

THE INDIAN CHOLERA

as it has reached our City, and several persons have already become its victims. We can ill afford to see it enter our own houses; we should therefore prepare for it, by having our tables ready as are most likely to be useful to those persons who may be attacked by this dreadful disease.—There are many things recommended; but the following are considered NECESSARY, and should be kept in every house.

THICK BLANKETS; COMMON SALT; BRAN;
 plenty of **MUSTARD** and **LINSEED-MEAL**; and some **WOOLLEN BAGS**.

The principal Rules to be attended to for the **PREVENTION** of the Cholera are **LEANLINESS, EXERCISE, AND TEMPERANCE**.

It has been remarked that most of those who have died were **TIPPLERS, BEGGARS, AND IDLE PEOPLE**.

It is recommended that all Costlyes should be late washed, and all drains, pig-sties, and privies, be cleaned out, and unnecessary dung-heaps removed.

If any person is seized with violent Convulsions of the Hands and Feet, Vomiting, and a Coldness, he should be **IMMEDIATELY** put into a **HOT BLANKET**; he should be made to drink a quarter of a pint of **Hot Water** with a **TABLE-SPOONFUL OF SALT** in it. A **PLASTER OF MUSTARD** and **LINSEED** should be put to the **SOLES OF HIS FEET** and **PALMS OF HIS HANDS**, and **ALL OVER HIS STOMACH**. The objects are to **MAKE HIM VERY WARM** all over his body, and **TO GET RID OF A LARGE QUANTITY OF BILE** which is in the stomach.—He may be **KEPT WARM BY BAGS OF HOT BRAN** or **SAND** being applied to different parts of the body. **THE SALT DROPS** he gives to him at least **ONCE IN EVERY HOUR**, till the stomach is relieved by being up a large quantity of **DARK FLAT**. It would be a good thing for two or three persons to rub him and keep taking care not to expose him to the cold.—If he can be kept alive 72 hours, he may be considered cured.

WELL-WORTH CITIZENS, accept; I entreat of you, do a vital warning, and remember there is **SOMETHING MORE IMPORTANT TO BE DONE**.

Man is sent into the world **AN IMMORTAL BEING**. His life is different from that of a horse or a dog, and he must be treated differently. He must be trained as a soul which is **THE KING OF A MORE DREADFUL DISEASE THAN THE CHOLERA**.

John Sim. Yes, my dear fellow-creatures, you have **SOULS** which will live after your bodies are laid.—Whatever sinners may say—you and they know and feel that after **Death is the Judgment**.

ARE YOU READY FOR THE GREAT ASSIZE?

If you plead 'Not guilty,' when your Judge says, 'There is none good; no, not one!'—Sin the door of every man; and unless he is cured of that **Plague** he cannot expect to be admitted into Heaven.—Therefore fly to Christ, the only Physician of the Soul;—even to Him, who, rich, for our sakes became poor, that we through His poverty might be rich; with His wounds we are healed; He, and none but He can heal you; and He promises to accept all who come into God by Him. Can you neglect that soul for which your Saviour died? He says to each of us, 'Turn ye, turn ye; why will ye die? I have sent among you the pestilence, therefore **PREPARE TO MEET THY GOD**.'

Wretches! You are safe. If you are sincere and faithful you have no cause for alarm on an account. You can say with Isaiah, 'Thou wilt keep him in perfect peace whose mind is settled on Thee'; because he trusteth in Thee;—and with St. Paul, **'WHETHER WE LIVE OR DIE, WE ARE THE LORD'S'**.

CHARLES THORNAM, PRINTER, CARLISLE.

Precautions against cholera

The use of public notices was one way to ensure important public messages were quickly spread during Victorian times.

As cholera crawled across Cumberland, local newspapers ran weekly tallies of victims and updates from the main towns.

Cholera notice of 1832 (left) had precautions and tone markedly different from nearly 50 years later (below).

Public notice issued by the Government in 1871, advising people of what to do to protect themselves against cholera, reflected advances in scientific knowledge (see point 1 'Things to be Avoided').

Although Dr John Snow had proved the connection between contaminated drinking water and the spread of the disease, the Government still advised people to avoid 'the breathing of air which is foul'.

THE CHOLERA.

