

Description, prevention and treatment of cholera.

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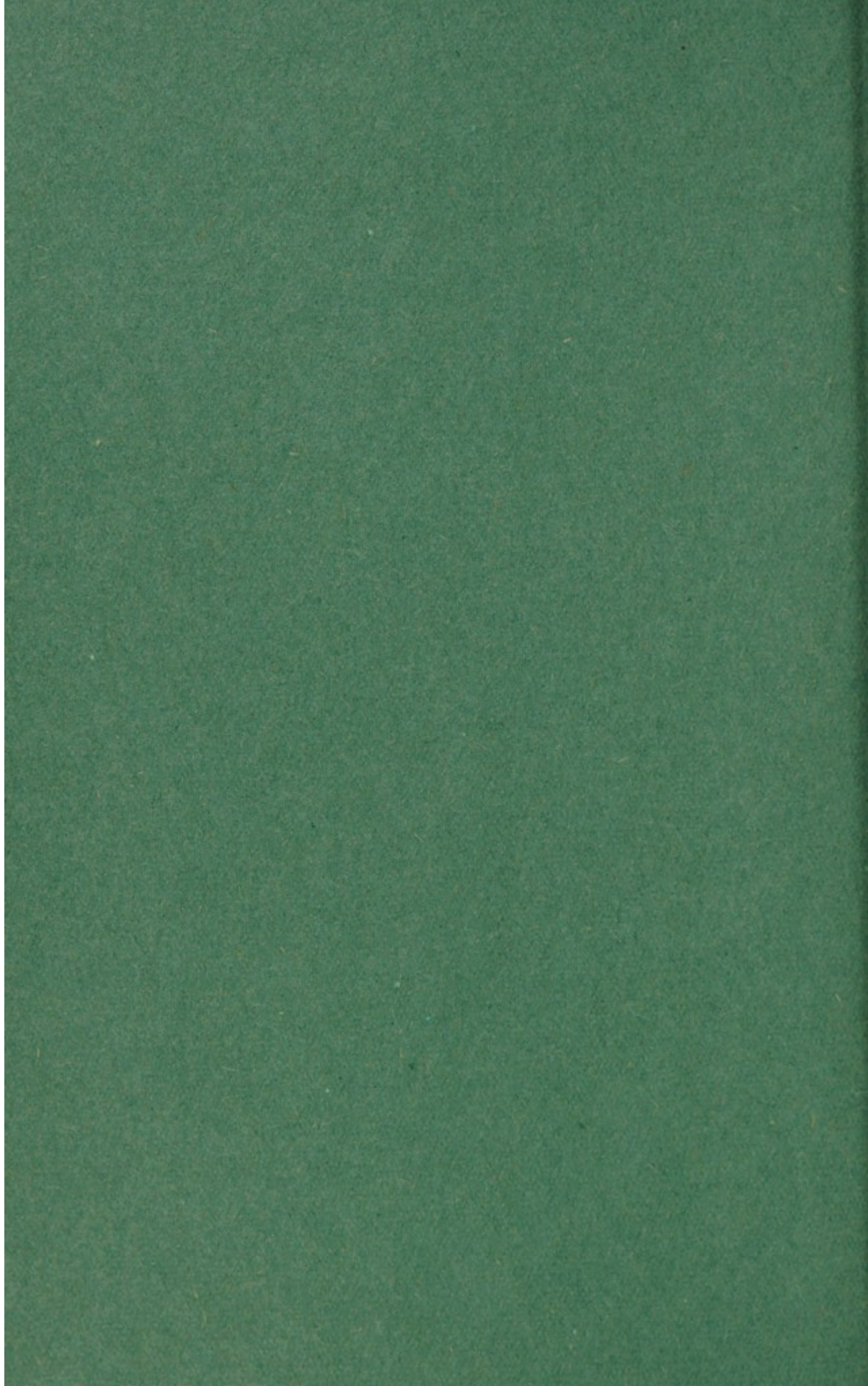
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DESCRIPTION, CHOLERA




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DESCRIPTION

CHOLERA



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DESCRIPTION, PREVENTION,

AND

TREATMENT

OF

CHOLERA.



DESCRIPTION.

