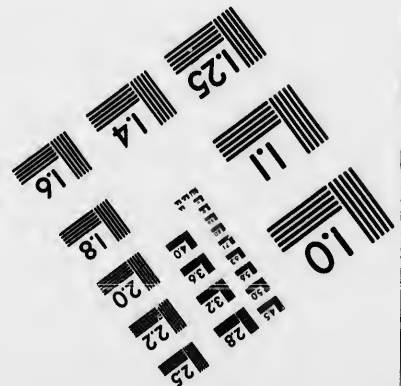
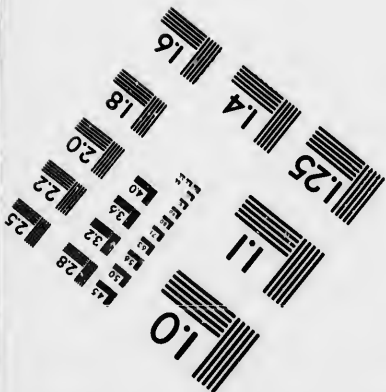
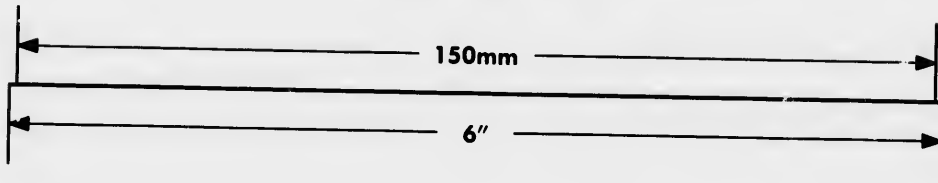
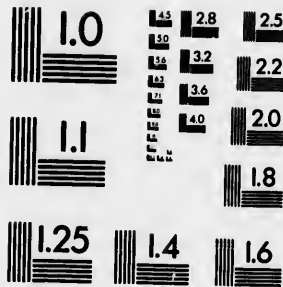
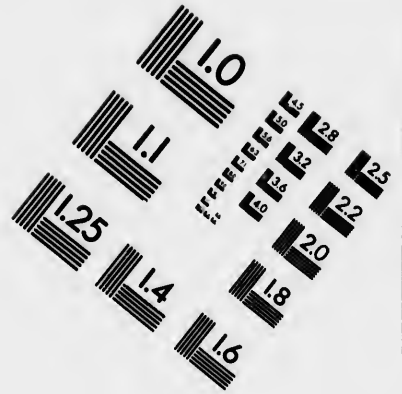
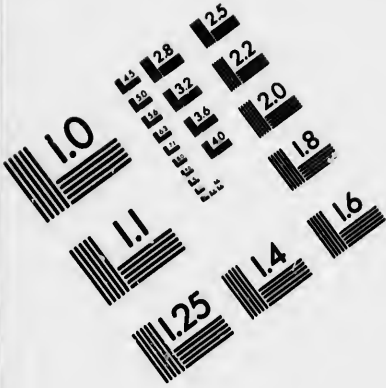


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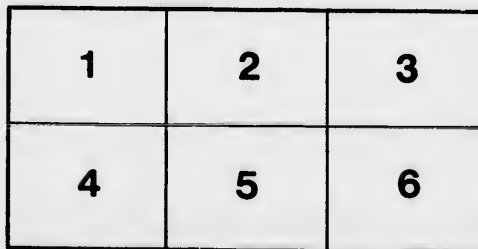
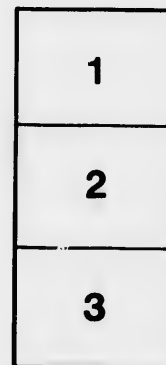
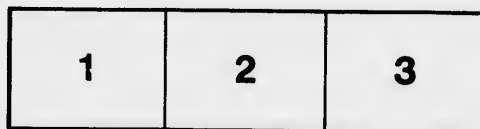
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Typhoid Fever and Cholera.

