug@alamedahistory.org / 503-901-5510.