

THE SPIRIT OF DEMOCRACY  
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# SPIRIT OF DEMOCRACY.

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MECHANICAL EXECUTION  
BY E. ADOLPHUS BUTTER.  
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### The Consumptive.

Oh! it is said, 'tis very sad,  
To see when comes another May,  
That all things will be bright and glad—  
And I lie cold beneath the clay.  
So young! so very young! and yet  
To die ere comes another year!  
And will the friends I loved forget  
That once with them I mingled here?  
Will they but lightly speak my name?  
But seldom give a thought to me?  
And will the hours pass on the same,  
In dance and song, in mirth and glee?  
Oh! I have crushed each bitter tear,  
That trembled in my death-dim eye.  
Whene'er across the thought so drear,  
That with the Summer I must die,  
I've hit my heart subduer its throbs,  
I've found a way to calm repose,  
Although I knew that soon the clods  
Would o'er my lip half-dwelt the smile,  
And in my eye no tear was seen,  
My life was fading all the while.  
And yet I'm only just nineteen.

### Proceeding's Concerning Cholera.

Pursuant to resolution of the Sanitary Committee, the following reports were read at two general meetings of the citizens of Martinsville, and by the last of said meetings ordered to be published.

### Report of the Sanitary Committee.

The committee deem it unnecessary upon the present occasion, to enter upon a minute enquiry into the history of the rise and progress of the disease, known by the name of Asiatic or epidemic cholera; but from the necessity of the case, as to limited time, &c., feel themselves obliged, so to condense in this report, as to give but a very brief sketch of the history, statistics, and character of the epidemic, as exhibited in its visitations, in the current quarter of the present century. But your committee hope that the very brief sketch they have drawn, being derived from the most reliable documents, will be sufficient to determine the meeting or rather to assist its dispassionate judgment, in arriving at such conclusions as may lead to the efficient practical means of advertising, or lessening the calamities of this justly dreaded pestilence should it visit our village.

Cholera has long been known as an epidemic of India: in 1764 it destroyed the lives of 30,000 individuals in Hindostan; nearly one third of whom were Europeans. In 1817 it appeared upon the Ganges, and raged in Calcutta during the whole of 1818, spreading over all Bengal, and devastating the grand army of Blaudand. Here its course seemed arrested by the Himala mountains; but it travelled southward to Madras; and attacked 30 physicians, 13 of whom died. In 1820 it ravaged at Bombay, and carried off 130,000 persons. In 1821 it destroyed 50,000 in Basarrah. In 1825 it ravaged the coast of the Mediterranean, and Chinese Territory. In 1832 it suddenly and unexpectedly broke out at Orenburg in Russia, and produced a mortality of 20,000. In September 1832 it arrived at Moscow and raged during the winter. In 1831 it reached Austria, and destroyed

37,770 individuals. In the same year 24,000 died in Hungary; and on the 4th of June it reached Sunderland, in England; and soon spread to Scotland and Ireland, destroying 30,000 people. In 1832 it spread over France with great rapidity, and on the 8th of June, the first case appeared upon the western coast, at Quebec in lower Canada. And two days afterwards on the 10th, it attacked the city of Montreal. On the 21st it suddenly and unexpectedly appeared in New York, while all the intermediate cities and towns of New Brunswick, Nova Scotia, Maine, Massachusetts and Rhode Island, remained entirely exempt. The first case in Philadelphia was manifest on the 5th of July. This city suffered much less than Montreal, Quebec or New York. During the summer and autumn of 1832, the malady spread over our country in various directions, attacking Albany, Troy, Rochester and Buffalo in July; and Boston, Wilmington, Baltimore, Washington, and the District of Columbia in August; also spread over the states of New Jersey and Delaware. On the 1st of October, it broke out suddenly in Cincinnati, and simultaneously in Madison, Indiana; Louisville, Ky.; and St. Louis, Mo.; and in November reached New Orleans, Lexington, Maysville and some other towns suffering severely. In Cambridge, out of a population of 20,000, the victims amounted to 4000. It appeared at Havana, but no where else in the West India Islands. In 1833 it was at Pittsburgh, but its sojourn was so transient and mild, as to be almost an exemption.

