How to Escape the Cholera.

Precautions against Cholera.

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PRICE THREE-HALFPENCE.

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PREFACE.

THAT terrible scourge—the Asiatic Cholera again threatens to visit our land. It was first introduced into England in 1832, and again in 1849, in which latter year 80,000 persons are said to have been carried away by it.

The writer of this pamphlet deems it necessary to place in the hands of everybody a few plain and practical directions to be observed in order to escape this insidious epidemic, and for this purpose has prepared the following pages, in which he has endeavoured to embody the instructions of those whose right to prescribe is unquestioned.

This paper may be of great service to many people, who from want of thought or opportunity have not acquainted themselves with the precautions necessary to ward off the threatened danger.

The best mode of treatment is still a matter of doubt and uncertainty, and, as yet, no one professes to have found out its cure, but "*Prevention is better than Cure*," and if all classes of society, but particularly the poor, would bestir themselves before the disease comes upon them—if they would put forth half the amount of energy before the pestilence comes that they will expend when it does come—then a great proportion of the suffering would be averted.

It is for each individual to remember that upon him rests a share of the responsibility; let everyone realize that the disease can be overcome by a universal adherence to sanitary regulations.

INTRODUCTION.

IN seeking to prevent contagion, we must be guided by the fact that the disease is caused by a parasite, which moisture favours but which is destroyed by heat, dryness and acidity, and that it is introduced through the mouth, digestive organs and intestines.

I.

1. Before the disease approaches your neighbourhood, clean down your house, and as you do not know how soon it may be upon you, clean down at once.

2. Have your ash-pit emptied, ventilated and disinfected.

3. Avoid excessive exertion, either bodily or mental, and exposure to rapid changes of temperature.

4. Avoid crowds.

II.

1. Drink no water until it has been boiled; after it has become cold, pour it into a bottle, which when half filled and well corked should be shaken for a few minutes before it is drunk. Of course the bottle must have been scalded out as also the cups or glasses from which you drink.

2. Drink nothing till it has been boiled.

III.

1. Let all food be well cooked, and let all fruit be well washed in boiled water in vessels that have been scalded out; or better still, take the skins off after washing, or best of all, stew all fruit.

2. Instead of the ordinary bread and butter use dry toast.

3. Hot dinners are best.

4. All cups, glasses, knives, forks, spoons, pans and everthing used in eating should be washed in hot water before using, or what would do as well, put them into a hot oven for a few minutes.

IV.

1. Never wash in water that has not been boiled.

2. Several times a day, and before every meal, wash both hands and face with water that has been boiled, and to which is added $\frac{1}{150}$ part of carbolic acid (*i.e.* about one table spoonful of acid to a gallon of water).

3. Clean towels should be used, if possible, every time.

4. Water used for washing purposes should be brought to the point of boiling, and after cooling, about $\frac{1}{50}$ part of carbolic acid should be added to it (say three table spoonsfuls of acid to one gallon of water).

5. Bed clothes and toilet linen should be thrown into boiling water, then dried.

6. Dish cloths and all kinds of drying cloths should be put into boiling water after using each time, and then thoroughly dried and heated before using again.

V.

1. As much as possible use only your own closet,

which must be washed every day with a strong solution of carbolic acid.

2. Pour a *very strong* solution of carbolic acid down your sink and closet every day.

VI.

1. Should the Cholera enter a house, isolate the patient at once.

2. A strong solution of carbolic acid should be poured on all the evacuations of the patient.

3. In cases where the bodies of Cholera patients or clothes and linen soiled with their evacuations have to be handled, it is necessary to cover the mouth and nostrils with a little mask made of two pieces of fine metallic linen, with a wadded inside half-an-inch thick, the mask having been exposed to 150 degrees of heat, that temperature being renewed after each time it is used. This heat can be obtained by holding the mask before a hot fire before and after each time of using till it is thoroughly hot all the way through.

4. Rooms that have been occupied by Cholera patients should be shut up for several hours before any one enters.

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