

# PRACTICAL RULES AND PRECAUTIONS

FOR THE PREVENTION AND CURE OF

## SPASMODIC CHOLERA:

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*Addressed by the Central Board of Health, at Charlotte-Town, to the Inhabitants of the Island, as necessary to be generally known and adopted.*

**T**HE Board are anxious to impress upon the public attention, that they deem precautionary measures to be of paramount importance, and particularly those connected with cleanliness of the Streets, of Houses, and of persons, as well as the amelioration of the evils arising from poverty and distress, such as bad clothing and poor diet.

1st. The first precaution is one within the reach of all, and which is certainly the most important—and that is, the necessity of temperance, regularity of living, and cleanliness, personal and domestic. It has been found in every part of the world that Spasmodic Cholera uniformly seizes and destroys, with the rapidity of lightning, those who indulge in fermented or Spirituous Liquors, and intemperance of any kind. The dissolute, the dirty, the idle, all become its victims, while those who are cleanly, temperate and industrious, escape.

2d. As there is much reason to believe it is of a contagious nature, all unnecessary communication should be prevented between the infected and the healthy. This is not a reason, however, for neglecting the sick; duty and affection will, it is hoped, secure the faithful and tender discharge of that duty to all the afflicted; but it is the best of reasons for limiting the number of attendants upon them to those alone who are necessary for that object, and to exclude carefully all others (even of the same family) who are not required.

3d. The Board feel the great importance of destroying, in so far as they are able, those ill-founded apprehensions of danger from infection which create unreasonable fears in the public mind, to the great aggravation of the mischief itself.

4th. It is commonly supposed that a person ill with an infectious disease spreads the contagion to a considerable distance; ~~which, however, is not the fact,~~ with respect to any known disease, so that it is safe to approach very near the sick without any danger, and even to perform all the kind offices to our friends which their illness requires, without a great increase of it, provided care be taken to keep the apartment, patient, and the personal linen, clean, the former freely ventilated and fumigated, it being well understood that perfect cleanliness and free ventilation are the great securities from infection of all kinds, rendering the poison innocent by dilution and diffusion through the atmosphere. For this reason, the patient labouring under Cholera should be placed in a separate and well aired apartment, either of his own house, or be removed to a building fitted up to receive the sick, according to circumstances.

5th. The personal clothing of the sick, during the course of the disease, should be immediately plunged into cold water, and permitted to soak until washed, &c. The room where he has been attacked should be thoroughly cleansed by scrubbing, limewashing (the lime being fresh and hot), and by free ventilation; and, if the means be at hand, by aspurgation with chloride of lime.

6th. To correct the atmosphere around the sick, or to purify apartments which cannot be easily ventilated, the two following methods of annihilating contagion by the vapours of Nitric and Muriatic Acids are of general efficacy, and practicable by all.

7th. Fumigation by the Nitrous Acid is produced in the following manner, by decomposing Nitre by means of heated Sulphuric Acid:—Take of Sulphuric Acid, or Oil of Vitriol, half an ounce, put it into a glass, china cup or saucer, and warm this over a lamp or in heated sand, adding to it from time to time, some Nitre. One, two, or three of these vessels may be placed on the floor, as the size of the apartment may require.