Other towns upon our river, suffered more severely; and none was perhaps more severely scourged than our sister village of Bridgeport, and our neighboring city of Wheeling. Some of the members of your committee, and numbers now present in this meeting, cannot fail to recollect what anxiety, apprehension and alarm, was then produced by the awful visitation, and prevalence of this pestilential malady in our midst. The ready hand of active benevolence; the most vigilant skill of the whole faculty; the magisterial aid of municipal laws—the precarious prohibition of sanitary cordons—the equivocal aid of both active and inert prophylactics—and in some instances the capillary mummery of charms and incantations, were called into service, and their aid invoked, to mitigate remedy, and stay the spread of this mighty angel of destruction. We were then appalled by the sudden disruption of the closest ties of affection. Our faculties were almost paralyzed by the widespread and irresistible mortality. We were astounded by its sudden and dreadful advent; and fearfully reminded of its appalling presence and power, by the continuous knell, summoning us to the solemn obsequies of some endeared relative or friend. Dejection settled upon the mind, and deep awe came over the soul—solicitude looked out from every countenance; fear and precaution governed our actions, and sympathy mingled tears with offices of kindness and benevolence. It is within the knowledge of your committee that there are individuals now present, who, in the very midst of this wide spread desolation, and in defiance of the pestilence that "walketh in darkness, and smelleth at noonday," impelled by the emotions of pure benevolence in their own bosoms, nobly dedicated their whole energies to mitigate the untold, and indescribable anguish of the suffering victims of this pestilential destroyer. May the blessings they conferred upon others, return in full fruition to their own hearts.

Your committee cannot suppose for a moment, that those who witnessed the appalling horrors of its former visitation, can now fold their arms in apathy, and complacently contemplate the fearful approach of this mighty architect of ruin. For some months past, its low but angry mutterings have been cumming at shorting intervals, from distant Asia and Hindostan; but latterly, with more frequent, loud, and distinctive force, from England and the British Isles. And we have no assurance of exemptions; but on the contrary, much reason to fear, that the storm will again burst upon us with its fearful crash. Does it not then behoove us to make every preparation in our power, and to call to our aid every probable means of lessening, if we cannot avert its fury?

Having thus briefly traced the history of the malady, from its distinctive home in Hindostan, through its dark and devious migrations, up to its visitation and sojourn in our country from 1832 to '34, and where its lingering footprints remained discernable in 1836.

Your committee will state upon what they consider unquestionable authority (the Dublin Journal of medical sciences for January 1840, and the American Medical Library, vol. 3, 1840), the statistics of its ravages in some of our cities and towns; from which in their opinion, some very important practical information may be derived. The city of Quebec, where it first appeared in America, not expecting the malady, was but very partially prepared for its onset; and out of a population of 32,000 had 5,783 cases, & 3,232 deaths,—1 in 2. Montreal, with a population of 28,000, had 4,385 cases, and 1,863 deaths, or 1 in 2-5-10. In New York, where it appeared on the 21st of June, eleven days after its arrival upon the continent, with a population of 240,000 there were 5,547 cases, and 2,782 deaths, or 1 in 2. There was no case in Philadelphia, until the 5th of July, and in a population of 160,000, there were 2,314 cases and 935 deaths, or 1 to 2-5-10. Thus we see that the proportion of deaths to the number of cases varies but little from 50 per cent. in all the localities.

From the foregoing history, it appears that the three first named cities were nearly simultaneously attacked, and suffered nearly the same ratio of mortality; gradually lessening, however, as time advanced. Your committee have no reliable information that any efficient means were used in those cities to prevent the spread of the epidemic. The appearance of the disease in Philadelphia on the 5th of July, was twenty-eight days after its attack in Quebec, and fifteen days after its attack in New York. In the former city, efficient sanitary regulations were adopted and put in operation, for the removal of all the noxious agencies which experience had demonstrated as capable of augmenting the malignancy, and increasing the fatality of the disease, such as the exhalations arising from privies, cess-pools, obstructed drains, stagnant pools, pig-stys, cages, and other habits of animal and vegetable matter in a state of decomposition. Is it not then to this active vigilance that we are to attribute the gratifying fact that the mortality from the cholera in Philadelphia was about seventeen times less than in Quebec, Montreal and New York; according to the population of each, as shown by the aforesaid authorities? And from all the information your committee is in possession of, they are induced to believe that a similar ratio holds good in other localities, where similar precautions were used.

The common opinion, that Asiatic Cholera travels with a steady progress from Southeast to Northeast, seems to derive confirmation from the above brief enquiries, but that this peculiarity of the disease holds good only as applied to countries, and not to localities. One peculiarity of the disease, however, appears to be fully established by its general history, viz: In its migratory character it is prone to follow the great commercial channels, rivers and water courses; but in its location appears indifferent to hill or valley, surrounding circumstances being equal.

