



INFORMATION NEWSLETTER

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Contacts Mandy Coote 0401 540 024
 Ian Morphet 8298 5585

marionhistoricalsociety@gmail.com

Our March Meeting *Cancelled due to Covid-19*

Sadly the proposed meetings of our society have been cancelled until further notice. Such a great program had been arranged.

Hopefully we will be able to resume our activities before the end of the year.

Despite having no meetings, it was decided to continue with a newsletter to keep in touch.

An article on the Spanish Flu of 100 years ago was proposed but considering all the horrors and sadness in the media a somewhat more lighthearted article is included.

Advice for readers from 1919.

*Daily Herald (Adelaide, SA : 1910 - 1924),
Monday 14 July 1919, page 8*

DAILY REGIMEN FOR AVOIDING SPANISH 'FLU.

The following treatment is as given for avoiding the pesky thing. And indeed these simple rules make it possible to sidestep many of the ills which flesh is heir to if carried out continuously.

First - Sleep with wide open windows.

Second - Before arising take six or more full deep breaths. expanding the abdomen and chest fully.

Third - Take from 5 to 15 minute vigorous exercise, which will use every bit of the body, giving special attention to the spine.

Fourth - Rub the body all over with the hands, a rough towel, or a pair of friction brushes.

Fifth - Take a cold bath or if your recuperative powers are not good, dip the hands several times in cold water and apply to all parts of the body. Rub vigorously till dry.

Sixth - Eat only when you have an appetite.

Seventh - Some time during the day walk long enough to induce slight fatigue, being careful to breathe deeply and fully expanding abdomen and chest to the fullest capacity at frequent intervals.

Eighth - Eat your hearty meal at noon or evening, at whichever period you have time to thoroughly enjoy it. Include plenty of salads or vegetables with this meal. You can afford to shorten upon meats better than on these.

Ninth - If you want to become of very superior muscular and vital vigor exercise from 15 minutes to an hour three or four evenings a week before retiring.

A Quiz Question

*How well do you know your
South Australian History?*

When was the first South Australian mine opened, what was mined and where was it?

Charles Sturt

Soldier, Explorer, Public Servant, Farmer

Charles Sturt is well commemorated in New South Wales and South Australia: the Sturt Desert Pea, Sturt Football Club, Sturt Stony Desert, River Sturt to name but a few.

Numerous memorials are scattered around South Australia and also in New South Wales where his early exploration took place, well before South Australia was formed.

One statue is situated in the north western section of Victoria Square, Adelaide. The statue is mounted on an impressive 4.8 m high granite and marble plinth.

Many statues or memorials could only be described as formal. This one depicts *Charles Sturt, Explorer*; broad brim hat, sleeves rolled up, boots with spurs, with his telescope, map and the "essential" water bottle.

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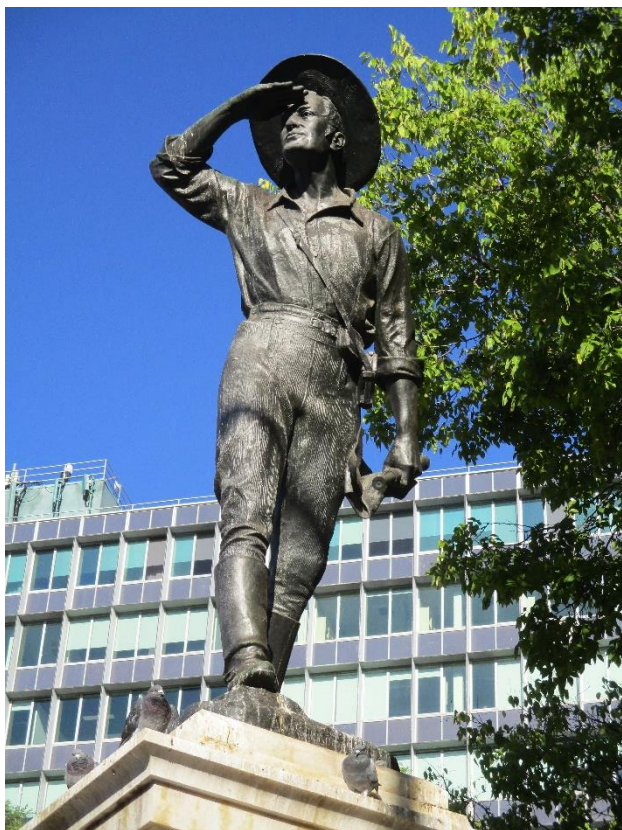


Photo J Hoult



Photo J Hoult

The detailing is impressive and binoculars or a zoom camera would be helpful to appreciate the fine details of this magnificent statue. It is a pity that it is so far above the ground.

Many people know where the statue is located, many people will have seen it, but how many

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people have really “looked“ at it.

The statue was unveiled in 1916 by Governor Galway in the presence of the daughter of Charles Sturt, who described the statue as lifelike.

Bronze panels on the plinth record information on Sturt’s expeditions and, unusually, the names of the members of the expeditions.

Opportunities

With many people currently spending more time at home the opportunity is there to find out more about the history of our leaders and explorers. Despite the libraries being shut the internet is always open. Trove is a very interesting source.

We can also make a bucket list of places to visit after we have all been released.

Answer to the Quiz Question

The first South Australian mine opened in 1841. Silver-lead was mined near Glen Osmond

Sources: South Australian Year Book 1975

News from the Marion Heritage Research Centre

Looking for more history to do at home?

Ancestry Library Edition is offering free access to online users, until the end of April.

Just go to the City of Marion website, select Libraries, select Online Resources, and find the link to Ancestry. Pop in your library card number and pin to start enjoying it at home!

Remember, we are still able to help with your historical queries;

just email heritage@marion.sa.gov.au

Keep well. Danielle

Marion Historical Society Next meeting:

Meetings are cancelled until further notice during COVID-19 restrictions.

The secretary will maintain contact with members by email and the Facebook page will be updated each month to advise about the status of that month’s meeting.