Hussey (3)

A

COMPREHENSIVE AND PRACTICAL

TREATISE

ON

THE PREVENTION AND CURE

OF

EPIDEMIC CHOLERA.

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CHOLERA.

Of all the scourges that have ever afflicted our race, from the desolating plague stalking forth amidst Athenian glory, in the days of Hippocrates, to modern pestilences walking at noon-day, and ravaging alike both palaces and hamlets, in utter disregard of the dignified position of the Healing Art, and the boasted progress of science;—perhaps none have caused more terror—been more destructive in their course—or more effectually triumphed over the common sense of mankind, than the Asiatic Cholera. From the day that this scourge leaped up in Eastern climes—a hideous monster from his birth—his going forth has intimidated the brave, and overwhelmed the imbecile with wild confusion. The reputed guardians of health have stood aghast, and time-honored and law-protected medical practice, veiled its countenance for shame. Asia, Europe and America, have quailed beneath his power, and handed over victims innumerable to the grasp of the insatiate monster.

In the investigation and management of any form of disease, and especially such as assume a pestilential character, it is important that we do it with strict regard to physical and physiological laws, and principles of unchangeable and universal practicability. It is not necessary that we should essay to confront the Divine will, or blindly rush on, like Balaam, in utter disregard of the Angel's flaming sword; but it is essential that our minds be enlightened by reason, fortified by truth, and clothed with benevolence; and that our hands be found handling with diligence the simple elements which Providence in mercy has left us for the preservation and restoration of health.

Calmness and decision should characterize the feelings and conduct of every one; without which the mind will be let loose to the wildest vagaries, and the body subjected to the most reckless and destructive experiments. Think not to stay the plague by subjecting its victims to the consequences of neglect—or hastily and rudely handing them down to a miserable grave, while yet the vital spark is hovering near. But rest assured that "man's inhumanity to man," has never contributed to his happiness or security. Be patient, then, and wait upon the sick as rational and accountable beings; and fear not to be found in the line of your duty.

Many Cholera subjects have been *buried alive.* This fact should be constantly borne in mind, in order that the errors may be avoided that have led to this awful result. The general haste and precipitancy with which subjects of epidemics are consigned to the grave, contribute greatly to this consequence. The practice of administering opium or laudanum and brandy, to patients seized with the affection under consideration, by producing the stillness of death, as in deep intoxication, has furnished its numbers for premature interment. This it has done in addition to the hosts which it has more directly and speedily destroyed. But the astonishing and absurd idea, that cholera patients are often subjected to spasmodic twitchings of the muscles, *after death*, has contributed, perhaps, as much as any other cause, to the incarceration in the tomb, of living subjects of this disease. It is hard to conceive anything more absurd than this notion. What! the muscles move without a motive power? Establish this fact, and it would be useless to bury the *dead* or *living* either: for the harmony of the universe would at once be resolved into chaos.

Whatever may be the procuring cause of death, or a cessation of the visible operations of the vital principle, the human body should be withheld from the grave, until there is other evidence of dissolution, than such as accompany cases of *suspended animation.* Wait until chemical action exists in the vital parts, and then you may safely and consistently *bury the dead out of your sight.* In many cases of the more lingering

forms of disease, evidence of decomposition may exist at the time of death; but more rarely in cases of cholera.

PREVENTION OF CHOLERA.

In order to prevent Cholera, it is important to observe regularity in living. Eat regularly and sufficiently of plain, nourishing and substantial food, three times a-day, at intervals of from five to six hours; and be sure to eat *nothing* between meals. Avoid heavy and late suppers. Reject all *unripe* fruits; cucumbers, onions, pickles and other innutritious, irritating and indigestible articles of food. Use no rancid butter in any way. It is also better to avoid hot, and highly shortened, or rich bread, sweet cakes, highly seasoned pastry, &c., in consequence of the great tendency of these articles to produce acidity of the stomach. On this account also, sugar and molasses in any way, should be used in moderation.

Whatever is calculated to promote and maintain the general health of the body, is a Preventive of Cholera. Use good ripe bread, rice, sago, pearl barley, the juice and pulp of the ripe fruits; rejecting the indigestible portions, as the skins, cores, seeds, &c. Eat moderately of animal food, either fresh or salt, of such as is healthy and properly prepared; but use no veal, or fibrous salt meat that has had its nutritious substance destroyed by saltpetre, or a superabundance of salt; or that has been otherwise injured.