From Kennedy's History of Cholera.

The patient complains of feeling of anxiety, or of uneasiness at the pit of the stomach. After some time nausea supervenes, and the uneasiness changes into a feeling of heat or pain. To these symptoms succeed vomiting and purging, and prostration of strength. The evacuations, at first, consist of the common contents of the alimentary canal, afterwards of a fluid like rice-water. Occasional cramps are felt in the limbs. The pulse is small and rather quick. The skin feels a little cold, and the temperature is gradually decreasing. The countenance of the patient is somewhat shrunk, and the features appear sharper than natural.

If the disease be left to itself, or if it continue to advance in spite of the remedies that may have been used, the symptoms increase in severity, and the patient comes to suffer from violent cramps in the upper and lower limbs, and at times in the muscles of the chest and belly. The cramps, in general, are not constant; they recur at short intervals in paroxysms. The vomiting and purging are severe. The coldness of the skin has increased much; it feels moist, and is of a bluish colour about the face, hands, and feet. The palms and soles of the latter appear corrugated, as if they had been steeped in water. The pulse is barely, or not at all, to be detected in the wrists and temples. The countenance is ghastly, and expressive of great anxiety. There is distressing thirst, and burning heat or pain in the region of the stomach or bowels.

PREVENTION.

From a Letter in the Record, by an Eminent Physician.

Although Spasmodic Cholera has proved the most deadly pestilence, according to the number of the infected, which has occurred in our times, yet the number of individuals in a community, predisposed to Cholera, bears no comparison with that of those who are liable to fever or to the plague. In what the predisposition to Cholera consists we are ignorant; but experience has taught men how a state of the system, favourable to its reception, may be acquired, and how guarded against: having proved that the *temperate*—those who are in the moderate use of digestible food, and who avoid intoxicating liquors—

are less liable to Cholera than the *intemperate* who will not, or the poor who *cannot*, observe a proper rule of diet. Moreover, they who escape a general panic, either through natural firmness of mind, or well-grounded confidence in God, are more rarely acted upon by all contagious diseases. We ought certainly to prepare for the coming evils, which, it is obvious from what has been written, can only be done by fortifying our bodies and minds against a predisposition to Cholera.—How is this to be effected ?

1st, By immediately adopting a suitable regimen of diet. The following is suggested :—

BREAKFAST.—Coffee not strong, not more than a quarter of an ounce of the best Coffee to a breakfast cupful—bread of yesterday's baking, and butter.

DINNER.—Tender fresh meat of a proper age, roasted or broiled—tender well-boiled vegetables, excluding onions, cabbages, or potatoes. N. B. One kind of meat, and one vegetable—bread—no pastry, preserves, or cheese—two or three ounces of Sherry in a large tumbler of water, or not more than a pint of sound Table Beer.

EVENING MEAL.—Coffee and dry toast, or a cabin biscuit.

SUPPER.—By persons accustomed to supper, a sandwich may be taken, or a biscuit with milk and water, or cream in water, which is lighter.

2d, To those who are not endowed with that constitutional fortitude which enables some men to look without blanching upon Death, in what shape soever he may approach, a succedaneum for firmness of temperament, of unquestionable efficacy, is recommended; let them fix their eye upon Him who was lifted up for them like the serpent in the wilderness; as long as their Redeemer is kept in sight, they will be strong, and quit themselves like men; they will obtain courage for every trying occasion, even for all the horrors of Spasmodic Cholera.

Extracted from the Foreign Quarterly Review.

Exposure to cold, to chills, to the night-dew, wet and moisture; the use of cold fluids, and of cold, flatulent, and unripe fruits, ought to be carefully avoided. If at any time exposure to the night-air or to cold and moisture is inevitable, the system should be fortified against them, but the mode of doing this requires caution. It should not be attempted, unless when better means are not within reach, by wines or spirits, and even these should be used in very moderate quantity: otherwise they will leave the system, as soon as their stimulating effects have passed off, more exposed than before to the invasion of the infectious effluvium, producing the disease. Medicinal tonics, however, and those more especially which determine the circulation to the surface of the body, at the same time that they improve the tone of the digestive organs and promote the regular functions of the bowels and biliary system, may be resorted to on such occasions. For this purpose the infusions or decoctions of bark, of cascarilla, of calumba, &c. with the spirits of Mindereri, or any warm stomachic medicine; or the powdered bark, or the sulphate of Quinine, or the balsams, may be taken either alone or with camphor, or with the spicy aromatics. These medicinal means are especially called for whenever the disease is present in a town or house in which the person resides; and they should be had recourse to when he retires to sleep, and in the morning before he leaves his apartment. The state

