

Epidemic Cholera.  
RULES FOR ITS PREVENTION AND  
FOR ITS TREATMENT.

Dr. Moreau M. M., late Sanitary Superintendent of the Health Department of New York, contributes to the "Express" of that city the following article on epidemic cholera, its prevention and treatment. It should receive a careful reading:

As the subject of epidemic cholera is now occupying one of public interest, I forward for publication a few specific rules that would aid such persons as the general public have the means for the prevention of the spread of such pestilence as can be easily understood and applied by every person. Eradicating the vicious germs of the disease thoroughly and effectively is of the utmost importance. The predisposing conditions for the disease are dirty clothing, neglected soiled clothing, bedding, or other textile fabrics, neglected private dwellings, whether in private houses or tents, whether in camps or temporary houses, the means for promoting its spread are the public water closets, urinals and such like, accommodations upon the lines of railroads, steam-boats, steamships, river-boats, vessels and at hotels and boarding houses, and wherever strangers are likely to resort in emergencies. A simple painless diarrhoea, about at this time, may be met with suspicion, especially if occurring with a traveler or stranger.

House drains, sewer connections, unventilated camp houses, dwellings in which there is no ventilation, a want of decomposition from whatever source, animal or vegetable—should be most carefully and thoroughly looked after, for in decomposition there is a great amount of venous matter poison to the human system take their origin, and this of one of cholera most especially.

Hence every person interested and guard his surroundings with increased vigilance particularly at a time when a contagious or infectious disease threatens. But as preaching often seems to avail but little, I suggest a few practical rules in detail for use. These are as follows:

1. Avoiding the following in the sanitary care of this city during a period of forty years.

2. The first instance is care of the intestinal health; temperature in eating and drinking; regular hours for sleep; frequent bathing in pure water; avoid water-walking on our upper-polluted rivers (East and North); good, plain, substantial food; avoiding too much ice-water, or none cold, when heated. If a person has been sick, however, a simple flannel band should be constantly worn around the bowels, reaching from the ribs to the hips.

If any symptoms of diarrhea appear, painful or painless rest is the immediate thing to be done—absolute rest; but no excuse whatever prevent. Whatever medicine is required should be the authority of a physician, who should be summoned promptly, for it is during the first stages of this affection that remedies should be applied. A physician's delay may prove fatal in the end.

Second. Sanitary care of premises and places—sunlight, fresh air, pure water and cleanliness, and the greatest and best of all preventive measures. In the city and town there should be general cleansing, and removal or thorough disinfection of all sources of decomposition, vegetable and animal.

As sojourners have now fully settled upon the opinion that "all matters which a patient discharges from his stomach or bowels are infectious," when cleaning the chamber vessels these should be especially guarded, and whatever poison they may contain or eliminate be immediately and utterly destroyed or rendered innocuous. This may be accomplished by the following means:

Prepare the following solution, keeping it on hand constantly during the winter months: Ten pounds of soap dissolved in ten gallons of water, to which add half a pint of crude carbolic acid, or half the quantity of pure acid: stir this well together, when it is ready for use. One pint of this solution should be poured into every water closet pan or privy seat, and double the quantity in the ordinary yard privy. Pour this solution over the masses of filth which may not be immovable, saturate well with this solution. For outside drains connected with the house pour in a quantity daily, or often enough of this disinfectant solution to saturate them; they should be allowed to remain there for an hour at least, after which they should undergo a thorough boiling for half an hour or more.

Handling such articles is far more dangerous than handling or carrying the person, and usually so after a certain period has elapsed. Hence the necessity for their immediate care before the vitalizing principle developed by decomposers has time to develop. Should that moment come to develop, the apartment or room should be immediately closed and thoroughly fumigated as follows:

Take a large iron dish in the centre of the room upon some bricks or something by which fire may not be communicated, put therein two or three pounds of common sulphur powder in a small quantity of oil and set alight. Then close the room tightly closed, set the alcohol on fire and let it burn slowly out. This liberates dense volumes of sulphuric acid, which permeates every crevice and fiber of bedding and clothing. Allow the room to remain closed for three or four hours, it may then be thrown wide open and thoroughly ventilated. All soiled clothing and bedding must then be placed in the disinfecting solution and treated, as before mentioned. Never put away the smallest piece of cloth, clothing, sheet, or pocket handkerchief, or any other article until it has been thoroughly disinfected and boiled, for this disease has been transmitted and communicated, month and year after being treated.

Other disinfectants may be used, but from their economy and universal facility of being procured and used, these are specially recommended, having been found entirely reliable.

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