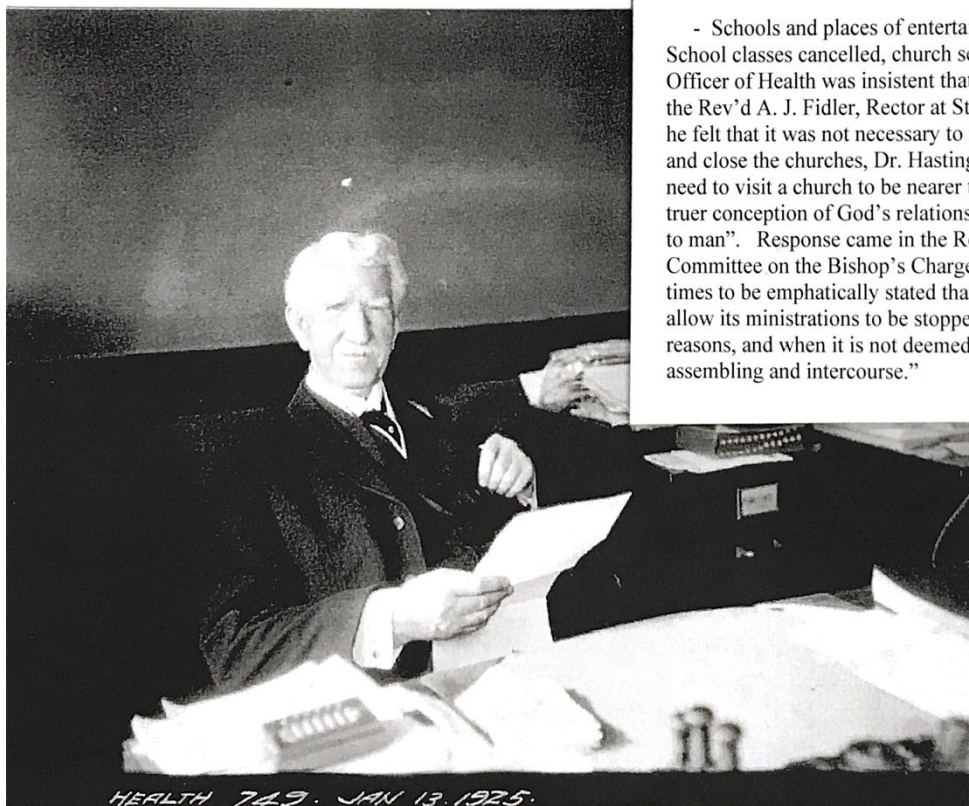


Toronto benefitted from preparedness.

Dr. Hastings went to New York in September to meet with Health officials from that City and Chicago, and then went on to Washington to meet with officials there to learn first hand how they were handling the crisis in the United States. The disease had been rampant there since July, and it was starting to spread into Canada. He found they were flooding the country with literature from the Public Health Service in Washington setting forth in the most lucid form the information that would be best understood by the people they could use as a guide. To avoid the disease, the body must be kept strong. Work must be balanced with rest and play. One must eat wholesome food, get lots of fresh air and avoid crowds wherever possible.



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Dr. Hastings stressed the importance of educating and enlightening the public and the role the press could play in its achievement. He also encouraged speaking out, public speaking, and the wide distribution of informative pamphlets and other means of communication to keep the public informed.

As a result, Toronto came through the epidemic better than other cities of a similar size in one week less, and with a lower mortality

Our preparedness was demonstrated.

- The duration of the epidemic in Toronto was at least one week shorter than that of any other city of the same size on the continent and the mortality rate lower
- Education was seen as important – of getting information out to the public and keeping them informed. There were no radios in those days, and many had no access to a phone. The city press rendered outstanding service and provided wide publicity. Postmen delivered cards to individual households asking if they were in need and picked them up the next day, Boy Scouts delivered circulars to employers to distribute among their employees providing instructions for home care, countless women took the short training program on nursing offered at Queen's Park and became a part of the Sisters of Service or what became known as the S.O.S. team...
- Schools and places of entertainment were closed, Sunday School classes cancelled, church services reduced, and the Medical Officer of Health was insistent that these rules be enforced. When the Rev'd A. J. Fidler, Rector at St. Clement's Church, objected as he felt that it was not necessary to reduce the number of services and close the churches, Dr. Hastings responded that people didn't need to visit a church to be nearer to God and that Fidler needed "a truer conception of God's relationship to man, and man's humanity to man". Response came in the Report of the Synod Sub-Committee on the Bishop's Charge of June 5, 1919: "It needs at times to be emphatically stated that the Church of God cannot allow its ministrations to be stopped without good and sufficient reasons, and when it is not deemed necessary to forbid all kinds of assembling and intercourse."

City	Population	Number of Deaths
Boston	800,000	over 4,000
Buffalo	476,000	2,170
Montreal	640,000	3,892
Toronto	490,000	1,614