Your committee in the further discharge of their apprehended duty to you, themselves, and the community, cannot forbear stating their full and explicit conviction, that there now exists in our village, and its vicinity, many sources of poisonous malaria and deadly effluvia, which the experience of a two past times has proved to the clearest demonstration, are capable of greatly augmenting the malignancy of many epidemic diseases, and sometimes, in peculiar seasons and circumstances, of engendering epidemics of a most deadly character. And some of these malignant volcanoes of poison and death, your committee are constrained, reluctantly, to believe, are now in active operation, throwing broadcast into our midst, their suffocating exhalations, and profusely scattering amongst us the seeds of disease, anguish, pain and death.

Your committee take the opportunity here presented, to express their conviction that the intelligent, conciliatory and benevolent inhabitants of Martinsville, will adopt such means of effecting the very desirable and necessary objects contemplated by this meeting, as will be found agreeable to all, and oppressive to none; and that when a plan of active operation is fixed upon, and adopted, that it may be pursued with unflinching energy, and steadiness of purpose, so long as danger may lurk upon our borders, to feed and blast upon poisonous engendered, or distributed at any locality within our precincts.

W. WOOD,  
JAMES DRUMMOND,  
S. B. WEST,

### REPORT OF THE SANITARY COMMITTEE OF MARTINSVILLE, IN REFERENCE TO ASIATIC CHOLERA.

Fully convinced that an elaborate disquisition touching the epidemic with which we are now threatened, would be of no practical value to the inhabitants of our village generally, your committee present the following brief remarks as their report:

1. With a view to prevent or mitigate the disease, let the following means be immediately adopted.—1st. Let every man, as he values health and life, heartily co-operate with the various committees already appointed, in cleansing our streets, alleys, &c., from all impurity. The natural tendency of filth is to generate disease, or render it more malignant; and in no disease with which our race has been scourged, is cleanliness of more importance, than in Asiatic Cholera.
- 2d. Let every householder carefully inspect his own dwelling from garret to cellar, together with all out-houses, stables, and in a word, his entire premises, and so far as practicable remove therefrom all manner of filth, particularly dead animal and vegetable matter.
- 3d. Dr. Clarke affirms that in every benevolent enterprise, one woman is worth more than seven men; and all must admit that woman's influence is felt in every thing involving our happiness and well-being, through all the various circles and conditions of civilized society. She not only has a heart to feel, a head to prompt and plan, a hand to execute, and moral courage to face the greatest danger, but she is also endowed with a patience to endure, to which the rougher sex can lay no claim. Let her influence be fully exerted in preparing for cholera, and all that should be done will be done without delay.—If you would shut out the destroyer and prevent the desolation of your household, keep a constant eye not only to the cleanliness of your habitation, but to your personal cleanliness, and especially to the person and clothing of those who are too young to take care of themselves. And while you thus diligently attend to your own habits and families, do not forget that by well timed admonitions you can incite us to a more prompt and persevering action, and thus greatly accelerate all our general cleansing operations.
- 4th. Use freely as disinfecting agents unslacked lime and chloride of lime.—For immediate use, dissolve a pound of the chloride in a bucket full of water. A little of this solution may be kept in an open vessel in every room—some of the chloride, in its dry state, may be kept in every cellar and privy. After the disease enters a family, it would be well to sprinkle the floor occasionally with the solution freely diluted, and the bed and body-linen of patients may be cleansed by soaking it in a diluted solution and afterwards washing it in pure water. A pint of the solution will be sufficiently diluted by adding to it a bucket full of water. Thus prepared, the chloride may be freely sprinkled or poured upon sewers, places from which filth has been removed, and in short, all places deemed infectious, and this process should be repeated during the continuance of danger, as often as may be necessary to keep up the effects of the lime.
- 5th. Attend to the ventilation of your houses. Let every room be daily thrown open for the admission of fresh air. Keeping up a little fire in every room will be attended with a two-fold advantage. Dampness or moisture will be thus prevented, which is always desirable in the chamber of the sick, and especially during the prevalence of cholera, and a constant current of fresh air will be kept passing through the room.
- 6th. Neglect not your bed and bedding, a straw bed or mattress, is always to be preferred to a feather bed, with a view to health; but what ever may be used, it and the bedding should be well aired every day, and exposed to the action of the sun in summer, and a fire in winter. Be careful never to sleep in low damp rooms, unless you wish to rush into the jaws of death.
- 7th. Let the sub-committees already appointed inspect the premises of every citizen in the town and its vicinity; and if they find any nuisances, we judge they will find no difficulty in inducing him on whose premises they may be found, to remove them with out delay. Every citizen of our quiet, orderly village will surely, at such a time as this, when in all probability the cholera is just at hand, cheerfully and promptly act for the general good.—The sub-committees should also see that each family is supplied with lime.

