

SUNSHINE AID TO COMBAT FLU

**Expected to Have Beneficial
Effect in Checking
Outbreak**

NO LET UP JUST YET

**16 Deaths Are Recorded at
City Hall as the Toll for
One Day**

Forty-four Spanish "flu" cases were admitted to the different hospitals yesterday. Three deaths are reported, 1 in the General, 1 in St. Michael's Hospital, and 1 in the Western. A number of persons are said to be in a serious condition. St. Michael's Hospital has now over 30 patients, and has been forced to refuse to admit others on account of accommodation.

Mrs. Williamson, 481 Ontario street, an office employee of the General Hospital, died at 11 o'clock last evening.

Mr. Coffin, 96 Denison avenue, died in the Western early yesterday morning.

Mrs. Harry Steppe, a member of a theatrical company, died in St. Michael's yesterday morning. Mrs. Steppe was taken ill last week, and was forced to remain behind the show when it left the city.

The number of new cases admitted to the Hospital for Sick Children yesterday were 11; new cases admitted to the General Hospital, 15; Western, 13; St. Michael's, 5.

While doctors and nurses are working at top speed caring for patients suffering from Spanish influenza efforts must be made by the citizens themselves if the epidemic of this malady is to be checked. There was no letup in the ravages of the disease yesterday. It made headway in all sections of the city. During the day sixteen deaths, eight from the "flu" and eight from pneumonia, were reported at the City Hall. It was expected that the fine, warm weather which Toronto has enjoyed this week would have had a beneficial effect on checking the epidemic, but the disease has apparently become too firmly entrenched to be shaken off in a hurry, even with the assistance of the sunshine.

Nurses Hard Hit.

The epidemic has hit the nursing staffs of the Toronto hospitals hard. About one hundred of them are suffering with the malady. This depletion of the staffs is making more difficult the caring for of patients, and all of the institutions are filled. The nurses remaining on duty are taking every precaution to prevent taking the disease, and thus far the situation has not become serious. One New York nurse is teaching a class and attending to sick pupils of Roden School at the same time.

Reports received yesterday from the schools indicate that about 11,000 children are away, and at least 130 teachers, either suffering from influenza or bad colds. In some cases the children are being kept home because the parents believe the disease might be contracted at school. In two or three instances the rooms have had to be closed because of the inroads made by the disease. With so many teachers off sick heavy demands are being made on the occasional staff. Both Harbour and Parkdale Collegiates reported about one hundred students absent yesterday. Humberside Collegiate is so far almost immune. Oakwood Collegiate has about sixty children absent with colds and ordinary grippe. The Technical High School noticed nothing abnormal in conditions yesterday.

Mines Building Closed.

Among other institutions affected by the influenza epidemic is the "School of Occupational Therapy," carried on in the University Mines Building, on College street, at the head of McCaul street. Between twenty and thirty teachers-in-training were absent yesterday, and it has been deemed expedient to close the school for a week. The reopening is fixed for Wednesday, October 16.

The three University College men's residences, which have been used as headquarters by cadets of the R.A.F., have been turned into hospitals to accommodate military Spanish influenza patients. Nursing sisters and V.A.D.'s of the St. John's Ambulance Brigade are installed there. The residences accommodate about 300 patients, and are receiving the cases from the Base Hospital as quickly as they can be moved. In order to relieve the pressure on space within the buildings, additional kitchens, roughly made of wood, covered with tar paper, have been run up. These were built in the hollow square formed by the three residences, and are already in use.

The malady has also gained a foothold in Burwash Hall, and a number of Victoria College men are sufferers. One of the worst cases has been removed to his home, with two doctors in attendance.

What City Is Doing.

Dr. C. J. O. Hastings, Medical Officer of Health, said yesterday that the disease is spreading most rapidly among the poor. While the department is not in a position to report statistically regarding the development of new cases, the demand made upon the public health nursing staff is proof of the seriousness of the epidemic. The city nurses are relaxing on their other duties and devoting their entire time to fighting the "flu."

The city is divided into six districts for health purposes and in each the department maintains a district office. Applications from physicians for district nursing service and admission to hospitals should be made to these offices by 5 p.m., as follows: North of Bloor and west of Dovercourt, College 6,681; north of Bloor, east of Dovercourt, and west of the Don, North 4,269; east of the Don, Gerrard 3,447; south of Bloor, east of Yonge, and west of the Don, Main 972; south of Bloor west of Yonge, and east of Bathurst, Main 5,159; and west of Bathurst, and south of Bloor, College 2,940. After 5 p.m. and before 8 a.m., applications will be received at the office of the Victorian Order of Nurses, telephone Main 2,207.

The Department of Health is in-

creasing its vigilance at this time in regard to the washing of dishes in restaurants, as the disease is easily carried on eating utensils not thoroughly sterilized. One result, too, is that the last common drinking cups are to disappear from the City Hall. A few have remained up until now in the members' room and the Board of Control room.

The average death rate from the disease in the United States is one per cent. of those infected, Dr. Hastings told The Globe last night. He believed that that rate could be cut in half in Toronto if every person, as soon as he contracts the disease, would go to bed and remain there until all traces of the malady have gone.

Dr. Hastings' Warning.

"I would like to warn people," said Dr. Hastings, "against doing anything that will lower their vitality. People should secure proper nourishment, proper rest and sufficient exercise as a preventive. Every person who lives within a reasonable distance of his work should walk to it each morning and walk home again at night." He also urged people to guard against over-fatigue. In cases which had come under his observation he found that those who suffered most were those working overtime, and who thus had not the reserve strength to withstand the malady.

One result of the epidemic is that many people are seeking orders from their doctors for whiskey, according to reports reaching the Ontario License Board.