

## THE HISTORY OF PANDEMICS By Judi Milich

began to think about the 1918 Spanish Flu, so named because it supposedly began in Madrid. My mother was only seven years old in 1918, and she often spoke of it. She actually had the Spanish Flu, but was fortunate enough to recover. Hundreds of thousands of Americans died before that Pandemic ended in the summer of 1919.

As a way of coping with this frightening Covid-19 virus, I began looking up other pandemics in history. It appears that the world experiences a pandemic every one hundred years or so. A pandemic is so named when there is spreading of the disease outside of a country.



I found photos from 1918 showing people wearing masks! I somehow found that comforting. I found myself reading about other pandemics such as cholera, bubonic plague, smallpox, the black death, Asian flu, SARS, etc. that go back in history to what seems like the beginning of time. Let's not forget Noah and of course Moses.

All this definitely scares me, but I also realize that it seems to be a phenomenon that to some extent cannot be prevented. We have been lucky to have effective vaccines during our lifetime, something that did not exist back in history, and hopefully we will have one for this virus very soon.

I have hope that we can all get through this and see it leave our country really soon. That is, if all are mindful and take appropriate measures. Let's pray for that during Elul and throughout the entire High Holiday season.

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