

## **Hints to avoid catching fevers and other diseases / The National Health Society.**

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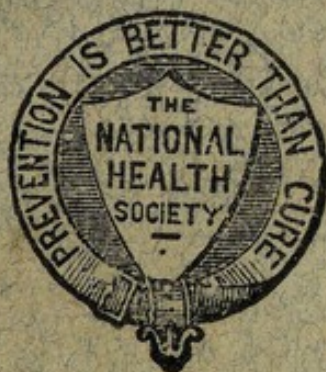
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# H I N T S

TO AVOID

## CATCHING FEVERS AND OTHER DISEASES.



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BY

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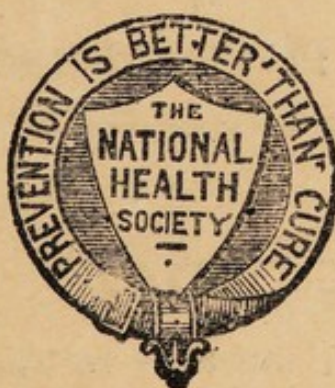
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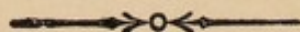
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LONDON :

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## HINTS TO AVOID CATCHING FEVERS.



### INFECTIOUS FEVERS.

1. FEVERS are especially dangerous diseases because they are as a rule '*catching*,' that is to say, the disease spreads from one person to another.

2. There is something passes from the sick person's body which, when received into another person's body, can *grow* and produce in the blood a great deal more like itself—in the same manner as seed does—and this something is sometimes called '*seed*,' but more generally '*germs*.'

3. When this happens, the disease is called *infectious*, and '*infection*' is said to spread. There are things which help to spread infectious diseases, and others which prevent the spread of '*infection*.' The latter are called '*disinfectants*.'

4. The greatest disinfectants are given us by nature, namely—Fresh Air, Water, Heat; *whereas foul air and dirt help to spread disease.*

5. So, if you would keep yourself well and fever



out of your house, (1) wash and well rub yourself all over every morning, and keep your linen clean, your furniture dusted, and everything tidy and in its place; (2) do not be afraid of open windows, but let as much fresh air into your rooms, especially bedrooms, as you can; (3) keep your cisterns clean, and flush the water-closets daily, and see that the vessels you keep your drinking water and milk in are covered. Disease is often spread by milk and water from uncovered vessels, where dirt and fever-germs can get in.

6. But when a person is ill with an infectious disease, these disinfectants do not act quickly enough to prevent other people in the same house catching the disease, and other things must be used; and different things are useful for different purposes.

### DISINFECTANTS.

**Heat.**—Very great heat is used to disinfect bedding, blankets, and woollen clothing, which have been used in a room where a person has been ill of an infectious disease or fever. *This cannot be done at home;* but a special parish room is kept for the purpose, where it can be done free of charge and without injury to the things sent. Application must be made to the Sanitary Officer, at the Vestry Hall, who will tell you what to do.

**Permanganate of Potash** can be obtained in the form of a coarse powder from a druggist. A one-ounce packet costs from 6d. to 1s.



Take one teaspoonful of the powder to two gallons of water. This is used—

To soak linen which has come from the beds of sick people, or from the persons themselves.

To add to drinking-water, in small quantities, till it is just tinged pink. This will do instead of boiling the water. It is useful for gargle.

This is not poisonous if mixed as above, but *stains* linen.

**Carbolic Acid** is a dark-brown fluid. It is *poison*, and burns the skin and destroys woollen clothing. A pint of carbolic acid to three gallons of water is useful to wash down water-closets and floors, or wetting a sheet to hang up in a close room where there is sickness.

**Carbolic Disinfecting Powder**, to be obtained of any chemist, which is not poisonous, may be used for sprinkling in dirty yards and sick rooms.

**Green Copperas**, to be obtained of any chemist, about 4d. a lb., is useful in cases of *Typhoid Fever* and *Cholera*. To wash out drains and water-closets, one and a half pounds, thoroughly diluted in a gallon of water, is the right mixture. Put a teacupful of this in the night-pan every time before it is used by the sick person.

**Sulphur** is used *for disinfecting rooms* where there has been scarlet fever or any infectious disease.

*The Sanitary Inspector*, if *applied* to, will probably supply the sulphur and pan, and tell you how to use it.



**Sanitas** is a preparation manufactured from the oil of turpentine. It is not poisonous, does not stain linen or furniture, and in different forms can be used for almost every disinfecting purpose.

