EASTON GAZETTE.

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ADVERTISEMENTS

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PREVENTION AND CURE OF CHOLERA.

Short and Plain Rules for the Prevention and Cure of the Cholera Morbus; intended for the unprofessional reader, by Gideon Mantell F. R. S. late Surgeon of the Royal Ordnance Hospital, at Ringmer, &c.

ADVERTISEMENT.

The following hints are published in the hope of mitigating in some measure the fears regarding the Cholera Morbus, which now so generally prevail; of calling the attention of the rich to the condition of the lower classes, among whom if the disease should occur, it is impossible the former should escape; of impressing on the minds of the poor the protection which temperance, cleanliness, and confidence afford, & for the purpose of placing within the reach of all, a simple and effectual mode of treatment for the earliest stage of the disease and until medical aid can be procured. To accomplish these objects, and render these suggestions intelligible to all, the most plain and familiar style has been adopted.

SHORT AND PLAIN RULES.

What are symptoms of Cholera Morbus? How can we preserve ourselves from it? And what shall we do if attacked by it? These are questions which unfortunately now concern every one; upon the conflicting theories respecting the origin and progress of the disease, and the disputes regarding its infectious or none infectious qualities, we leave the Board of Health and the Doctors to decide; plain and direct answers to the above enquiries alone concern the community at large.

WHAT ARE THE EARLIEST SYMPTOMS OF CHOLERA?

As it is presumed no one will have the temerity to attempt the treatment of the disease except in the absence of medical aid, and until such can be obtained the invasion of the complaint, and the symptoms which characterise this stage of it, alone will be noticed.

An attack of Cholera comes on in the following manner:—Giddiness more or less severe is first felt, accompanied with a sensation of chilliness, the fingers and toes becoming very cold a burning sense of heat at the pit of the stomach succeeds, with cramps and spasms in the legs and arms; the whole body is in a short time very cold, with a clammy dampness of the skin. Sickness with vomiting, first of the usual contents of the stomach, and then of a liquid, like thin gruel, and purging generally prevail. There are great nervous agitations and a feeling of extreme weakness; the breathing is hurried; and a sensation of great oppression about the heart is experienced. As a relaxed state of the bowels sometimes precedes this train of symptoms, persons laboring under such an affection should immediately apply for medical assistance.*

Such are the principle symptoms that mark an attack of the Cholera; the coldness of the hands and feet, and of the whole body the cramp or spasms, and the sudden and alarming loss of strength, are characters so strongly marked, and differ so entirely from billious attacks, and the griping and sickness arising from that disordered state of the stomach, which is so common among us, that no one can possibly mistake the nature of the malady it bears some resemblance to an attack of congestive typhus fever, but in this last disease the cramps or spasms are wanting, and the head is more particularly affected.

What should be done if attacked by Cholera?

As the coldness of the surface, and the great depression of the vital powers are the most striking symptoms, it is obvious that to raise the strength of the patient, and restore the warmth of the surface of the body, or in other words, bring back the circulation of the blood to a natural state, are the objects that require to be effected. A vapour or hot air bath† should be had recourse to if at hand; as this however will probably very seldom be the case put the patient into a hot bed, let a blanket wrung out of a tub full of boiling water, as hot and dry as possible, be laid over his body, & confine in the vapour by placing dry blankets over it renewing it the moment it loses its heat. Put bottles or bladders of hot water, bags of hot sand, or hot bricks or tiles wrapped in flannel, to his feet, at the same time rub the feet, legs and arms, with hot flannels. Give him a glass of hot brandy and water, or spirits and water of any kind; or a tea spoonful of sal-volatile, or hartshorn, in hot water, or what is still better, a tea-spoonful of spirits of turpentine,‡ or 20 drops of oil of peppermint in water, or a tea spoonful of sulphuric ether in a wine glassful of camphor julep; if neither of these liquids be in the house, give hot coffee or tea until some of the above mentioned can be obtained. If there be much pain in the stomach, or the spasms be severe, or either of the above remedies do not afford relief, give a tea spoonful, or from 60 to 80 drops of laudanum in hot spirits and water; if there be a severe burning sensation in the stomach, the laudanum should be the first re edy. If the liquid given be rejected, repeat the dose in a few minutes, and if one remedy will not keep down try another Persist in these means till you find the warmth of the skin restored the cramps and spasms relieved, and the patient feel his strength returning. In the mean time send for a medical person, who will find on his arrival half the danger removed, if you have diligently employed the plan here recommended. Do not fear catching the complaint yourself; let not that selfish feeling one moment enter your head; your very exertions will be the best and surest means of preventing your being attacked.