of the stomach and bowels should be always attended to, and their functions regulated and carefully assisted; but in no case should these objects be attempted by cold, debilitating medicines, such as salts. The warm stomachic laxatives, or those combined with tonics, may be adopted with advantages as occasion may require. Particular attention ought to be paid to personal and domestic cleanliness. The surface of the body should be kept in its natural and perspirable state. The use of flannel will be useful for this purpose. Excessive perspirations ought to be avoided.

TREATMENT,

As advised by the London Board of Health.

It is important to point out the instant measures which may safely and beneficially be employed, where medical aid cannot immediately be procured. All means tending to restore the circulation, and maintain the warmth of the body, should be had recourse to without delay. The patient should always immediately be put to bed, wrapped up in hot blankets, and warmth should be sustained by other external applications: such as repeated frictions with flannels and camphorated spirits; poultices of mustard and linseed (equal parts) to the stomach, particularly where pain and vomiting exist; similar poultices to the feet and legs to restore their warmth. The returning heat of the body may be promoted by bags containing hot salt or bran applied to different parts of it. For the same purpose of restoring and sustaining the circulation, white wine whey, with spice, hot brandy and water, or sal volatile in a dose of a tea-spoonful in hot water, frequently repeated; or from 5 to 20 drops of some of the essential oils: such as peppermint, cloves, or cajeput in a wine-glass of water, may be administered; with the same view, where the stomach will bear it, warm broth with spice may be employed. In very severe cases, or where medical aid is difficult to be obtained, from 20 to 40 drops of laudanum may be given in any of the warm drinks previously recommended.

(Signed) "HENRY HALFORD,
President of the Board."

This treatment is within the means of every family; all that is required being, that they should provide themselves with the following simple medicines:—

- 1 pint spirits of wine and camphor.
- 1 or 2 lbs. of Mustard and linseed powder.
- 2 oz. sal volatile.
- 1 oz. essential oil of peppermint, cloves, or cajeput.
- 2 oz. laudanum, or sedative solution of opium.

It is seriously recommended, that every person should be prepared with the prescribed remedies, so that nobody shall have to attribute to his want of caution the spread of a malady so terrible and overwhelming.

TREATMENT

Issued under the Authority of the French Government, and communicated by a Friend.

It consists in making the hands and feet of the patient be rubbed by strong and active persons, with a warm mixture, composed of a pint of strong spirit of wine, and half a pint of vinegar, in which are

to be infused for 12 hours, in a warm place, half an ounce of camphor, half an ounce of mustard, 2 drams of pepper, 2 drams of powdered cantharides, and 2 drams of garlic. The patient ought to be rubbed strongly, and without intermission, while lying in a feather-bed, well warmed, and well furnished with blankets, until a strong perspiration through the entire body is produced: at the same time he ought to drink a tumbler of a strong decoction of chamomile and peppermint. He should be left to perspire for two or three hours, without, however, being suffered to sleep, and care should be taken that he do not put out even a finger from under the bed-clothes, as under these circumstances the least chill might be fatal.

A part of the bed-clothes should then be removed, and the patient falls into a sleep, which continues uninterruptedly for six or eight hours, while he continues to perspire moderately. On his awaking he is still weak, but is out of all danger; and a little further care only is necessary to complete his cure.

If he should complain of colic pain, or of cramp in the stomach, dry and warm cataplasms of bran and ashes*, are to be applied on the belly; also, if necessary, a large mustard poultice. The design of this treatment is to restore the circulation of the blood, which, on the invasion of the disease, quits the surface of the body, and, flowing back upon the internal organs, gives them, so to speak, a death-stroke by its altered direction.

* Wood ashes, it is presumed, are meant.