**Sanitas Fluid**, (to be obtained in 1s. pint bottles from the Sanitas Co., Three Colts Lane, Bethnal Green, and of most chemists,) may be used (i) for steeping the sheet hung outside the door, or for spray in the room where there is fever; (ii) for washing infected linen (diluted with ten times its bulk of water); (iii) for washing scarlet-fever patients (with five times its bulk of water); (iv) for mixing with drinking water; (v) for charging the utensils which are used to receive any discharges from fever patients (in cases of typhoid fever and cholera Sanitas powder should be added afterwards); (vi) to flush water-closets, drains, etc., with.

**Chloride of Lime** is the best to use for flushing drains, water-closets, sinks, and for sprinkling in yards and on things out of doors. It is a whitish powder, *poisonous*, and *spoils linen clothes and metals*. It must be kept dry and from the air, and always used quite fresh. One pound of the powder to three-quarters of a pail of water must be used.

## GENERAL DIRECTIONS IN CASE OF FEVER IN YOUR HOUSE.

1. Separate the sick person from the other persons in the house directly illness appears; if possible, placing him or her at the top of the house.



2. Remove from the room all articles of furniture and clothing which are not wanted, as they hold dust and dirt, and therefore fever-seeds.

3. Let plenty of fresh air into the room. If the lower frame of the window be raised about six inches, and a block of wood, made to fit, be placed beneath it, the air will come into the room between the two window-frames without making any draught. The fireplace should be kept open and a fire lighted : it helps to get the foul air away.

4. Hang up a sheet, kept damp with some 'disinfectant,' outside the door of the sick room.

5. Let no one but the person who is acting as nurse go into the sick-room. The nurse should wear a *cotton* dress, as it can be washed, and does not hold the fever-seeds as much as woollen clothes. She should also wear an apron in the sick-room. The apron should be put off, and she should also wash her hands in 'disinfectant' fluid, or with carbolic soap, before she leaves the sick-room or talks to anyone at the door.

6. *All discharges* from the sick person should be received into vessels containing *disinfectants* (see page 5), which should *at once* be emptied into the water-closet or privy, and the closet should be at the same time flushed with water, and washed down with some disinfectant fluid.

7. Old handkerchiefs, which can be torn into small pieces, or soft linen rags, should be used for wiping



the nose, etc. The piece must be burnt *directly* after use : it must not be used a second time.

8. No food which has been in the sick-room should be given to any one else. Cups, glasses, spoons, and other things used by the sick person should be washed in '*disinfectant*,' and then in hot water, before being used by another person.

9. The clothes and bed-linen of the sick person should be steeped in disinfectant fluid, or soaked in boiling water with  $\frac{1}{50}$  part carbolic acid, before being sent to the wash.

10. When the sick person is well again, the sick-room must be '*disinfected*' with sulphur (see pp. 5, 6).

11. If the sick person dies, the body should be well sprinkled with carbolic powder (a whole packet is not too much to use) and buried without delay.

12. Special care should be taken that *children* do not come near the sick-room ; and whilst anyone is ill of fever in the house they must not go to school or play with other children until the doctor says they may do so ; for, though not ill themselves, they may carry the fever-seeds with them to other persons. Cats and dogs should also be kept out of the room for the same reasons. The nurse should be careful to cover up her hair, and to wash it with some disinfectant fluid at the end of the illness.

13. These directions apply to all the diseases mentioned in this book.



## SCARLET FEVER.

1. Scarlet fever is one of the most 'catching,' or 'infectious,' of diseases. It especially attacks children.

2. The signs of scarlet fever are sore throat, and a scarlet rash on the chest, which afterwards spreads over the body generally.

3. If one of your children complains, when scarlet fever is about, of sore throat and headache, *and is suddenly sick*, you should at once remove the child to a bed by himself and send for a doctor.

4. You must on no account let the sick person sleep in the same bed with others until the doctor has been.

5. If the doctor says it is scarlet fever, and you have only one room, it is *quite necessary*, and in any case it is *better* that you should send the sick person to the fever hospital. By applying to the Sanitary Inspector at the Vestry Hall you can learn where it is and how to get there. There is a free conveyance kept to take sick people there, and the Inspector will probably telegraph to the hospital to ask if there is room, and to prepare for the coming of the sick person.

6. Do not be afraid to let your children go away. They cannot get *at home* the constant attendance of doctor and nurse, which has often saved the life of a child. Persons whose children have been to a fever hospital will tell you with what care and kindness the



sick are treated, and if any of their children were ill again they would readily send them to a hospital.