PREVENTABLE DISEASES.

TYPHOID FEVER
AND
CHOLERA.

PUBLISHED BY THE AUTHORITY OF THE CENTRAL BOARD
OF HEALTH OF THE PROVINCE OF QUEBEC.

Read this carefully and keep it for future reference.

Additional copies of this and other Pamphlets on Preventable
Diseases may be obtained GRATIS by application to
the Secretary of the CENTRAL BOARD OF HEALTH,
30 St. James St., Montreal.



TYPHOID FEVER AND CHOLERA.

TYPHOID FEVER.

Typhoid fever is a disease altogether and easily preventable. The specific poison of typhoid fever is contained in the diarrhoeal discharges (and possibly other excretions and exhalations) of the patient. If these obtain access to water supply or to articles of food or drink, an outbreak of typhoid fever will follow amongst those partaking of such food and drink. These discharges coming into contact with putrid animal matter, as by being thrown into water-closets and privies, are capable of saturating such matter with the fever poison

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in its most powerful form. The dried discharges may preserve the poison effectually, and when blown about in the air, distribute the disease.

TO PREVENT THE OCCURRENCE OF TYPHOID FEVER
IN A COMMUNITY.

1. *Attend especially to the purity of your drinking water.*—Do not use water drawn from shallow wells. All such wells are dangerous. A privy, pit or cesspool can contaminate well-water at a distance of 100 feet or at much greater distances in certain conditions of the soil.

2. *Attend especially to the disposal of sewage.*—Typhoid fever is communicated from one person to another mainly by the emanations of the discharges of the intestines of the patient, but it is probable that it is also caused by the effluvia of accumulated filth in and about dwelling houses. You must, therefore, keep your premises scrupulously clean, more especially attend to the privies and cesspools. Have them thoroughly cleaned out

and disinfected with the copperas disinfectant. Cease to use those outhouses situated near wells. Do not allow accumulations of house slops, manure, farm refuse, &c., to remain near the house. The air given off by them is dangerous, and by soaking into the ground they poison the water you drink. If you have water-closets inside the house, see that they are in good order, and that the pipes do not leak and allow poisonous gases to enter your house.

3. *Pay attention to the milk supply.*—There is a property peculiarly belonging to milk which enables it to hold and distribute infectious disease. Typhoid fever has been given to very many people by contaminated milk. When typhoid fever occurs in the family of a milkman who is ignorant or dishonest, he distributes a poison to each one of his customers.

TO PREVENT THE SPREAD OF TYPHOID FEVER,
WHEN A CASE HAS ACTUALLY OCCURRED.

1. When a case is known to exist in a neighbourhood, strict examination must be made of the

water supply. If contamination is possible, its use should be forbidden until proper measures can be taken to protect it fully against such contamination. Do not use for drinking purposes any water which has not been either filtered or boiled, or better still, both.

2. If a case breaks out in a neighbourhood where sewers are used, every householder in that neighbourhood should be warned. All house-drains opening into the common sewer should be inspected and tested by an expert. The plumbing of your house should be most carefully examined, defective joints repaired, traps put in order and the flushing of water-closets made effective. Do not wait until the members of your family are down with the fever.

Do your duty by them at once.

3. Keep your premises clean. Remove all decaying animal and vegetable matter and use disinfectants freely. Pay great attention to the state of drains, gutters, outhouses, stables, &c. ; clean them

well and then disinfect them with the copperas disinfectant.

4. The greatest care of all must be exercised at the house where the fever breaks out. Follow out the directions in No. 8. Within the house, disinfect promptly the discharges from the patient and every thing liable to come into contact with such discharges. Receive the discharges in vessels containing a quart or so of the zinc disinfectant. After use, clean the vessel with some of the same disinfectant solution. Bedpans and chamber vessels should always be carried covered. No discharges from the patient should be left under the bed, but must instantly be removed. All vessels, cups, bed-pans, &c., in use by the patient are to be marked and kept entirely for the patient's use. Food or drink that has once been in the sick room must never be used by any other than the patient. If there be a water-closet in the house, this should be used exclusively for the discharges from the patient while the fever lasts, and the receptacle should be flushed three or four times a day with the zinc disinfectant.

