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THE CHOLERA OUTLOOK—THE HARBOR OF SAFETY.

THE best informed medical journals, in most recent weekly issues, think there is not much to be feared from the cholera on this continent this year; yet they sound a note of warning, that it will be best to be prepared for it. There is always danger that it may escape the best organized quarantines on the long Atlantic shore, however vigilant the officers may be. Having broken out in a small town of about 700 inhabitants in Valencia in May, it rapidly spread to other towns. In the epidemic of 1855 the deaths in the province of Valencia alone amounted to 25,512, and those familiar with the sanitary condition of the city of Valencia are not surprised at this fatality. The voyage across the ocean is sufficiently long to cause the poison to develop itself in any passenger before reaching our shores, and the cargoes can easily be thoroughly disinfected. Still it is quite possible that the infection may be carried in fomites in the clothing and escape detection at the quarantines.

Should it break out, the measures for the prevention of its spread are of two sorts: public, and private or personal; and with reasonable attention to these there need be no alarm of a wide spread epidemic.

Of public measures, the most important are to attend to the drinking water—wells or other public supply. The last great cholera epidemic in London, Eng., which destroyed 6,000 human lives, was due to the pollution of the East London supply from the River Lee by one family located in one house. The only real safety after an outbreak is to have all drinking water well boiled just before it is used. The milk and food supply should be well looked after too and the most scrupulous cleanliness en-

joined everywhere. But upon individual health, probably, after all, more than upon anything else, will depend the extent to which the cholera would develop and spread should it reach Canada. If the bodily fluids be pure, free from worn out waste substances of every sort, the germs of the disease will not be likely to develop and multiply in the body should they be taken into it in any way. It is therefore of the first importance that each and every individual attend well to the bodily condition; keeping all parts in good working order. Perfectly good living in all respects will usually secure immunity from the development of the infection within the body. One chief cause of waste impurities in the body is over-eating—eating more than the nutrient organs can digest, assimilate and dispose of—more than is needed for the due performance of the bodily functions; while excesses of all sorts weaken the nutrient functions, over-tax the excretory organs and render the organism less able to throw off the waste of the body or other impurities. The United States Consul at Genoa, a year or two ago, stated that the Sunday excesses among the aborning classes there proved a powerful feeder of the epidemic. The strictest temperance in all things is therefore of the first importance.

With a wisely judicious moderation in eating, regularly, plain, digestible but nutritious, pure, sound, well cooked foods, thoroughly masticated, and the careful avoidance of all foods not absolutely fresh and pure; careful attention to the condition of the skin and bowels (by bathing and the use of flannel underclothing), with regular habits as to exercise and sleep, and a tranquil fearless mental condition, no one need have any fear of the Cholera.