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MADRAS RECORD OFFICE.

Government of Madras.

Public Works DEPARTMENT.

Con. 24-5-57

G.O. No. 527	Press Mis.
66-67	
Dated 23—3—	1857.

Not to be folded or roughly handled

No. 66. Read the following letter from Surgeon A. LORIMER, M. D., Secretary Medical Board; to H. FORBES, Esq., Acting Secretary to Government, dated 17th February 1857, No. 41.

SIR,

In acknowledging the receipt of Extract Minutes of Consultation No. 129 of date 19th Ultimo, relative to the means that should be adopted for the purpose of preserving the health of labourers when necessarily employed at work in unhealthy localities, and requesting the Board to frame a set of rules for the observance and guidance of Officers placed in charge of such working parties, I have the honor by desire of the Medical Board to submit the following observations.

I. The most eligible site available, say at a distance of not more than one mile, or a mile and a half from the work, should be selected for hutting the party; the huts should be well thatched, and the floors over laid with straw and tarpaulin.

II. In addition to their ordinary clothing, each cooly should be provided with two Cumblies, one to wear during the day, and the other for cover at night.

III. Except on an emergency, work should not commence earlier than 7 A. M., the people having had their morning meal fresh cooked; they should have an hour for dinner, and rest between 11 and 12, and strike work at 5 P. M.

IV. In most situations an eligible site may be found at the distance above stated in one or another direction from the place of work; but should no proper spot be available, it will then be requisite to have a piece of ground well cleared, the huts more substantially erected, the floor raised some feet above the surrounding level, and fires kept burning about the encampment to windward especially during the night.

V. The Board would also recommend that the adoption of the common native custom of having their face covered with a cotton cloth during the night as usually practised may be urged upon the workmen.

2. With regard to the treatment of diseases in the absence of Medical aid and assistance, the Board beg leave to append the following practical observations for the guidance of Engineer and other Officers in charge of working parties.

The diseases from which such parties have been found to suffer most, have been Cholera, fever, bowel complaints and rheumatism; and Officers should ever bear in mind, that by guarding as much as possible against unnecessary fatigue and exposure, and providing food for the work people, much disease may be avoided.

The following medicines have been found most useful in these complaints:

1. Cholera pills.
2. Anti fever powder.
3. Calomel and Antimony powders for fever.
4. Pills for bowel complaints.
5. Epsom salts.
6. Tartar Emetic.
7. Castor oil.
8. Dover's powder.

I. Cholera pills each composed of Acetate of lead, grain 1, Calomel grains two, Opium grain one.

Dose of and directions for use.

Two, a dose for a grown up person, one for a youth above 15 and under 20, half below 15 to 10; a third part from 10 to 7 years, and a quarter or less, even to a twelfth part according to the age below 7 years. The dose should be repeated every 2, 3 or 4 hours according to the urgency of the symptoms (in many instances if taken early, one dose will be found sufficient) to the 3rd time, but not beyond this; half a wine glass of brandy with a little water and sugar will occasionally aid the pills, where great prostration of strength is present.

Rest is peculiarly valuable in the treatment of this disease, and therefore quietness of body should be endeavoured to be obtained by constant soothing attention; cold water in small quantity, or better if available, small soda powders,* will be useful one every hour even, if the thirst is urgent; in every case a mustard poultice should be applied as soon as possible, to the pit of the stomach and kept on for half an hour. The poultice is made of mustard (in powder) mixed up with vinegar or with water, if there is none, and spread on a piece of cotton cloth a little larger than a man's hand.

* Soda grains twenty, Acid tartaric grains sixteen in water and to be taken while effervescing.

Food.—Thin Arrow-root or Sago congie, and during convalescence all heating or irritating food to be avoided.

Fever.

The cooling laxative mixture for fever is composed of Epsom salts one ounce, Tartar Emetic one grain, water one pint. Should the patient present himself in the morning with fever, a wine glass full of this mixture to be given every 2 hours till the 4th time; in general two days use of this mixture will suffice; the object in view being to subdue the febrile tendency by opening the bowels freely, and by causing a degree of sickness even to vomiting; the first day's use of this mixture to be followed up with one of the powder marked Calomel and Antimony powders at bed time, which are composed as follows; Calomel grains four, Antimonial powder grains four, Dover's powder grains six, next day if no heat of skin or head-ache be present, then the antifebrile powders composed as in the margin, may be commenced, the first at 7 A. M. another at 9 A. M. and a third at 11, A. M., each given in a tea spoon full of water; in the majority of cases, three days use of these powders will suffice, and for three days more one may be given in the forenoon, in two divided dose, viz., half at 10 A. M. and the other half at 1 P. M. each in a little water.

Qninine grains three.
Rhubarb grains two.
Ipecacuanah half a grain.

Should heat of skin be present on the 2nd day, another day's use of the cooling laxative mixture will be required, but only three doses, and the Calomel and Antimony powder again at bed time.