Never throw such discharges into a privy or cesspool, but after having disinfected them bury them in the ground, at least 100 feet away from any well or other source of water supply.

Keep a tub of the zinc disinfectant in the sick room, and into this drop immediately after use, all clothing, blankets, sheets, towels, &c., used about the patient or in the room. Boil these articles as soon as practicable. Burn immediately all rags, closet paper, &c., used about the person. The sick room should be large and easily ventilated, if possible, provided with an open fire, and as far from the living and sleeping rooms of other members of the family as it is practicable to have it. Remove all unnecessary articles of furniture and ornaments. Admit as much fresh air as possible. Fresh air is the best disinfectant. Two persons, not more, (one of them, if possible, an experienced nurse), should be employed in the sick room, and their intercourse with other members of the family should be properly restricted.

5. After recovery or during convalescence the patient is to be considered as dangerous so long as

the intestinal discharges continue to be more copious, liquid and frequent than is natural.

6. After recovery or death disinfect all the articles worn or used by the patient with burning sulphur.

7. Typhoid fever sets in usually with a sense of fatigue, headache and diarrhoea. When you experience such symptoms take to your bed at once. Do not take purges or attempt by violent exercise to work it off. The danger to life in typhoid fever is much diminished by rest in the early part of the disease. Many of the worst cases occur in those who have had to undergo great exertion in the early stages of the fever.

Painless diarrhoea or simple looseness of the bowels occurring in one who has never had typhoid fever should excite suspicion while this disease exists in a neighbourhood. During the existence of typhoid fever in a community, all diarrhoeal discharges should be disinfected.

CHOLERA.

Cholera resembles typhoid fever, as regards its causes and the means of preventing its arrival and of checking its spread. Therefore, follow most carefully the directions previously given. Persons should be careful to check at once any tendency to diarrhœa. Many cases of incipient cholera have thus been prevented.

Symptoms of Cholera.—A person previously in good health is seized with violent diarrhœa and vomiting. There are great prostration; extreme thirst; violent pains in the belly; cramps in the arms and legs. The body becomes cold; pulse quick and weak, respiration rapid, the voice husky.

HOW TO DEAL WITH THE PATIENT.

1. *Isolate thoroughly.*—Do not allow the first case occurring in your community to be the means of spreading the disease to others.

2. *Disinfect thoroughly.*—Remember that it is through the intestinal discharges that cholera is mainly spread. Disinfect at once these discharges with the zinc disinfectant. Follow out to the letter the directions in No. 4 of Typhoid fever.

3. In the event of recovery, disinfect in the manner recommended in the pamphlet on Smallpox.

4. Should death occur, follow out the directions given in the pamphlet on Small-pox.

BEST DISINFECTANTS.

Sunlight, fresh air, soap and water, thorough cleanliness—for general use.

For special purposes the following are the most efficient, the simplest and the cheapest.

I.—Copperas Disinfectant.

Sulphate of iron (copperas)..... one and one-half pounds
Water.....one gallon.

A convenient way to prepare this is to suspend a basket containing about sixty pounds of copperas in a barrel of water.

The solution should be frequently and liberally used in cellars, privies, water-closets, gutters, sewers, cess-pools, yards, stables, etc., etc.

II.—Sulphur Disinfectant.

Roll sulphur (brimstone) two pounds.

To a room ten feet square, and in the same proportion for larger rooms. See *Rule 8*, of Section II., for mode of use.

III.—Zinc Disinfectant.

Sulphate of zinc (white vitriol) . . one and one-half pounds.

Common salt three-quarters of a pound.

Water six gallons.

