CHOLERA MORBUS.

FRIENDLY AND SERIOUS HINTS TO THE POOR,

ON THE EXPECTED APPROACH OF

The PLAGUE, called The CHOLERA MORBUS,

TO THIS COUNTRY.

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THIS terrible plague, which has visited in succession various foreign lands, and swept away millions of our fellow creatures in its desolating progress, seems now to be fast approaching to the shores of Great Britain. A short distance of 36 hours separates us from it. The Medical Faculty are of opinion that it will be conveyed to our coasts; while the knowledge which we have of God's dealings towards those nations that have rebelled against him (see Jer. xliv. 1—6; Hosea, iv. 1—4; and has not our beloved country grieviously and most ungratefully rebelled against him?) leads us to apprehend that *we* shall not be spared, now that the destroying angel is abroad executing judgment on the earth. In such a critical situation what should we do? The divinely appointed way to avert a national calamity is by a nation's repentance and turning unto God. (See Jer. xviii. 6—8; Jonah iii. 4—10.) Such is our chief and best hope of escape; and would that we could trace some cheering signs that such dispositions were springing up among us! would that our dear fellow countrymen were beginning to "hear the rod, and Him who hath appointed it," so that the descending blow might be stopped, as it were, half-way, by a nation's uplifted prayers, tears, and entreaties for mercy! But while we can hope only on such terms to escape "those evils which we most righteously have deserved," and therefore while every one of us should "consider his ways," and "entreat for the land," we should be wrong to neglect the proper means of lessening the severity of the plague in the event of its appearance among us. God, who, "in the midst of judgment remembers mercy," and who "stayeth his rough wind in the day of the east wind," has been pleased in numberless instances to bless the use of some *timely precautions;* indeed he has given this land ample time and long warning, that we should not be taken by surprise, but have all in readiness to render the destroying malady less dangerous than otherwise it would be. Now I wish you, my poor friends, to know and to use these precautions; and I have no doubt (especially if you learn to depend on God's blessing, and to pray for it,) that numbers of you will reap the benefit of a little prudent care, bestowed in time.

It is certain that the ill-fed and unhealthy part of the population, and especially those who have been addicted to drinking spirituous liquors, and indulgence in irregular hours and habits, are generally the greatest sufferers from the Cholera Morbus; and that the infection has been most virulent, and widely extended, where the streets are narrow, the population crowded, the

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air confined, and the houses and their inhabitants dirty. I cannot therefore recommend too strongly the necessity of *plain wholesome food,* of *temperânce in eating* and drinking, of great attention to *cleanliness,* of the passage of a free current of air, by means of *open windows,* of the removal of all filth, rubbish, old clothes, rags, decayed articles, &c. from your houses; (many of these may be destroyed by fire,) and, if possible, from the neighbourhood where you live. These points you should at once attend to. Soap and water will not cost the poor much; and in some families, the money saved from the gin and alehouse, may well go towards the purchase of things necessary at all times, but most so now. Do your best to lay in a stock of *warm flannel and thick blankets.* These are certainly more expensive articles; but the poor, who are careful in their little savings, will, by the help of kind friends, never be without these useful comforts. *Now* they are particularly wanted. A well-covered, warm bed, with* some few simple remedies, has been known to stifle this disorder on its first breaking out; while many, for want of them, have allowed it to get such a head as to prove fatal. It is stated in a letter from Hamburgh, a city now infected with the plague, that, "*the loss of a single hour generally brings on death.*" Do not then disregard these precautions; do not, I intreat you. What has been recommended is *always* right, and *always* useful. Should the plague never come nigh your dwellings, (which God in his mercy grant!) you will nevertheless be a gainer by following my advice. Your credit and respectability, your domestic comfort, health, and happiness will be promoted by it. But in the event, which we have so great cause to apprehend, the good effects of strict temperance and sobriety, of regular hours and habits, of cleanliness in your persons, children, clothes, beds and furniture, may be very great. Lose then no time, my poor friends, in thinking what you should do, when you have now such plain and easy directions set before you.