Should the patient be admitted in the forenoon, only 3 doses of the mixture should be given, in the afternoon two, and in both cases the Calomel and Antimony powder to be given at bed time as in the first case detailed, and supposed to be admitted in the morning.

Diet.—Smaller quantity than usual, and all heating or irritating food avoided for a few days.

Bowel complaints.

Diarrhæa is generally produced by bad water or food, or unripe fruit, and in such cases a dose of Castor oil (a table spoonful) on admission will be requisite and one of the pills marked for Bowel complaints (composed as per margin,) three or four hours after the oil has been taken; and another at bed time; these pills may be continued the following day, one in the morning and one in the evening at bed time, and in all likelihood the complaint by this time will cease; if from cold, the oil will not be required on admission, but one of the pills immediately, and another at bed time, the person to be well covered in either case, but especially when occasioned by cold; the diet, arrow root, or sago congee for a couple of days, warm fomentations to the belly will often be found useful when much pain is complained of.

Blue pills grains two.
Ipecac grain one.
Quinine grain one.
Opium half a grain.

Dysentry.

Similar to the above, only in a more severe degree, the same pills will be found to have good effect; one three times a day, at 7 A. M., 1 P. M. and at bed time for four days; and the diet and clothing to be carefully attended to in the same way, after the 4th day the pills may be given twice a day, morning and evening, for three or four days; a desert spoonful of oil to be given, should the bowels get confined: warm fomentations as recommended, for bowel complaint.

Rheumatism.

The cooling and laxative mixture to be used for one day or two as in cases of fever, and Dover's powder, grains ten to be given at bed time for four consecutive nights, if not then relieved, one of the pills marked for bowel complaints to be given morning and evening for four day's more; diet smaller in quantity than usual.

No. 67. ORDER THEREON, No. 527; dated 23rd March 1857.

Resolved that the foregoing letter be communicated to the Chief Engineer for general circulation among the officers and subordinates of his department. The Chief Engineer will furnish each District Engineer with a few spare copies of the Medicial Board's letter, in order that Officers and Subordinates sent on detached duty may be always supplied with a copy.

(Signed) H. FORBES,
Acting Secretary to Government.

No 41.

To

The Secretary to Government
Department Public Works
Fort Saint George

Sir,

I am acknowledging the receipt of
Colonel Minutes of Consultation No. 129
of date 6th instant, relative to the measures that
should be adopted for the purpose of preserving
the health of labourers whom necessarily employ
ed at works in unhealthy localities, and request
ing the Board to frame a set of rules for the
observance and guidance of Officers placed
in charge of such working parties. I have
the honor by desire of the Medical Board to
submit the following observation.

I The most eligible site available,
say at a distance of not more than
one mile, or two miles and a half from
the works, should be selected for hutting
the party; the huts should be well thatch
-ed, and the floors over laid with.....
straw and Jasparnieve.

I am

II In addition to their ordinary clothing, each body should be provided with two Camblets, one to wear during the day, and the other for cover at night.

III Except in case of emergency, work should not commence earlier than 7 A.M. the people having had their morning meal fresh cooked; they should have an hour for dinner, and rest between 11 and 12, and strike work at 5 P.M.

IV The most situations are eligible which may be found at the distance above stated in one or another direction from the place of work; but should no proper spot be available, it will then be requisite to have a piece of ground well cleared, the huts erected substantially raised, the floor raised some feet above the surrounding level, and fires kept burning about the encampment, to windward especially during the night.

V The Board would also recommend that the adoption of the common native custom of having their face covered with a cotton cloth during the night as usually practised may be urged upon the workmen.

Hints

2 With regard to the treatment of diseases in the absence of Medical aid and assistance, the Board beg leave to append the following practical observations for the guidance of Engineer and other Officers in charge of working parties.

The diseases from which such parties have been found to suffer most, have been cholera, fever, bowel complaints and rheumatism; and Officers should ever bear in mind, that by guarding as much as possible against unnecessary fatigue and exposure, and providing food for the work people, much disease may be avoided

The following medicines have been found most useful in these complaints

1 Cholera pills
2 Anti-fever powder
3 Calomel and Antimony powders for fever
4 Pills for bowel Complaint
5 Epsom Salts
6 Tartar Emetic
7 Castor Oil
8 Dovers powder.

I Cholera pills each composed of Acetate of Lead 3gr Calomel grains two, opium grain one.

Dose of and directions for use

Two a dose for a grown up person,

and

ow for a youth above 15 and under 20, half below 15 to 10; a third part from 10 to 7 years, and a quarter or less, even to a twelfth part according to the age below 7 years. The dose should be repeated every 2, 3, or 4 hours according to the urgency of the symptoms (in many instances if Castor early one dose will be found sufficient) to the 3rd time, but not beyond this; half a wine glass of Brandy with a little water and sugar will occasionally aid the pills, where great prostration of strength is present.

