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1865

New York (City) Board of Commissioners of Health

# CHOLERA!!!

## Caution to the Public.

THE undersigned having been requested by the COMMISSIONERS of HEALTH of the City of New York, to publish such information as may be of use to the people at large, in view of the anticipated approach of an EPIDEMIC of CHOLERA, would most earnestly call the attention of the public to the following statement of facts, and beg their careful consideration of the suggestions and advice.

Whatever difference of opinion may exist in regard to the cause and mode of propagation of the Cholera, all now agree in their observations in this acknowledged fact, that its *greatest ravages* and most *fearful mortality* is among the FILTHY, the VICIOUS, and the DESTITUTE, and in fact it is almost confined to the IMPRUDENT, the INTEMPERATE, and those who INJURE themselves by taking IMPROPER MEDICINES.

Cleanliness, therefore, is of the first importance, both of your persons and of your houses, particularly your yards, sinks, privies, and cesspools, where fresh chloride of lime should be daily sprinkled, and the adjoining walls and fences surrounding them repeatedly whitewashed.

Be careful that there is no *stagnant water* either in your cellars or yards, and if your basements are damp, use fires in them frequently to burn up the foul air and cause a more perfect ventilation.

Remove all garbage at least once a day, and twice if possible, and permit nothing to remain on the premises to undergo decomposition.

Keep your HOUSES WELL VENTILATED.

Be *temperate in all things*, both in eating and drinking. Be *temperate* in exercise and in labor, both physical and mental. *Keep good hours*. *Take proper food*, in reasonable quantities at proper times. Plainly cooked meats, with boiled rice, bread, and thoroughly cooked potatoes should form the ordinary base of diet.

*Abstain* from all *unripe fruits*, and *stale or partially decayed vegetables*. But above all avoid *excess in intoxicating drinks* of every kind.

WEAR FLANNEL NEXT TO THE SKIN, and at all times maintain the natural temperature of the body by a sufficient amount of clothing. Avoid all exposure to sudden changes of temperature, and if accidentally exposed to a storm, remove your *wet boots and clothing* as soon as possible.

The Cholera is *not* the necessarily fatal disease which it is commonly believed to be, but is a disease that is both preventable and curable. It is always

preceded by symptoms of langour and debility with diarrhoea, and in this stage is almost always *curable*; but if neglected at this period, and the diarrhoea permitted to continue until *collapse comes on*, it is then almost always *fatal*.

At the very *commencement* of the disease, go to bed, and stay there until you are well, with warm flannel around the body, warm bricks or bottles of hot water, to the feet if necessary; and if there is a tendency to vomit, apply a mustard plaster over the stomach. If you have not got a bed, lie down on the floor and keep yourself warm; but by all means retain the horizontal position all the time, not even getting up to attend to the evacuations, but use a bed-pan or other convenience for the purpose, and immediately send for some qualified physician for advice; but above all things abstain from taking any of the advertised nostrums that will flood the city, and swallow no medicines unless prescribed by a competent physician.

The *Commissioners of Health* are doing all in their power for the purification of the city, and the protection of the people, but it must be evident to all that they cannot do everything, and would, therefore, respectfully call upon their fellow-citizens to co-operate with them in every possible way in their power.

Sources of *filth* and *impurity* may exist without

the knowledge of the public authorities, and every citizen should feel the necessity of keeping a WATCHFUL SUPERVISION OVER HIS OWN PREMISES, and when individual efforts are inadequate for their removal, they should call upon the Board for aid and assistance.

*Fear and despondency* are the great sources of danger in all epidemics, but more especially so in Cholera than any other.

While, therefore, we would urge upon all our citizens the use of every prudential and precautionary measure, let them preserve a calm and *composed state of mind* and a *cheerful heart*, and *dispel all fear*—and by a confiding trust in an all-wise and merciful Providence, we can reasonably hope to escape the scourge, if we implicitly obey His laws.

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Printed by order of the COMMISSIONERS OF HEALTH of the City of New York.

C. GODFREY GUNTHER,  
*Mayor.*

MAYOR'S OFFICE, NEW YORK, NOV., 1865.