

[Re-printed for the use of Magistrates, Clergymen, Local Boards of Health, Members of the Medical Profession, and a few private friends in Nova-Scotia. &c]

(FOR NOTE, SEE PAGE No. 4.)

Central Board of Health,
Council Office, Whitehall, 13th Dec. 1831.

SIR,

AGREEABLY to the Intimation given by this Board in the concluding Paragraph of their Circular, dated 14th Ult., I have the Honor to transmit the subjoined "Sanitary Instructions for Communities supposed to be actually attacked by Spasmodic Cholera," with some Observations on the Nature and Treatment of the Disease, drawn up by Drs. Russell and Barry.

Every Individual being deeply interested in the Preservation of the Public Health, it is the bounden Duty of all to endeavour to arrest the Spread of Disease at its very Commencement. In order to attain this important object—

1st. The most efficient Arrangements should be made by the Local Boards of Health, and other Authorities, to obtain the earliest and most correct intelligence of every suspicious Case which may occur within their Jurisdiction.

2nd. All unnecessary Communication should be prevented, as far as possible, between the infected and the healthy.

3rd. As Space, Cleanliness, and pure Air, are of the most vital Consequence, both to the recovery of the sick Person and to the Safety of those about him, the Patient labouring under Spasmodic Cholera should either be placed in a separate, well-ventilated Apartment of his own House, if it affords such Accommodation, and be attended by as few Persons as the Circumstances of his Case will admit, or be induced to submit to an immediate Removal to such Building as may have been provided for the Reception of Persons whose Circumstances will not afford the Advantages at Home, of Space, Air, and Separation from the healthy.

4th. When an individual shall have been attacked with this Disease, and placed under the most favorable Conditions, as already pointed out, both for the Recovery of his own, and the safety of the Public Health;—the Room or Apartment where he may have been attacked, and from which he may have been removed, should be purified by scrubbing, lime-washing, free Ventilation and Fumigation by heated Sulphuric Acid and Common Salt, with Black Oxyde of Manganese, or the same Acid with Nitre; or, when these Materials cannot be obtained, by strong vinegar thrown upon heated Bricks. The Bed, Bedding, and Clothes, should be immersed in Water, washed with Soap, and afterwards fumigated as above.

5th. To correct all offensive Smells, Chloride of Lime may be applied; but great Caution is recommended in the Use of this Material, its Fumes, continued for any Length of Time, having been found highly prejudicial to Health, more particularly in delicate Persons.

6th. A Number of steady Men, proportionate to the District in which they are to act, should be appointed to lime-wash and purify, as ordered above, under the Direction of Medical Authority, such Apartments as may be pointed out by the Inspectors of the Local Board.

7th. Those who die of this Disease should be buried as soon as possible wrapped in Cotton or Linen Cloth saturated with Pitch, or Coal Tar, and be

To the Chairman of the Board of Health at