

CLEANLINESS AND WASHING.

Could the free circulation of air, and cleanliness in house and persons, be introduced among the poor, infectious fevers would rarely occur; but under the pressure of distress, every useful effort is too generally neglected; as much as possible, however, they should be taught and encouraged, to make exertions that are not expensive, and highly salutary, as washing their apartments, and their furniture, in the cheapest manner; and the walls and ceilings with quick lime, an object of very trivial expence to most individuals.

It would add greatly to the health of the poor, were they to adopt a rule in their families, to have each person washed from head to foot about once a week; this might be the evening preceding the sabbath.

In the year 1783 and 1786, the typhus fever was so epidemic in Chester, as to occasion general alarm; but, with the precautions of free air and cleanliness, not one case occurred of a second person catching the disease, as Dr. Haygarth relates in his letter to Dr. Percival.

‘Fresh air and cleanliness were the only means which I employed to prevent infection. Doors and windows were kept open, as far as the season and other circumstances would permit. Curtains were drawn to exclude light, but not the free circulation of the air. All clothes, utensils, &c. used by the patient, were immersed in a vessel of cold water immediately; and when taken out of it carefully washed. The floors were kept clean, and vinegar was sometimes, but not always, employed to sprinkle them. It was thought to be more easy, and more safe to remove than correct the poison.’

OBSERVATIONS ON THE WEATHER.

1. The rising of the mercury presages, in general, fair weather and its falling foul weather, as rain, snow, high winds, and storms.
2. In very hot weather the fall of the mercury indicates thunder.
3. In winter the rising presages frost; and in frosty weather, if the mercury falls three or four divisions, there will certainly follow a thaw; but in a continued frost, if the mercury rises, it will certainly snow.
4. When foul weather happens soon after the falling of the mercury, expect but little of it; and, on the contrary, expect but little fair weather, when it proves fair shortly after the mercury has risen.