7. But if the sick person has, from want of room, or any other cause, to be nursed at home, all the directions on pp. 6 and 7 *must* be most carefully and strictly followed.

8. In a few days, sometimes as early as the third or fourth day after the rash appears, the skin peels off in little flakes. These flakes float in the air like dust, and act like 'fever-seeds,' carrying 'infection' to others. This can be prevented by rubbing the body twice a day with olive-oil. When the sick person is well enough he should have a warm bath, and be well washed with carbolic soap and water. These baths should be repeated every other day till the peeling of the skin has ceased. The peeling will be seen last on the feet.

9. In ordinary cases it will be six weeks, after the peeling of the skin has quite ceased, before the sick person may join or mix with others. For two weeks more he must use a separate water-closet, must not go to school, and must not play with or kiss other children.

10. When the sick person is well, the sick-room must be disinfected as directed in p. 6. Notice had better be given to, and advice asked, of the Sanitary Inspector.



## SMALL-POX.

1. Small-pox is a most fatal, and the most catching of diseases. It shows itself fourteen days after the fever-seed is sown. Then the sick person will complain of headache and intense backache, and spots will appear on the face and wrists. These spots are sometimes mistaken for the signs of measles. Do not delay to send for a doctor when these signs appear.

2. The best thing to prevent your catching small-pox is *vaccination*.

3. By law every baby must now be vaccinated, and every person should be vaccinated a second time after he or she is fifteen years of age.

4. You can be vaccinated free of charge on application to the Public Vaccinator of your district. They will tell you at the Vestry Hall where he is to be found.

5. If small-pox breaks out in your house you should at once tell the Medical Officer of Health of your district.

6. You should send the sick person to a Small-pox Hospital. The Relieving Officer or Medical Officer of Health will arrange for his going.

7. If from any reason the sick person is to be nursed at home, *it is quite necessary that he must have a room and a nurse to himself*, and that all the instructions on p. 7 should be strictly carried out.

8. In addition, persons attending on the sick



person, or staying in the house with him, should be vaccinated again.

9. The sick person must not go among other persons until six weeks after the rash appears, or till the doctor gives leave; and before he goes he must have at least one warm bath, and be well washed all over with carbolic soap and water.

### TYPHOID FEVER.

1. Typhoid fever begins with a gradual feeling of illness and diarrhoea. The infection or fever-seed is contained in discharges from the bowels. It is carried in the drains, or sewage matter may have got into the water. The disease is also called 'drain-fever.'

2. In all cases of weakness and diarrhoea, send for the doctor. Then have the drains at your house looked to, to prevent the fever spreading.

3. The discharges from the sick person must be disinfected *directly* they leave the body.

4. For this purpose you should buy a pound and a half of green copperas, to be obtained of any chemist. Mix it in a gallon of water, and put a tea-cupful of the liquid in the night-pan before use by the sick person.

5. Put some of the disinfectant fluid made from permanganate of potash into water used for drinking; soak articles of bed and body linen *directly they are removed* with disinfectant fluid, and sprinkle disinfecting powder on soiled spots of linen and about the



room as directed on p. 5. The nurse should frequently wash her hands with carbolic soap.

6. Privies or water-closets and drains should be flushed or washed down twice a day with chloride of lime. See p. 6.

7. If the sick person dies, the body should be placed as soon as possible in a coffin, surrounded with charcoal, and sprinkled with disinfectants, and buried without delay.

8. After the illness is over, the dresses worn by the nurse should be washed or destroyed: and the bed, bedding, and the sick-room be disinfected as directed in the case of scarlet fever.

### CHOLERA AND DIARRHŒA.

1. Intemperance in eating and drinking and drunkenness invite attacks of cholera, whilst temperance and wholesome living are the best means to avoid catching cholera or other diseases of the bowels.

2. If cholera is about, beware of bad smells from dustbins, closets, and drains; see that the drains of your house are trapped, and that the traps are used, and flush the drains daily. Avoid tainted food of any kind. Sour or tainted milk often gives children diarrhœa. Fish, fruit and vegetables may be taken *if sound and fresh*. Water should be boiled and filtered, or have some disinfectant fluid put in it, before being drunk.

3. Persons attacked with looseness of the bowels should at once *see a doctor*, especially when there are cases of cholera in the neighbourhood.



**DIPHTHERIA.**

1. Diphtheria begins with depression and sore throat, then stiffness of the neck and swelling about the throat. When the latter occurs, send for the doctor.

2. If the doctor cannot come at once, send for some chlorate of potash, dissolve as much as you can in warm water, and use it as a gargle.