Rest is peculiarly valuable in the treatment of this disease, and therefore quietness of body should be endeavoured to be obtained by constant soothing attention; cold water in small quantity, or bottled if available, small soda powders, will be useful one every hour even, if the thirst is urgent; in every case a mustard poultice should be applied as soon as possible, to the pit of the stomach and kept on for half an hour. The poultice is made of mustard (in powder) mixed up with Vinegar or milk water if there is none, and spread on a piece of Cotton cloth a little larger than a man's hand.

Soda grains twenty
Acid tartaric grains
sixteen in water and
to be taken while
effervescing.

Food. Thin arrow-root or Sago Gruel, and during Convalescence all heating or irritating food to be avoided.

Fever

The cooling laxative mixture for fever is composed of Epsom salts one ounce, tartar emetic one grain, water one pint.

Should the patient present himself in the morning with fever, a wine glassful of this mixture to be given every 2 hours till the 4th time; in general two days use of this mixture will suffice; the object in view being to subdue the febrile tendency by opening the bowels freely, and by causing a degree of sickness even to vomiting; the first days use of this mixture to be followed up with one of the powders marked Calomel and Antimony powders at bed time; which are composed as follows; Calomel grains four, antimonial powder grains four, Dovers powder grains six. Next day if no heat of skin or headache be present, then the Anti-febrile powders composed as in the margin, are to be commenced, the first at 7 A.M. another at 9 A.M. and a third at 11 A.M, each given in a tea spoonful of water; in the majority of cases, three days

Pilgrims grains three
Rhubarb grains two
Ipecacuanha half a grain

days use of these powders will suffice, and for three days more one may be given in the forenoon, in two divided doses first half at 10 A.M. and the other half at 1 P.M. each in a little water.

Should heat of Skin be present on the 2nd day, another days use of the Cooling Laxative mixture will be required but only three doses and the Calomel and Antimony powder again at bed time.

Should the patient be admitted in the forenoon only 3 doses of the mixture should be given, if in the afternoon two, and in both Cases the Calomel and Antimony powder to be given at bed time as in the first Case detailed, and supposed to be admitted in the morning.

Diet:- Smaller quantity than usual and all heating or irritating food avoided for a few days.

Bowel Complaints.

Diarrhœa is generally produced by bad water or food, or intemperance, and in such Cases a dose of Castor oil (a table spoonful) on admission will be requisite, and one of the pills marked for Bowel com-

plaints

Blue pills grains two
Specac - grains one
Quinine grains one
Opium half a grain

11.

plaints) composed as per margin) three or four hours after the oil has been taken; and another at bed time; these pills may be continued the following day, one in the morning and one in the evening at bed time and in all likelihood the Complaint by this time will cease; if from Cold, Bark will not be required on admission, but one of the pills immediately and another at bed time, the person to be well covered in either Case, but especially when occasioned by Cold; the diet, arrow root, or sago Soup for a Couple of days, and from Convalescence to the belly will often be found useful when much pain is complained of.

Dysentery

Similar to the above only in a more severe degree, the same pills will be found to have good effect; one three times a day, at 7 A.M. 1 P.M. and at bed time for four days; and the diet and clothing to be carefully attended to in the same way. after the 4th day the pills may be given twice a day, morning and Evening for three or four days; a dessert spoonful of oil, to be given should the bowels get confined: warm fomentations as recommended

recommended Bowel complaint,

" Rheumatism,

The cooling and laxative mixture
to be used for one day or two as in Case of
fever, and Dovers powder gr. xv to be
given at bed time for four consecutive nights.
if not otherwise ordered, one of the pills mark-
ed for Bowel Complaints to be given
Morning and Evening for four days and.
diet smaller in quantity than usual.

I have the honor to be

Sir

Your most obdt. Servant

St. Saint George

Medical Board Office

7th February 1857

E. Laird

Secretary Medical Board

2d to Com 20th Jan/57 R 30781

1857.

Public Works Dept
Do to Com 24th March
No 338

From
The Secy Med. Board
Fort Saint George

To
The Secy to Govt
Dept Pub. Works
Fort Saint George

Dated 17th Inst
Rec'd 18th "

No 41

Submitting with reference to Cont. Mins of Com. No 129 of date a list of rules for the observance and guidance of Officers placed in charge of working parties in connection with Cholera Inoculation with observations.

No 66 & 67.

With an Order.
No 527. 23d March

C 28 Secy Rd Mason

No 527

Resolved that the foregoing letter be communicated to the Chief Engineer for general circulation among the Officers and subordinates of his Department. The Chief Engineer will furnish each District Engineer with a few spare copies of the Medical Board's letter in order that Officers and subordinates sent on detached duty may be always supplied with a copy.

Fort St George
23 March 1857

126 Copies to the Chief Engr Dept
3 — Chief Engrs 3 Pub Dept 3 Guard Dept
1 — Med Board