*As a temporary remedy, twenty five drops of laudanum in rice gruel may be taken for this symptom.

†The hot air bath was first used by the late Dr. Armstrong, in congestive typus, with great success, and is a most convenient and efficacious mode of applying heat to the body in Cholera.

‡This remedy is quite as effectual as the oil of turpentine which some have recommended as a specific.

HOW CAN THE CHOLERA MORBUS BE PREVENTED.

This is the last but not least important of the questions we propose to answer, before we reply, let us enquire who have been the principal victims, and what have been the causes which have aggravated the Cholera Morbus in other countries? wherever the disease has occurred, whether in India, Persia, Egypt, or Europe this striking fact has been noticed—"That the ill fed, uncleanly, and consequently unhealthy part of the population, and especially those persons who were addicted to drinking spirits and indulgence in irregular habits have been the greatest sufferers from the disease; and that it has been most violent, and spread most rapidly and extensively, in the towns where the streets are narrow, and due attention had not been paid to ventillation & cleanliness."§

It is obvious, therefore, that cleanliness and temperance are the grand preservatives. Every apartment should be thoroughly ventilated if the windows be made close, they should instantly be altered, so as to admit of being opened; if the weather be damp, make a fire, particularly in the bed rooms, for nothing promotes thorough ventilation so much as a brisk fire with the door or windows open. Drains and sewers should be removed from the vicinity of dwellings. Pig sties particularly require attention. This caution is most requisite in country towns and villages. Where whitewash is necessary, it should be used without delay, but the room should not be slept in till it be thoroughly dry and aired. Blankets and other bed clothes should be exposed to the air or fire every day. A notable house wife can more effectually keep away the Cholera than a host of physicians.

Cleanliness is next to godliness, says the proverb; and it deserves to be written in letters of gold. Personal cleanliness will do more to preserve health, and prevent an attack of cholera, than a chest full of medicine. If a man cannot have a clean shirt every day, he can at least have a clean body; the feet are too generally neglected—like faithful servants they labor all day and are forgotten at night; washing them every evening, and if they be cold, immersing them in hot water, is highly conducive to health.

Temperance in mind and body is as important as cleanliness; excess of any kind is most injurious, The most simple and nutricious diet is the best. The rich can obtain and select what they please; but the poor must do the best they can, and to them this advice is particularly addressed. Good broth or soup may be made for the same cost as the tea, which so generally forms the essential dish at the poor mans table; the soup is highly nutricious, while the tea is just the reverse; take soup then instead of tea if you would guard against cholera. Avoid spirits; instead of spending your pence on gin, put them in the Savings' Bank, to buy brandy or other cordials if required; if you should not want it, let your money remain for a wet day. A pint of good beer taken warm with spice, is an excellent cordial; and a basin of hot gruel, flavored with sugar & ginger, is a supper fit for any body. But mental is as necessary as bodily temperance; suffer not your passions to be over excited; guard against being overcome by fear; nothing produces such depressing effects, and renders the body so susceptible of disease. The only charm which a medical man has against infection is confidence; he visits the most loathsome diseases with impunity, because he has no fear. And what have you to fear? A man with a water proof coat defies the storms and rain; so he who by attending to the above simple rules, maintains his body and mind in a sound state, may be considered cholera-proof, and need not fear the invasion of the enemy.

A parting word of advice to the ladies: above all things be clothed sufficiently warm; avoid cold and damp to the feet; heated apartments, and late hours. Early to bed, and early rising, plenty of exercise, plain diet, and above all a cheerful disposition, are the golden rules for the prevention of cholera.

