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*Foreign-Office, October 6, 1853.*

**T**HE Queen has been pleased to approve of Mr. G. Beckx as Vice-Consul at Melbourne, Australia, for His Majesty the King of the Belgians.

*Board of Trade, Whitehall,  
October, 3, 1853.*

THE Right Honourable the Lords of the Committee of the Privy Council for Trade and Plantations, with a view of preventing the spread of Cholera on board Merchant Shipping, have caused to be issued and circulated the following Instructions and Notice for the information and warning of Mariners and Shipowners :

## CHOLERA.

*Instructions to Captains of Ships prepared by the  
General Board of Health.*

“CAPTAINS of Ships are hereby warned,—  
I. *What to avoid.*

**OVERCROWDING.**—The amount of breathing space for the men which may suffice in ordinary times is insufficient in an epidemic season. Increase space as much as practicable. Permit no sails, large trunks, or any part of the cargo to occupy the fore-castle. If sufficient additional space cannot be otherwise obtained, erect a temporary tent on deck by awning, sails, &c., for the men at night, taking care that they sleep warm and dry. Ventilate the fore-castle and every part of the ship with fresh air as freely as possible. Pure air is the first essential requisite to safety.

**DAMPNESS.**—To lessen the danger from dampness let the boards be dry-rubbed. Let the men change their wet clothes whenever practicable, and never allow the wet clothes to remain below an instant. A thick flannel belt or bandage around the stomach or loins would be a great defence for sailors. Flannels or Guernsey frocks should be worn next the skin. Sudden and violent attacks of cholera often follow a chill.

**FILTH.**—Let every part of the ship be kept as clean and sweet as possible, and enjoin personal cleanliness on the men. Vessels affected by bilge water should be pumped out frequently, especially steamers.

**UNWHOLESOME FOOD.**—Articles of food which may be taken with little inconvenience in ordinary

times may be dangerous in an epidemic season. The best articles of food are meat, good biscuits, rice, oatmeal, and good potatoes. Solid food is better than fluids, and therefore at this time it would be desirable to give the crew beef and mutton instead of soup. Care should be taken to avoid all tainted meat and decayed vegetables. Special attention should be paid to having a supply of pure water. All river water near towns should be avoided.

**EXCESS.**—Great moderation both in food and drink is absolutely essential to safety. A single act of indiscretion has been followed by a severe attack ; intemperance at such a time is fraught with extreme danger. An epidemic atmosphere commonly produces great depression, both of body and mind, and a desire for stimulants. If for the relief of this feeling recourse be had to gin or brandy, the result may be fatal.

**PURGATIVE MEDICINES.**—No purgative medicines of any kind should be taken at this season, — unless under medical direction. Glauber's Salts and Epsom Salts are especially dangerous. Owners and masters should provide themselves with the necessary medicines immediately.

## II. *What to do.*

Cholera is commonly not so sudden in its attack as is supposed. It usually gives warning of its approach for some hours, and often for a day or two, by some degree of looseness of the bowels. This may be slight; and it is almost always without pain ; but let no one be put off his guard by this circumstance. The Master should, by observation and inquiry, take notice of the health of the crew ; and for his guidance, until such time as he may be able to obtain medical assistance, the following recommendations are subjoined :

If any man should be attacked with any degree of looseness of the bowels the following medicine should be given to him at once : fifteen or twenty grains of opiate confection, mixed with two table spoonsful of peppermint water, or with a little weak brandy and water warm. This should be repeated every three or four hours, or oftener if the attack is severe. If this medicine is not at hand, eight or ten drops of laudanum may be substituted for the opiate confection.

If the purging is severe, and especially if attended with vomiting or coldness, the man should go to bed immediately, and be kept warm. Bottles of hot water, or bags filled with salt or bran, should be applied to the stomach and feet and along the spine.