

As several cases of
MALIGNANT CHOLERA,

Have appeared in the Poor House, among the Military,
and in different parts of the Town,

THE CENTRAL BOARD OF HEALTH deem it expedient, to re-urge upon the Public, a strict attention to those prudent precautionary measures, which experience and common sense dictate as best adapted, with the blessing of God, either wholly to prevent the disease, or when it exists, to mitigate its symptoms.

They therefore would earnestly recommend to all, that the strictest attention should be paid to cleanliness, both domestic and personal,—keeping all apartments, cellars and out-houses clean, sweet, dry and well ventilated, removing from them and the yards all dirt and offensive matter whatever; exposing bedding to dry currents of fresh air; and occasionally using lime washing where required.

They cannot too strongly urge the necessity of observing Temperance in general, but more particularly as regards the use of Spiritous Liquors, as it has the sanction of all experience on the subject, that those addicted to drinking spirits, are by far the most liable to take cholera and to sink under its attack.

They recommend that raw vegetables, pastry, unripe or sour fruit, be abstained from, as also the use of any article, of diet which is known to disorder the stomach and bowels; (such a state of the system rendering a person more susceptible, than otherwise to take the disorder)—when fatigued or chilled to use in lieu of fermented or Spiritous Liquors, warm ginger, mint, or black tea, or warm gruel.

To wear (generally speaking) warm clothing, and flannel next to the skin, guarding against wet or damp feet—and when there is any tendency to bowel complaints to wear in addition a flannel belt round the body and bowels.

Attacks of Cholera have usually been preceded by some premonitory symptoms; as unusual lassitude, soreness or pain about the region of the stomach, giddiness, or ringing in the ears—but more generally by the

ordinary symptoms of bowel complaint or looseness—When Cholera prevails in a place, these symptoms should never be disregarded, as by being early attended to, they may easily be relieved, and as they often precede the disease, Cholera may thus in very many cases, in its most malignant shape be altogether prevented, or cut short. Under such circumstances, the person affected should rather avoid solid food for the present, keep warm, use the flannel belt round the bowels—partake freely from time to time of some mild drinks as black or mint tea, rice or barley water, or gruel—and should take without delay a dose of Magnesia and Rhubarb, 20 grains of each, in a little mint or ginger tea, being a dose for a grown person; at bed time the chest and stomach may be rubbed with either camphorated spirits, or a lineament composed of olive oil and oil of turpentine, of each an ounce, camphor and spirits of ammonia, of each two drams; resorting to medical aid as soon as possible should these symptoms continue, or others connected with the disorder supervene. Finally, bearing in mind that all debilitating causes, most especially debauchery and excess of any kind, filth, drunkenness, deficient food or clothing, strongly predispose to this direful malady—and that sobriety and cleanliness as strongly defend from its influences. On all classes is earnestly urged the sedulously shunning the former, and using all means to promote the latter; with a perfect confidence in the wisdom and goodness of God—a firm reliance on him in the use of means, and in the cheerful and fearless performance of duty to the sick and suffering, as being the best preservative against this desolating scourge, which no doubt for wise and good ends though inscrutable to us, he now permits to be abroad upon the face of the earth.

By order of the Board.

JAMES C. HUME, M. D.
Secretary.

Ante Sep 24th Aug. 1834