§Report of the Board of Health.

The Macon Telegraph contains an account of hostilities of a novel character which have recently broken out in Georgia. We are glad to find that General Lynch has been successful; he is sometimes an arbitrary commander, but as he has always contended on the side of justice and in the support of honesty and good order, his apparent aberrations have been readily excused. (Balt. Gaz.

WAR IN GEORGIA.—We have just heard that hostilities are now, and have for the last five or six weeks, been waging on the northern part of our western frontier, and that it is actually a war of invasion. Most of our readers have, we suppose, heard of the Poney Club. This association, consisting of from one hundred and fifty to two hundred members, distinguished by a disregard of law, and a surprising tact at acquisition, had pushed their operations until scarcely a poney worth twenty dollars was left in the Cherokee country; and the Club itself must have died of famine had it not determined to forage in Alabama. From the latter State, ponies, horses and cattle, were taken in large numbers, and being transferred through perhaps twenty depots before sold, recovery was seldom practicable; and as no commissariat receipts were given, the owners were left to whistle for their property.

Nor was this all. The poney club corps have settled so numerously in neighborhoods as to be able to elect constables and justices of the peace from their own body; if any member was seen marauding, process against him could seldom be obtained, or if obtained, he was sure to be discharged on the exculpatory affidavits of his comrades; and not unfrequently the unfortunate plaintiff was committed or bound over on fictitious charges by officers of the peace actually fugitives from justice at the moment. In short, there was no recovery of property by law, nor punishment of the heritors. The Poney Club, composed of persons fugitives from other States, was virtually exempt from the operation of our statutes, while it used the ministerial arm of justice to crush those it had injured.

The Albamians are however a spirited and sagacious people, and resolved on getting that satisfaction through their own enterprise which our tribunals could not afford them. They formed themselves into a society under the cognomen of Slickers or Sleekers, and to the number of about thirty, commanded by Gen. Lynch invaded our territory, observing however the greatest respect towards persons and property, except the members of the Poney Club. The latter they seized whenever discovered, sometims whipping them soundly on the spot and at others taking them into the Indian country and placing the lash in the hands of the aboriginals, who are said to leave seldom an inch of sound skin on the posterior part of the body between the heels and the neck.

As yet the consequences have been most salutary to our state, whipping being in all cases followed by immediate emigration. Only one instance of loss of life has as yet happened. An Albamian having been promised the restoration of some cattle stolen from him, was on his way to the spot at which restoration was to be made and met on the road by the thief attended by a Poney Club constable to take the claimant into custody on a fictitious charge. The claimant was accompanied by several persons, one of whom was a Mr. Goodwin of Alabama. Knowing Goodwin to be resolute and of great bodily strength, the thief cocked his gun and was in the act of bringing it to his shoulder to shoot Goodwin, whose back was towards him, when the latter, admonished of his danger, wheeled suddenly; fired, and lodged a load of buck shot in the body of the thief, who instantly fell dead. This was in Carroll county. Goodwin went to a neighboring gold mine, and stopped all night in expectation of a visit next day from the Poney Club. About twenty of them headed by the same constable, appeared. With his gun to his shoulder, Goodwin commanded them to halt, threatening with instant death, the first man that moved foot or hand. They tamely obeyed, on which Goodwin walked up to them, and tapped the constable on the shoulder, informing him that his presence was wanted at the house, in which the sheriff of the county (who had been sent for) took him into custody on a criminal writ issued at the last term of the Superior Court. The rest of the Poney Club posse made a sudden retreat.

It must be confessed to be discreditable to any community that has to depend on the exertions of its neighbors in another state for the security of property and the enforcement of law. Yet it is not unfrequently the case in newly settled countries; and to General Lynch, notwithstanding his arbitrary disposition and precipitancy, we tender our thanks on the present occasion, although he appears in the character of an invader.

[From the Journal of Health.]

THE ART OF SWIMMING.

