

Cooking utensils should be scalded after use and kept carefully clean.

6. Avoid the use of strong aperients, and especially of strong saline aperients. If there is obstinate constipation, take at bedtime either a teaspoonful of Gregory's Powder or one or two teaspoonfuls of castor oil.

7. Avoid excess and irregularities of every kind, over fatigue, prolonged watchings, emotional excitements, undue mental strain, and all such things as irritate and exhaust the nervous system.

Especially avoid the frequent use of alcoholic or of any stimulants to cover recurring sensations of sinking, malaise, or depression.

8. Take moderate exercise, twice daily; follow early hours; and aim at leading a regular, an occupied, and a tranquil life.

CONCERNING THE MANAGEMENT OF LOOSENESS OF THE BOWELS.

9. If, notwithstanding this careful regulation of the manner of living, looseness of the bowels should set in, send immediately for medical assistance, since, without personal examination and direction, no case of this kind, arising in such circumstances, can be satisfactorily or even safely managed. But if medical assistance is not immediately available, follow the subjoined instructions until the doctor arrives.

10. Choose, if practicable, a bright, airy room, go at once to bed, keep quite warm, and if troubled with cramps or pains, apply hot applications to the entire stomach.

11. Take freshly prepared fluid or semi-fluid food in quantities of a large cupful at a time regularly every three hours. Such food may consist of boiled milk, thickened with rice flour, baked flour, or biscuit powder; of tea made with boiling milk infused about five minutes, and having toast, biscuits, or rusks soaked in it; of farinaceous puddings of the nursery sort; of any kind of gruel, except that made with coarse oatmeal; of meat jelly, of beef tea, or of mutton, chicken, or veal broth.

If pain persists with depression or faintness, take a tablespoonful of brandy or of whisky in a small claret glassful of hot water after meals, twice, thrice, or four times in the course of the twenty-four hours; but not oftener than is absolutely required for relief.

12. If thirst becomes excessive, sip from time to time small quantities of iced water just sensibly acidulated with fresh juice of lemons or with aromatic sulphuric acid.

13. As soon as possible after looseness of the bowels has begun, take in capsules, or in hot milk, or in any other manner preferred, two teaspoonfuls

of castor oil. If, when the action of the oil may be fairly supposed to have ceased, the looseness increases to a watery diarrhoea, let the hips be well raised and carefully inject into the bowels a quart or more of hot water containing two drachms of benzoate of soda or thirty grains of tannin. Furthermore, if there be much pain in the bowels, fifteen to thirty drops of laudanum may be added to the injection. The injection should be retained as long as it is comfortable to the patient, and it may be repeated once or twice daily during the continuance of the diarrhoea, and until medical assistance has been procured.

14. After the administration of the injection, if one has been found necessary, the following mixture should be taken at intervals of from three to four hours, according to the urgency of the symptoms.

Mist. Cretæ Aromat. one ounce, Tinct. Camph. Comp. half-a-drachm, Tinct. Chloroform. Comp. twenty minims, Sp. Ammon. Arom. twenty minims, Cerii et Bismuthi Salicyl. five grains, Ess. Menthæ. Pip. ten minims. Fiat dose i.

15. Should this mixture disagree, or in four-and-twenty hours fail to give relief, the mixture following should be substituted and taken every three or four hours:—

Acid Sulp. Arom. fifteen minims, Tinct. Camph. Comp. half-a-drachm, Tinct. Chloroform. Comp. twenty minims, Tinct. Coto. twenty minims, Syrupi Aurant. Flor. one drachm, Aq. Menthæ Pip. ad one ounce. Fiat dos. i.

16. From the first appearance of looseness of the bowels the body should be washed with warm water night and morning, and quickly dried; soiled bed or other clothing should be immediately disinfected and destroyed.

A cheap and efficient disinfecting fluid is recommended by Dr. Thorne Thorne, and is thus prepared:—Dissolve half an ounce of corrosive sublimate and five grains of commercial aniline blue in three gallons of water, and add thereto one fluid ounce of hydrochloric acid. Preserve in earthenware jars or wooden tubs.

17. All further general precautions necessary to be taken at this time are admirably set forth in the Memorandum issued on 26th August, by the Medical Officer of the Local Government Board.—I have, &c.,

(Signed) ANDW. CLARK, M.D.,
President of the Royal College of Physicians.

WM. HENRY ALLCHIN, M.B., Vicarius for
Edward Liveing, M.D., Registrar.

To Sir Hugh Owen, K.C.B."

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