

Hints respecting cholera.

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Publication/Creation

[Edinburgh] : [Oliver and Boyd], [between 1800 and 1899?]

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HINTS RESPECTING CHOLERA;

DIRECTIONS which may be most safely followed when Medical Aid cannot be immediately obtained.

It is easier to prevent than to cure this dangerous disease, the following cautions should be observed:—Great moderation in diet, and in the use of fermented and spirituous liquors. Raw vegetables and unripe fruit should be carefully avoided; a diet of light animal food is the best. The state of the skin should be particularly attended to, so that perspiration be not checked suddenly. The feet should be kept dry and warm. Flannel should be worn next the skin, or at least a flannel bandage round the body. The utmost personal cleanliness is to be maintained by frequent washing. Every room should be ventilated by opening doors and windows frequently in the daytime. Under the proper observance of cleanliness and ventilation, this disease seldom spreads in families, and it passes to those about the sick under such favourable circumstances, unless they happen to be peculiarly predisposed. Gentle exercise in the open air is very useful to preserve the general health of persons exposed to the risk of infection. Glauber's and Epsom salts, as well as other cold purgatives, are not to be taken without the express prescription of a medical man. No specific against cholera is known; and all the patent drugs offered with this pretension are abominably injurious. The only preventives are a healthy body and a cheerful mind. In most cases, a day or two days before a person is seriously affected by the disease, he has some disorder of stomach, giddiness, and a loose state of bowels, frequent calls to go to stool. When these symptoms appear, he must confine himself to bed and take a pill of two grains of calomel and one grain of opium, repeated in two or three hours, and followed in the course of four or five days by a tablespoonful of castor oil. A small quantity of brandy and hot water may be taken at intervals. *It is of the utmost importance to pay particular attention to these early indications of the disease.*

When the most alarming part of the disorder has actually commenced, the patient complains first of giddiness and nervous agitation, and is extremely restless; his features become sharp and contracted; his lips, face, neck, hands, feet, blue; the fingers and toes are contracted; the pulse is so small as to be almost extinct; the skin is deadly cold and shrivelled; the voice nearly suppressed; breathing quick; the patient speaks in a whisper; suffers cramps in his arms and body; his urine is totally suppressed; he vomits and purges a liquid rice-water or whey.

A person so seized should take immediately, as an emetic, two teaspoonfuls of mustard-seed in half a tumbler of warm water. He should be covered in hot blankets; and friction all over his body with camphorated oil or oil of turpentine and warm flannels should be used. Bottles of hot water or hot bricks should be placed at the back and feet. Poultices of flour of mustard and linseed-meal in equal parts, mixed with warm water, should be applied to his stomach. He should drink hot brandy and water, or hot water with a teaspoonful of sal volatile, or with ten drops of oil of peppermint and sugar in it. In case of his complaining of pain, from twenty to forty drops of laudanum may be given; should, however, the pain be accompanied by spasms, the dose may be from thirty to fifty drops. *Medical assistance should be obtained as soon as possible.* It is important to add, that when the patient's shirt or the sheets of his bed are changed, which should be done as frequently as possible, the dirty linen is to be plunged immediately into cold water. The above short Hints were submitted to the inspection, and have received the approval, of several of the most eminent Medical Men in Edinburgh.

(Circulated gratis by Oliver and Boyd, Edinburgh.)

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