On a former occasion* we recommended swimming, at proper seasons, to the young and robust, as a recreation, combining the advantages of muscular exercise with those of bathing. As a means of preserving our own life, or that of our fellow creatures, in cases of accidental submersion, we again call attention to it. Of the art of swimming no one should, indeed, be ignorant. To be able to preserve life, is surely a matter of exquisite delight, remarks Salizma; but of what effect are all injunctions, excitements, or public rewards, for rescuing an individual from a watery grave, or what the strong impulse of our own humanity, when we are obliged to run about in quest of that assistance which we cannot afford ourselves Nay, if it were possible that we could regard only our own safety, the utility of the art of swimming is too obvious to need further recommendation.

The ancient Greeks and Romans, when they would express the idea of a man's knowing nothing, or being fit for nothing, used to say, that he could neither read nor swim. All beasts can swim: therefore swimming is not strictly an art, but rather a natural faculty of the animal body, which was bestowed on it by the Creator; because he knew it would be perpetually exposed to the danger of falling into an element, so abundantly spread over the surface of the globe as water. Man only, or rather the polished European, cannot—partly because it never enters into his mind to attempt it as an object of education, and partly because the natural faculty is more or less destroyed by the physical treatment of our youth.—This is a serious charge, because it includes with the impairing of this faculty, a number of diseases of the chest, by which multitudes are consigned to an early grave.—Scarcely is the infant come into the world, when his chest is subjected to compression.—This vile fashion does not cease here; our usual dress worn over the breast, is, in too many cases, a continuation of the compression throughout life. The breast bone and ribs are at first mere cartilages, and should extend with the growth of the body—the increasing lungs should contribute to this, by being fully expanded in the act of respiration; thus enlarging the thoracic cavities, and assisting in giving to the breast that arched form which is commonly observed in strong persons, and upon which the beauty of form so intimately depends. But this we counteract by tight bandaging and acquire a form very different from that which nature intended. The diminished capacity of the chest thus occasioned, gives rise to various diseases of the chest and by increasing the specific gravity of the body renders the act of swimming much more difficult. Practice may, however, supply, in a great degree, what we have lost. "Nothing, in fact," says Campe, "can be easier than learning to swim. Little more is necessary, than the persuasion that you can swim if you will. This I was taught by the celebrated Franklin, when I was six and thirty years old. On this authority I made the trial and succeeded. He says, all men can swim as well as all beasts; nothing more is requisite, than to have the courage to put yourself into a proper position, and make the same motions with your hands and feet you see the frogs do. But this courage you will not have, till you have found, by experience, that you can keep yourself afloat in this manner. To make the experiment, walk into the water where it deepens gradually, till you are up to your middle, & turn about your face to the shore. In this situation, you will not be afraid to throw youself forwards, and imitate the motions of swimming; because you are certain that you can soon reach the ground, and raise yourself up whenever you please. Thus you will soon find, that water has the power of supporting you. You repeat the trial, and every time your confidence increases: you gradually venture further and further from the shore, and thus the swimmer is formed."

*See Vol. I. page 300

PRINTING

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From the N. England Farmer.

SHEARING SHEEP, &c.—Mr Lawrence an eminent English writer, asserts, 'It has frequently appeared to me on reflection, that it might be preferable to shear all kinds of sheep unwashed, and to wash them after shearing, when it would be much more effectual with respect to their health. Such as were affected with foulness or eruption of the skin, might be washed and scrubbed in a ley of water and wood ashes, in a large tub which would contain three. It would both conduce to the health of the sheep and promote the regular growth of the wool. Wool would probably keep best in the grease, and dust might be shaken from it. Any difficulty in respect to fixing the price of wool in an unwashed state, would vanish in a season or two."

"Clipping off the coarse soiled wool about the thighs and docks,' says London, 'some weeks before the usual time of washing and clipping the sheep, is an excellent practice, as by this means the sheep are kept clean and cool when the season is hot; and with ewes, the udders are prevented from becoming sore." In separating for the purpose of washing, the flock is brought to the side of the washing pool, and those lambs and sheep of different kinds, fit to be washed, are put into separate inclosures; and such lambs as are too young to be clipped are not washed, but confined in a fold or inclosure of any kind, at such a distance from the washing place that they may not disturb their mothers by bleating.

