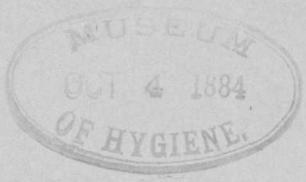
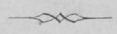


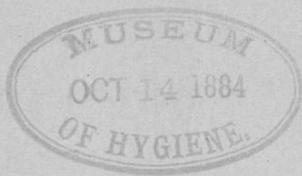
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ON THE PREVENTION AND RESTRICTION  
OF  
ASIATIC CHOLERA.



**CIRCULAR ISSUED TO THE LOCAL BOARDS OF HEALTH**  
BY THE  
STATE BOARD OF HEALTH  
OF  
SOUTH CAROLINA.



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OFFICE

STATE BOARD OF HEALTH,

CHARLESTON, S. C., August 11, 1884.

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ON THE PREVENTION AND RESTRICTION OF CHOLERA.

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CIRCULAR TO THE LOCAL BOARDS OF HEALTH.

The Asiatic Cholera, which now prevails in several of the Mediterranean ports and in the Southern portion of France, will, obeying the laws of epidemics, probably make its appearance in the United States, and may soon be with us. Anticipating this extension, the State Board of Health issues this Circular with the view and in the hope of possibly preventing the appearance of the disease, and of confining its spread within the narrowest limit, should it reach this State.

There exists no doubt in the minds of most who have carefully directed their attention to the subject of Cholera that the chief, if not the only means of its transmission, is through the evacuations of the sick. There may be other ways, but science has thus far failed to detect them. The discharges coming from the bowels of the sick enter the economy of the well in minute proportions, either with the food and drink, or otherwise, and then rapidly reproduce the disease.

There are but few means of preventing or limiting the epidemics. Isolation of the sick is one of the most prominent, where this is thoroughly carried out; but so far, with the numerous methods of travel, transportation of merchandize, mails, etc., this means of protection from Cholera has hereto-

fore failed, and no reliance can be placed upon it. Another means of control has universally been recognized. It is in extreme cleanliness. "Purity of air, purity of food and water, purity of soil." While filth cannot in itself generate disease it may be the means of its spread, acting as the hot bed in which the contagium may be multiplied, outside of the bodies of the sick. Filth also prepares the way for the invasion of epidemics, evincing its influence by weakening the vital forces which resist attacks, and thus, indirectly, by inviting them.

The State Board of Health would, therefore, earnestly invite the attention of the Local Boards, all persons in authority, and the citizens generally, to the importance of extreme cleanliness in their surroundings, and its continuance until the period of this threatened danger has passed.

It should be borne in mind that precautionary measures must be taken immediately before the Cholera comes, for some of them if instituted after its arrival will add to its spread and virulence.

The Board would recommend for carrying out these precautions :

1. Sanitary inspections in every city, town and village.
2. The drainage of all stagnant ponds, low and wet grounds.
3. The careful cleansing and disinfecting of all sewers and public drains.
4. The cleansing and disinfecting of all privies and water closets.
5. The removal and, if possible, destruction, entire and complete, of all accumulations of filth.
6. The prevention of all surface water leakage into springs and wells.
7. The cleansing of all gutters, ditches, cellars, pens, etc.
8. The white-washing of all pens, stables, stalls, offices, etc.

#### SPECIAL PRECAUTIONS.

1. The avoidance of exposure to Cholera—having no fear of it will not prevent an attack.
2. Leaving the locality as soon as the disease appears.
3. Remaining away long after it has disappeared.

## TO THOSE WHO CANNOT ESCAPE.

Avoiding all fatigue, making no change in ordinary healthful habits, none in diet, clothing, occupation, exercise, etc; eating no unripe fruit or vegetables, no stale food; know that the ice you use is pure; that the utensils for the reception of milk have been washed in uncontaminated water; in cities, that the milk has not been diluted, attend to the stomach and the bowels. Cholera is most frequently ushered in by diarrhœa. When this comes on in the absence of a physician, take a pill composed of a grain of opium and two of acetate of lead. This may be repeated in three hours until a physician can be seen. Rigidly follow out what he recommends.