WHITEHAVEN.—We ventured, in our last, to express a hope that the cholera was on the decline in this town; but our readers will perceive, on referring to the following table, that the average number of new cases and deaths during the last two days, is nearly as great as during the worst period of the disease. We fear, therefore, that some time must yet elapse, and many victims fall a sacrifice to the dreadful scourge, before we be freed from it.—We were in error in our last week's statement that all cases of Diarrhoea were given in the returns. Such is not the fact—none are returned but decided cases of English and spasmodic cholera. The following are the official reports for the week:—

Daily numerical report of cases of Cholera for the townships of Whitehaven and Preston Quarter, from 10 o'clock, A.M. August 27, to 10 o'clock, A.M., September 3, 1832:—

Date.	Just Reported.	Cases.	Deaths.	Recs.	Rem.
Tuesday.....Aug. 28	43	11	2	6	46
Wednesday.....29	46	9	3	17	30
Thursday.....30	35	10	1	13	31
Friday.....31	31	7	1	9	24
Saturday.....Sept. 1	28	3	0	4	27
Sunday.....2	27	3	0	7	20
Monday.....3	20	19	2	8	29

New cases during the week. 61—deaths, 14—recoveries, 61.
 —Total from commencement (July 1)—cases, 520—deaths, 142—recoveries, 280.

Board of Health, } R. F. KING, Secretary.
 Whitehaven, Sept. 9, 1832. }

WONINGTON.—We are happy to announce a still further abatement of the disease in this town. The cases are not only less numerous, but comparatively mild in their character, and the alarm amongst the inhabitants has in a great measure subsided. We subjoin the official reports:—

Date.	New Cases.	Deaths.	Recs.	Rem.
Tuesday.....Aug. 28	0	0	0	8
Wednesday.....29	5	0	5	12
Thursday.....30	2	1	2	11
Friday.....31	0	1	4	6
Saturday.....Sept. 1	2	0	1	7
Sunday.....2	2	1	0	8
Monday.....3	7	3	1	11

Total cases from commencement 257; deaths 93.

Board of Health, } HENRY BOWEN, Secretary.
 Workington, Sept. 3, 1832. }



PRECAUTIONS AGAINST CHOLERA.

Taken from the Official Administrative, 1871 August 11.

Cholera is so little contagious, that if reasonable care be taken, there is scarcely any risk to those who attend upon the sick; the infection lies in the discharges from the sick, the danger not being contagious into Small Pox or Scarlathina.

STEPS TO BE TAKEN.

- To take care that all discharges which are diarrhoeal or choleraic are immediately disinfected.
- To take care that no unhealthy conditions are allowed to exist.

THINGS TO BE AVOIDED.

- The use of drinking water which is contaminated or even in the slightest degree tainted by house refuse or other like kinds of filth, or drawn from a source into which there is leakage or filtration from sewers, house-drains, privies, cesspools, or foul ditches, or drawn from wells situated in and which is fouled as above.
- The breathing of air which is foul with effluvia from similar sorts of impurity.

PRECAUTIONS TO BE TAKEN.

To make important and searching examination of sources of water supply, where the source is in any degree open to suspicion. This applies as much to the well or cistern or private reservoir as to the works and mains of Water Companies and Local Boards. All cisterns should be cleaned.

Where pollution is discovered, everything practicable should be done to prevent the pollution, and until that object is attained the water should not be drunk.

There should be at once a thorough removal of all kinds of house refuse and other filth which has accumulated in neglected places. Foul accumulations of filth should be prevented.

Attention should be given to all defects of house drains and sinks through which offensive smells are let into a house.

Thorough and constant washing and lime whitening of uncleanly premises, especially of such as are densely occupied.

Disinfection should be freely and very frequently employed in round and about houses whenever there are receptacles or conduits of filth, and wherever there is filth, sodden earth, or anything else tending to make the atmosphere foul.

The duty of observing the above precautions is one which ought never to be neglected by anyone.

SET THE MAIN QUARTY OF SUSPECTIVE WASTE BE KEPT UNDER LOCK AND KEY (REMARKS THAT CHOLERA CERTAINLY WOULD BE PREVENTED BY BEING KEPT UNDER LOCK AND KEY).

The existence of any nuisance should immediately be brought to the notice of the proper local authority.

DO NOT NEGLECT DIARRHOEA.

ISSUED BY THE LOCAL AUTHORITY OFFICE OF THE LOCAL BOARD.

Cumberland Pacquet 4 Sept 1832 (Whitehaven Record Office)

Notices (Carlisle Record Office)