In performing the operation of washing, it was formerly the method to have the washers standing up to their breast in the water; but from the inconvenience and danger of it, (the men requiring a large supply of spirituous liquors, and being liable to be attacked with colds, rheumatisms, and other diseases,) various other modes of performing the operation have been proposed. Among others, that of sinking an empty hogshead or other vessel of sufficient capacity for a man to stand in while washing the sheep, may be as eligible as any. A boat near a bold shore of a sheet of water, with one end aground, by which the sheep is introduced and put overboard, while the man who washes him remains in the boat and extends his arms over the sides and thus performs the necessary manipulations, furnishes a convenient mode of washing sheep. A small perpendicular waterfall, under which sheep are conducted, may likewise be used to advantage for that purpose.

It was uniformly the practice, immediately after shearing, to smear the bodies of sheep with some ointment, in which tar is the chief ingredient. This, however, has been condemned, as causing a waste of wool in carding and manufacturing into cloth. But if the tar is mixed with a sufficient quantity of some greasy substance, the benefit may be obtained (which is to preserve against ticks and the scab, as well as to increase the growth of the wool,) without any bad consequence resulting. A writer in Rees' Cyclopedia, on wool, says much in favor of a composition much used in Northumberland, England, and gives the following directions for making it: "From sixteen to twenty pounds of butter are placed over a gentle fire and melted; a gallon of tar is then added and the mixture is then stirred with a stick until the tar and butter are well combined, and form a soft tenacious ointment" Some skill is required in its application. The locks should be divided, and the ointment applied directly to the skin. It does no good to apply it to the outside of the wool, but it must come in contact with the skin. This is best effected by opening the wool along the neck and back, and applying the ointment with the finger. In short you must apply it in such a manner that it will be most likely to spread over every part of the body. The quantity laid on each animal differs in different districts. In the lighter mode of greasing, one gallon of tar and twenty pounds of butter will be sufficient for fifty sheep. In Scotland, where greasing is applied merely to preserve the animal from inclemency of the climate, a much larger proportion of tar is used This would be very injurious to the wool were it any other but the coarsest kind. To derive the greatest advantage from the ointment, both to the wool and the sheep, it should be applied immediately after shearing and again on the approach of winter. By the first greasing, the wool will be kept soft and moist during the sultry heats of July and August, and the top of the staple will not become harsh and discolored.—One acknowledged advantage of greasing immediately after shearing should not be overlooked—it destroys the sheep tick, and has a tendency to prevent cutaneous distempers, and to protect the skin against the bite of the fly.

Mr. J Nelson published a recipe for the scab on sheep, similar to the above, but which we should suppose might answer a still better purpose; it is as follows:—'Take three gallons of tar and three gallons of train oil, boiled together, to which add three pounds of roll brimstone finely powdered and stirred in." This quantity is sufficient for ninety sheep. It is poured on with a pitcher or ladle from the top of the backbone to the tail.

When the object is solely the destruction of ticks, a strong decoction of tobacco is probably as good an application as can be prescribed.—Lambs often suffer much from ticks, after the sheep are sheared; as the ticks which are driven from the old sheep take refuge with the lambs. It will, therefore, be advisable to apply either the ointment or the tobacco decoction to the lambs as well as to their elders. And in all cases see that your application goes to and spreads over the skin as equally as possible, instead of wetting or smearing the outside surface of the fleece, where it will be of more harm than benefit.

DEDHAM, (Mass.) June 22.

BONNET-MAKING.—The 'straw business,' which is carried on extensively in this county, promises to be quite good this season. The crops of straw are found to be, in general, very fine. One gentleman purchased a lot the other day at the rate of 60 dollars an acre and he has no doubt the speculation will be a profitable one to him. We learn that the lot of four acres advertised in our last has been sold at about 40 dollars per acre—said to be more than the land it grew on would have sold for last fall.

Distinguished visiters.—We have seen a letter from a gentleman at New York, which says—"Our Aldermen are making preparations to receive two distinguished visiters, viz: Mr. Van Buren from Liverpool, and the cholera from Quebec. It is difficult to determine which is best entitled to the *freedom of the city.*"

Boston Cour.