Should Cholera appear in the vicinity, it should be known that there is very little danger in handling the sick. The contagium of Cholera, unlike that of eruptive fevers, small-pox or scarlatina, is not propagated by personal contact. Danger does not accrue from ministering to the sick. It comes from getting a small portion of the evacuation upon the person, the hands or the clothing, a minimum of which finds access to the bowels through the mouth and poisons the individual. The hands should, therefore, be carefully washed before eating or drinking.

All discharges should be disinfected. The disinfectant must be a germicide, and we recommend as the best, and cheapest, and the most efficient, an odorless one, and one that does not stain, the following:

Corrosive Sublimate.....	60 grains.
Alcohol.....	one ounce.
Analine Green.....	one grain.
Water.....	one gallon—mix.

The green is added simply to color the solution, so as to avoid danger—The solution being a powerful poison if taken internally.

All evacuations should be received in a vessel one-fourth filled with the disinfectant, a little more of the disinfectant being then poured over them. The vessel should be borne to some distance from the house, and the contents thrown into a deep

and narrow hole in the ground, and then covered up. The evacuation should never be thrown into the privy or upon the ground, there to multiply the germs, and, drying, be spread by the wafting process of the air.

Should any portion of the floor, walls or bedstead be defiled by the evacuation, it should be at once scrubbed with the disinfectant. All clothing, towels, rags, etc., should, as soon as possible, be wrapped in a sheet wet with the solution, and then carried to an outhouse and boiled for two hours. No remains of food for the sick, which has been touched by him, or which has remained in the chamber, should be eaten by the well. It should be placed in the vessel for the reception of the evacuations as contaminated, and thrown with them into the hole in the ground. The same should be done with the remains of the beverages.

The body, after death, should not be washed. It should be at once wrapped in a sheet wet with the corrosive sublimate solution, and the sheet not again unwrapped. The interment should be within twenty-four hours.

After death all clothing should be boiled. The floor and the woodwork of the chamber should be scrubbed with a solution of soft soap, prepared with half an ounce of soap to ten quarts of water. The cracks of the chamber, doors, windows, etc., should be pasted up, and the chamber closed and fumigated with burning sulphur. After fumigation, the chamber may be repainted and repapered. The bedding, cushions, articles containing wool, hair or feathers, if not burned, should be subjected to the exposure of a jet of high steam.

While the epidemic is prevailing, all gathering of persons, as at funerals, etc., should be avoided; particularly when excitement may be anticipated, and where eating and drinking is proposed. Drinking of alcoholic and fermented beverages should not be indulged in. Stimulants added to the water drank does not purify or uncontaminate it. All water drank or otherwise used should be previously boiled for an hour at least, and then aerated by being poured through the air. It is through the medium of water that the germs of the disease most frequently get into the system.

All wells, springs, receptacles for water, cisterns, etc., should be so arranged that no leak of surface water can get into them. The *curbing* of wells, especially those used by the public, should be carried up at least two feet beyond the surface of the ground, and should be cemented within and without. The curbing should be made to fit accurately to the pump, so that no surface water can pass between. No well or spring should be permitted by local authorities to be used that is in proximity to a privy or water-closet.

Careful attention should be given to the removal and destruction of house-refuse, offal, garbage, etc.

Local Boards should rigidly inspect all public institutions, such as Jails, Alms Houses, Railroad Stations, Hotels, Schools, Camping Grounds, Theatres, Traveling Shows, paying special attention to their water works, privies and cess-pools, and drainage.

It is desired that Local Boards should lend their aid and influence in stimulating the citizens to interest themselves at this juncture in sanitary matters. They should publish circulars for the information of the people, and agitate precautionary measures in every manner.

The State Board of Health requests that in the event of the appearance of a case of Cholera in your locality, the fact be reported to their Secretary, Dr. H. D. Fraser, Charleston, by telegraph, as soon as possible.

J. FORD PRIOLEAU, M. D.,

*Chairman Committee on Epidemics State Board of Health,*

*For Committee.*



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