3. Keep the sick person in a room by himself, light a fire, and keep the window open at the top night and day.

4. The fever-seed or infection is spread by discharges from the throat and mouth.

5. When the sick person can spit, he should do so into a basin with strong disinfectant in it. When he can only lie down, pieces of rag should be placed on the pillow under the cheek, and directly the rag is soiled it should be put into the basin with disinfectants and afterwards burnt. If he is sick, the vomit should be received into the basin with disinfectant fluid.

6. The clothing of the sick person, bedding, closet and chamber-vessel used, should be disinfected the same as in scarlet fever, and the sick-room, should be cleaned with the utmost care, fumigated with sulphur (as in scarlet fever), and the ceiling whitewashed.

7. The sick person must not go among other persons until ten days or two weeks after the doctor says



he is well, and must not sleep with anyone until he has been well a month.

### **MEASLES.**

1. Measles is a very infectious or catching disease.
2. It is necessary to take care on the first signs of illness, for measles is catching before the rash appears.
3. When measles is about, if the child is seized with a sudden fit of sneezing and his body is hot and dry, and the child seems languid, or has watering of the eyes, he should at once be kept apart from others and watched: and you should send for a doctor.
4. If it is measles, about the fourth day after the first signs of illness a dusky red or mulberry coloured rash will come out, first on the forehead, and will extend over the body.
5. If proper care is taken the child should be well in two weeks.
6. In ordinary cases no medicine is necessary. The child must be kept in bed, out of the way of draughts, and with no more than the clothes he usually has on the bed. More will only make him hot and uncomfortable. The room should be darkened, and he should have some cooling drink like lemonade or barley-water.
7. If the child has convulsions a doctor should be called in.
8. The child must not go to school until two weeks after the rash has disappeared.



9. Other children from the house must not go to school till the sick child is well.

10. At the end of the illness the room must be 'disinfected' as in case of scarlet fever.

### WHOOPING-COUGH.

1. Begins with the signs of fever, such as depression, headache, and a hot skin, accompanied by a cough. Whooping-cough is a very catching disease among children, generally coming just before or after measles.

2. The peculiar 'whoop' is not at first heard, but the disease may be known by the child *spitting out, at first, not phlegm, but froth.*

3. At once separate the children, and give the sick child a basin with disinfectants to be sick into.

4. Disinfect all handkerchiefs or pieces of rag used by the sick person.

5. A child who has been ill with whooping-cough should not sleep with others, or kiss other children, until the spitting has ceased for a month.

### GENERAL CAUTION.

Don't neglect these directions because you think the disease a small one, or you are told 'the children are sure to have it, and they may as well have it all at once.'

Thousands of children die every year of measles. But there is no reason why the other children, if in health, should catch the disease *if care is taken at once, and the sick child kept away from others.*



**NATIONAL HEALTH SOCIETY,**  
*53, BERNERS STREET, OXFORD STREET, W.*

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**SYLLABUS OF FOUR  
HOMELY TALKS.**

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**TALK I.**

**How to make the Home Healthy and Happy.**

Why we want Fresh Air—How we can Ventilate and have Pure Air in our Rooms—How to find out if the Air in a Room is Good—Why we want Cleanliness—The Effect of Sunlight on Health and Temper—Necessity for Airing and Shaking Bedclothes, Carpets, etc.—Necessity for Personal Cleanliness.

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**TALK II.**

**What to Do until the Doctor comes.**

How Disease lurks in Darkness and Dirt—Danger of Infection from Drains, Cisterns, Sinks, and Dust-bins—Precautions as to Milk and Water—The Use of Disinfectants—Burns, Scalds—What to do if Dress catches Fire—Cuts, Bites, Stings—What not to do and to do if a Person has broken a Leg or Arm—What to do if a Person falls Insensible—What to do if a Person has swallowed Poison.

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**TALK III.**

**Accidents, and How to Treat Them.**

Different Kinds of Bleeding—How to Dress a Wound—Sprains—Triangular Bandage—How to Restore apparently Drowned People.

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**TALK IV.**

**Nursing the Sick.**

Why Fresh Air and Cleanliness are so necessary in Illness—How best to Ventilate the Sick Room—Use of Disinfectants—Arrangement of Sick Room—The Bed and Bedding—Bed-rests—Duties of the Nurse to Doctor and Patient—Attention to Temperature—Preparations for the Night—How and when to give Food and Medicine—Washing the Patient—Prevention of Bed-sores—Practical Demonstration of Arrangement of Bed—Changing Sheets, etc.

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