

WHAT IS TO BE DONE WHEN CHOLERA IS IMMINENT.

(INSTRUCTIONS TO FAMILIES)

Precautions against Cholera

Avoid hardships and exhaustion.

Avoid excesses in every form, and be particularly moderate in drinking and eating.

Avoid unripe or unsound fruits ; beverages of inferior quality ; uncooked or under done food, especially vegetables.

Avoid dampness and chills, iced food and drinks.

Avoid uselessly attending public assemblies.

See that your drinking water be pure. Boil it, if you doubt its purity ; this should always be done with well-water. It is well also to always boil the milk especially as it is often adulterated with water.

Have your food always of good quality, sound and well cooked.

Pay a great attention to personal cleanliness and also to that of your clothing.

Your house, from cellar to garret, must be kept scrupulously clean, especially the cellar which is most generally neglected. Give free entrance to air, light and sun, for they are the best means of making a house healthy.

Be particular that the soil around your house is not contaminated by stagnant pools of water or animal and vegetable refuse. Remove from the vicinity of your house all rubbish in state of decomposition. Burn all filth and refuse, or have them removed and buried.

Empty, clean and disinfect all what may be soiled in your house or in its vicinity : cesspools, privy pits, water-closets, sinks, drains, gutters, manure boxes, stables and other dependencies. An excellent practice would be to lime-wash the walls and ceiling of the cellars, stables and other dependencies.

Have all defective drains renewed or repaired.

All the preventive measures against Cholera are outlined in the following axiom : *Live healthily in a healthy home.*

The symptoms of Cholera are diarrhoea, the discharges suc

LP

F5012

18--?

Q3866