If you have not heretofore discarded the habitual use of ardent spirits and tobacco, it is important that you do it at once, and entirely. These are artificial and enervating stimulants; and, as such, constantly over-excite the nervous system, and produce a predisposition to disease; and especially to cholera. Avoid them then, as you prize your health. Avoid dense crowds of human beings, wherever congregated. Ventilate your houses, and especially bed-rooms thoroughly in the day-time; and at night, leave open all the partition doors that you can, and permit the escape of foul air at the tops of the windows. Preserve your rooms, beds and clothing free from

dampness and mould; and keep small fires in cool and damp weather. Damp houses should have fires in them every day. Retire early, and put on sufficient clothing for the state of the weather, immediately on leaving your bed. Avoid the intense heat of the sun at noon day, and the dampness of the night air. Preserve the mind calm and free from anxiety. Pay timely and proper attention to deviations from health. Dress with regard to decency, and the wants of the body; always taking into consideration the state of the atmosphere with regard to temperature and humidity. Be temperate in all things. Pay strict regard to the state of the skin and bowels, and secure their healthy action.

Regard and attend to these directions, not merely as *notions*, but as matters of the utmost importance. Remember that Cholera, like every other form of disease, pays no deference to the contradictory opinions of men. These opinions will neither prevent nor arrest the malady. Sustain, then, and promote healthy action, by conformity to physiological laws, which are uniform and unchangeable, as the only security against Cholera or any other morbid affection. If derangement exists, remove that derangement by remedies and processes that operate in harmony with vital laws, and engraft no disease upon the constitution. Many have lived after being subjected to the action of *deadly poisons* for the cure of Cholera, and other complaints. So have many returned alive from the duelists' conflict, and the haunts of debauchery and intemperance. But Wisdom leads not her children to such places; neither is she so inconsistent as to direct the use of poisons, and health-destroying processes for the cure of disease.

If your skin is unhealthy, scurfy and husky, or cold, damp and relaxed, wash all over in warm water, using soap, once or twice a week. When done washing, rinse off with water quite warm, and rub the entire surface with coarse towels until every part is smooth, warm and dry; then apply the *stimulating liniment** over the skin generally, and especially upon the back,

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* See Recipes on last page.

arms, lower limbs and feet. This operation should be attended to by a comfortable fire, in a room sufficiently close and warm to prevent any thing like chilliness. When the liniment is dried in, dress up; and do not leave the room with cool hands or feet.

If the stomach is troubled with acrid bile, or acidity, or the bowels affected with diarrhœa, remove the irritating matter from the system—*not by a purgative*—but by *a prompt emetic of Lobelia;* a stimulating enema, and a judiciously conducted vapor bath; or washing of the skin; in either case, never neglect the efficient rubbing and stimulating the surface, as before directed.

On suddenly ceasing any severe exercise, which may have produced a free perspiration, wash the face and hands *immediately* in cold water, and wipe them dry. This recovers the proper tension of the skin, checks the escape of animal heat, and prevents the further waste of vital matter by the cutaneous exhalations. Avoid sitting in cool rooms, or currents of cold or damp atmosphere. Observe the directions with regard to diet, given heretofore. When exposed to the disease, take a table spoonful of the *Cholera Syrup** three or four times a day.

SYMPTOMS OF CHOLERA.

It is not necessary to present, in detail, all the symptoms of Cholera that have been enumerated. This would often mislead those most eager to detect the disease. Many symptoms may be present in one case, that are wanting in another, of equal danger and violence. I shall therefore mention those symptoms only, that are always presented by the disease, and essential to indicate its presence. Cholera is always attended with wasting discharges from the bowels; first, of the fœcal matter with increased humidity; then of bilious, watery, milky, or rice water like discharges; accompanied with evident sinking of the vital powers; and generally with sickness and vomiting,

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* See Recipes.

cramp at the stomach, cramp in the bowels, calves of legs, &c. As the disease advances, the collapsed stage comes on; the circulation recedes from the surface and extremities; the skin becomes damp, cold, purple, and loses its elasticity; the blood vessels collapse, the features shrink, and the pulse disappears. Finally, difficult respiration comes on; but the mental manifestations remain unimpaired to the last.

CURE OF CHOLERA.

In treating of the indications and curative processes connected with the management of Cholera, it will not be necessary to discuss the various opinions that have been advanced in explanation of the *cause* of this malady. On this subject, conjecture and speculation have been well nigh exhausted, by old school Medical Professors, without affording any important instructions for the successful treatment of this appalling scourge. I have given directions for the avoidance of such physical influences and physiological derangements, as directly predispose to Cholera. This *imperfect* physiological state, predisposition, or tendency of vital action to yield to external and opposing influences, must exist, before an attack of Cholera can be established. The *immediate* cause of attack, or simultaneous and successive attacks of this disease, is probably owing to sudden variations of atmospheric pressure and temperature.