From the Montreal Herald June 20.

EMIGRATION.

From a Correspondent in London.

The Crown, C Hopper, commander, of the Quebec line of packet ships, left the London docks on Monday with settlers for Upper Canada. We understand there are about 250 passengers going out in this vessel; a great portion of them comprise agricultural labourers, mechanics, and small farmers—most of them with large families—they are chiefly from the counties of Kent, Suffolk, and Essex, the parishes which are relieving themselves from an overabundant population, and from the great pressure of poor rates, by furnishing those with the means of emigration to our colonies who have been unable to gain a livelihood in this country. The scene on board the ship at the moment of departure would have affected the most indifferent observer of human nature. Groups of hardy rustics, whose strongly built and healthy appearance seemed to fit them for enduring any fatigue in the wilds of America, were scattered about the vessel, some taking leave of their friends, others who could recognize no familiar face in the crowd that assembled to witness their departure, appeared unconcerned as to their future destiny. But the sunburnt countenances of many bore ample testimony that it was not without regret they left the land of their birth, and the homes of their childhood, to form new associations in the lands of Canada. That the prospects they embark with may not prove delusive ones, will, we are sure, be the wish of their more fortunate countrymen at home.

The London Docks have during the past week, presented a scene of unusual bustle and interest, in consequence of the sailing of several large ships, bound to Quebec and Montreal, with at least 1,000 men, women, and children on board, amongst whom were several respectable persons, small tradesmen in London, who have disposed of their business, and farmers from the counties near the metropolis, with their families. On Tuesday, the Bullfinch, and the Branken Moore, Captain Sharp, two second class vessels, left the Dock with 250 passengers on board. On Wednesday, another vessel followed, with about 150 passengers.—On Saturday the Justinian, Capt. T. Reay, and Rosalind, Capt. Wilson, left the Dock for Quebec direct On Sunday afternoon an extraordinary spectacle presented itself. It having been announced that the Esther, of 600 tons burden, Captain Clarkson, for Montreal, with 150 passengers, the barque Navarino, of 600 tons, Captain Cragg, for Quebec, with 230 passengers, and the barque Crown, Captain Hopper, 350 tons, with 120 passengers on board, were to leave the Dock, a large concourse of persons assembled on the pier-head, to witness their departure—About one, the three vessels, with their decks crowded with emigrants, were hauled out of the great basin amidst the cheers of the people on the quay, which were returned by those on board. the greater portion of whom appeared in high spirits, & were continually calling out to their friends on the quay, 'good bye, farewell,' which was returned by those they have left behind them by exclamations of "God bless you, success, &c." until the passengers were out of hearing. There were, however, not a few who cried bitterly at parting with their dearest friends and relatives whom they may never see again, and the sympathy of the bystanders was commensurate with the affecting sight. Amongst the passengers going out in the Crown are several substantial farmers and agriculturists from the neighbourhood of Sydenham, in Kent, and several from Surry, who have made purchases of large tracts of land in Canada, which they intend to cultivate.—There are now seven large ships in the London dock, (including the Hebe and Hunt, which will each carry 500 passengers) fitting out to carry emigrants to Canada. They will all sail during this and the next week.

Saturday the ship Mansfield, Captain Stainbank, left the St. Katherine's Dock with 150 passengers on board, for Hobart Town and Launceston, Van Diemen's Land. The emigrants are chiefly persons who have moved in a respectable sphere of life, and the vessel is well provided with live stock of all kinds.—The Governor Halkett sailed from the London Dock for the same colony with upwards of 100 passengers; in addition to which there are twelve vessels fitting out in the St. Katherine and London Docks for Van Deimen's Land and New South Wales. Two ships, each containing 190 females under 21 years of age, sent out at the expense of government, left Woolwich last week for Hobart Town and Sydney Three American ships sailed for the United States from the port of London last week, with 500 emigrants on board, principally from the metropolis The rage for emigration has done much good for the shipping interest.

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