But, were our land to be thus fearfully visited, *public measures* would be adopted for the common safety. There would be Committees formed in the various parishes or districts of this city, who would issue their rules and regulations, and pay every possible attention to those under their superintendance. Now I mention this to you, because whatever public measures should be thus adopted, it is *all-important that we should strictly attend to them.* Any person, rich or poor, refusing to do so, besides increasing his own personal danger, would be the means of spreading the infection, and be justly regarded as a public enemy. The horrors of a plague must be encreased tenfold, where the people are not brought under restraint and discipline. Be prepared then to submit to every rule and regulation, which may be laid down by proper authorities; this obedience is a duty which we owe to them at all times, but woe to the country and the city, where the people in times of a plague are left to their own ways.—

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* Giddiness, Sickness, and Cramps in the hands and feet, give the first warning of the Cholera. Vomiting and Purging, with marked changes of the countenance and skin, generally follow. The great object at first must be to keep up the natural warmth of the body, and therefore all means tending to promote perspiration should be used without delay. The patient should immediately be put to bed, and wrapped in hot blankets. Tea, made from spear-mint, pepper-mint, balm and elder flowers, (each in the same proportion) or white wine whey, or broth, (both with spice) should be given. The external heat of the body should be kept up by rubbing with flannels and camphorated spirits; poultices of mustard and linseed (equal parts) should be put to the stomach, particularly when there are pain and vomiting; and poultices of the same kind to the feet and legs. These means, which are recommended by the best Physicians, must be taken *in the very first instance.* The medical adviser should be immediately sent for.

In the plague at London, in the year 1665, the deaths amounted to one hundred thousand; bu the mortality was much increased, first, by the want of wise regulations, and then by the manner in which the regulations, actually made, were disregarded.

Let me now sum up these friendly hints with a few remarks of a far more important nature, inasmuch as the soul's life is far more precious than our animal existence. You know then that our stay in this world is always uncertain; the hour-glass is continually running out; death every day draws nearer to us; after death is the judgment; and after the judgment an Eternity in heaven or in hell. But do not these great truths *now* seem to come before us, clothed with unusual solemnity? A devouring plague, which has "eaten up the people," in foreign lands "like bread," is nigh our dwellings. Fear and dismay go before it; tears and lamentations follow its course. Soon, very soon, may we be called to witness its horrors. Are we prepared to meet it? or rather, to meet our God coming to us in the way of his judgments, to try the faith of his servants, and to call the ungodly to repentance? In what state does this crisis find our souls? Does it find us living, as Christians ought to live, a sober, righteous, and godly life? or are we likely to be taken by surprise, and numbered among the ranks of the profane and profligate, the double-minded and lukewarm? If you belong to the former class † happy are you! if to the latter, bless God for this timely, much needed, and severe warning. Welcome even a plague, if it brings a message from God to your soul; and if you have determined, on reading these friendly hints, to have a care for your *body*, oh! let the plague of sin, which has been so long upon your *soul*, now at length determine you to "work out your own salvation with fear and trembling;" for *that* plague, if not timely remedied, will surely "destroy *both body and soul* in hell." But, blessed be God, we have a remedy to offer you. "*The blood of Jesus Christ, his Son, cleanseth us from all sin;*" and the virtue of that costly blood is applied to all them, who "truly repent and unfeignedly believe the holy gospel." Therefore break off your ungodly habits by a true repentance; and believe for your comfort that Christ died to purchase pardon for every penitent soul; and that if you come to him, in sorrow for the past, and in sincerity of heart to serve him for the future, he will "in no wise cast you out." Now then escape for your life, since a door of hope is opened before you. Trifle no more, delay no longer. You have trifled and delayed long enough; but the Lord's patient forbearance is not yet exhausted. He has spared you up to the present critical time; and he now waits to be gracious unto you "in turning you away from your iniquities." Now then, seek his mercy. *O! God, make speed to save me. O! Lord, make haste to help me. O! Lamb of God that takest away the sins of the world, have mercy upon me. O Father of mercies and God of all grace, create and make in me a new and contrite heart, that I, worthily lamenting my sins, and acknowledging my wretchedness, may obtain of thee perfect remission and forgiveness, through Jesus Christ our Lord.* Amen, Amen.

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† The faithful disciple of the Lord Jesus will find much seasonable comfort from Psalms xviii, xxiii, xxxiv, lxxvii, xc, xci; Isaiah xliii, liii; Rom. viii, 1 Cor. xv; Heb. xii; 1 Peter 1; Rev. xxi, xxii and many helps to duty and self-examination from Job ix, xxxi; Isaiah xxxviii; Lam. iii; Dan. iv; Joel ii; Luke xii; Eph. vi; Rev. ii, iii.

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