All persons attacked with Cholera, should go immediately to bed, have *dry hot* bricks laid close about the feet and lower limbs; and, if the case be only one of wasting diarrhœa, take a table spoonful of the Cholera Syrup every few minutes, and drink freely of warm peppermint, or other aromatic herb tea, until the disposition to frequent and unnatural dejections ceases, and the circulation and general healthy action is restored. Let the patient now remain quiet; eat moderately of the most light, nourishing articles heretofore mentioned, and avoid exercise and exposure until the ordinary strength is fully recovered. If, however, the attack assumes directly, or runs into the vio-

lent form of this disease, *it should be treated with strict regard to promptness and efficiency.* Dry heat should be applied to the lower extremities, as directed above; give a table spoonful of the Cholera Syrup every five or ten minutes; but if this is thrown up, add to each potion of the Syrup, a teaspoonful of Thomson's Third Preparation of Lobelia, and give as before. If this produces free vomiting, and the Syrup will afterwards lie on the stomach, continue to use it as at first. But should the sickness, diarrhœa, cramp and tendency to collapse continue, or return, give every few minutes a table spoonful of Thomson's No. 6; let the patient drink as freely as he can of warm peppermint tea, and administer to him an injection of warm Bayberry tea containing an even teaspoonful of the bruised seed of Lobelia. Repeat, if the first is immediately rejected. This is expected to act efficiently on the stomach, and to have a pow erful effect in relieving the cramp, and quieting the nervous system. After the operation of this, give the Syrup in sufficient quantity and frequency to restore and maintain a general healthy action. Keep the patient as quiet as possible: if he is tossing about, however, and so restless that hot applications cannot be applied to the extremities, as before directed, rub the limbs constantly with dry cloths, heated as hot as they can be without scorching, until quietness is restored, and the hot bricks can be used.

The improvement of the patient may be known by the cessation of pain; returning redness and fullness of the lips and face; a warm and natural perspiration; filling up of the veins of the hands, &c. Give the Syrup for hours or days as the case may require, and in doses as may be indicated. As soon as the patient is evidently recovering, and capable of retaining an injection, administer one of warm gruel for that purpose. Keep the patient quiet; give him light nourishment at proper intervals; rub the surface well, once or twice a day, and apply the stimulating liniment, until entirely recovered. During the treatment of a Cholera patient, he should not be exposed to cool or damp air: and *no person should be admitted into the room, except such as are competent and absolutely necessary to wait upon the sick.*

Damp clothing, and every thing offensive should be removed from the room immediately. The patient should be secured from cold and dampness by a little fire in the room, if the state of the weather makes it necessary. The administration of cold or ice water to Cholera patients, is of doubtful propriety.

In some cases it may be necessary to use a larger proportion of Third Preparation of lobelia than has been named; and in many instances the preparations described may not be at hand. In such cases, use Cayenne or red pepper in warm water, adding lobelia, in quantities to suit the case, and using injections as directed. Attend faithfully to the surface, and preserve a proper state of atmosphere in the room—allowing the patient pure air to breathe, and shielding him from cold and dampness, which would favor collapse. On this account, nothing *moist* should be applied to the skin, during the sinking stage of this form of disease. Various aromatic herb teas may be used warm, to relieve thirst and sickness at the stomach—as pepper or spear mint, pennyroyal, balm, hyssop, thyme, &c. Remember that it is *far better to use faithfully a few powerful, yet efficient and safe articles*, than to rely on *many* of *doubtful* and *dangerous tendency*.

☞ Avoid ice-cream, ice and mineral water, and root-beer.

RECIPES.

CHOLERA SYRUP.

1 oz. best Cayenne Pepper;
2 do. Prickly Ash Bark;
2 do. best Ginger;
1 do. Golden Seal;
2 do. American Valerian;
2 do. Bayberry.

Wet these up, all together, with scalding water, and secure them loosely in a linen bag; put it into three quarts of water, and simmer it lightly for half an hour; add a little more boiling water, if necessary, to make three quarts tea; strainout the tea entirely clear, and add to it

1 gallon best Sugar House Molasses;
½ do. best Jamaica Rum;
3 pints Thomson's No. 6.
Bottle for use.

The following Recipe is for making a larger quantity of Cholera Syrup, and of superior strength:

One pound each of Bayberry and Nerve Powder, steeped at different times in a small quantity of scalding water, and the liquor poured off, until you get one gallon of the decoction; to this add one gallon Sugar House or other pure Molasses, one gallon best Jamaica Rum, one gallon Thomson's No. 6; then to one oz. genuine African Cayenne, pour one teacupful of boiling water, and, after standing a short time, add this to the foregoing; mix the whole together, and it is ready for use.

STIMULATING LINIMENT.

Take equal parts of Aqua Ammonia (Hartshorn) and Spirits Turpentine; mix together, and to a pint of this, add one oz. best Cayenne Bottle it up closely. Shake it up, and warm a little at a time for use, and rub it on with the hand.

Red Pepper and Vinegar, made as strong as it can be, or the best Pepper Sauce, as it is kept in bottles for sale, may be used with very good effect, as a stimulating liniment. It should always be warmed, applied with the hand, and accompanied with brisk friction or rubbing of the skin.