Attend strictly to your personal health.—1. Carefully cultivate cleanliness. While idle

frivolity should always be avoided, and especially when threatened with a fearful plague, it is certain that nothing will contribute more to security and health, than a contented, cheerful, happy frame of mind. On the other hand, fear, terror, and panic, enervate the human frame, and are often fatal. Even deep grief does not more certainly produce disease, than does fear. It has been known to produce palsy, mania, convulsions, and even sudden death. Let all who have an abiding, painful dread of cholera, and who think of fleeing from its presence, take their departure, if possible, before it reaches us, for flight will avail them nothing after breathing a cholera atmosphere, in which the disease has burst upon the inhabitants, and seized its victims.—Flight under these circumstances, will probably in most cases, be prejudicial, as the depressing influence of fear may be thereby increased, and the most soothing, animating associations abruptly broken up. Many, who after being exposed to the influence by which it was produced, endeavored to flee from the yellow fever, when it prevailed in Philadelphia in 1793, fell victims to that disease in the surrounding country and villages, while others, who were calm and self-possessed, and who humbly trusting in Divine Providence, remained amid the most trying scenes to minister to the sick and dying, were mercifully preserved. And is it not so at the present time in reference to cholera? Many who have fled from New Orleans have died on the boats, and their remains are buried among strangers all along the river from that place to Pittsburgh. Such, at least, are the accounts which have reached us, and which we do not by any means feel at liberty to dispute. We condemn not any, who may be disposed to seek, in due time, a locality in which they will be less likely to be exposed to the ravages of cholera. "Self preservation is the first law of nature;" and if from peculiarity of constitution, the influence of nervous diseases, or any other cause, any one among us feels an invincible dread of cholera, it would be wisdom in him, without waiting its near approach, to seek security in some place less liable to its visitations. But let all who conclude to remain, banish from their thought as much as possible, all unpleasant gloomy, and fearful anticipations, and let them pursue with cheerfulness and regularity their common avocations, humbly trusting for protection in that Eternal One, who sends and banishes pestilence when He pleases, and in whom we "live and move, and have our being."

2. Avoid excess of every kind. Exertions which produce fatigue are dangerous. Too much sleep or lying too long in bed, cannot fail to do harm. A single extra, unnecessary meal, or loading the stomach at any time with too much food, even though it may be of the most healthy kind, may prove fatal. Let all, except those who have long been accustomed to tipping, abstain from intoxicating drinks of every kind. Even the tippler, if he would break off his vile and ruinous habit in time for his system to rally from the pernicious effects of drink, before the appearance of the disease, would find his chances to escape vastly increased by so doing. In a word, let regularity and moderation govern you in eating, drinking, and sleeping, and labor, or attention to business, that is, have, and observe regular hours in which to go to bed, to rise in the morning, to take your three meals, &c., and be careful not to labor till fatigued, nor to eat until your stomach is so loaded that you will be compelled to groan under an undigested meal.
3. Use only such articles of diet and drink as you know from past experience do agree with you, and abstain from every thing, however tempting to the appetite, which you know to be indigestible, or which from past experience you have reason to believe will produce the least disturbance of the system, and especially of the stomach and bowels. Even the most simple and mild purgatives ought not to be taken, when cholera is at the door, unless directed by one fully competent to decide upon the propriety of taking them.
4. Avoid exposure to cold and damp, especially at night, and carefully regulate your clothing according to the vicissitudes of the weather, so as to avoid excessive heat and all sensations of chilliness.
5. Let all who use the cold shower-bath, or cold water ablutions of the body in any way, continue to use them daily; and let those who do not thus prevent their skins from becoming of trepid or warm

water, at least thrice a week, and if soap should be occasionally used for the same purpose, the end will be gained more fully and readily.

6. Pay particular attention to your feet, keep them clean, comfortably warm, and dry. To this end, wash them every day or night, and frequently change your stockings or socks. Wet and cold feet are at all times a fruitful source of disease, and should be carefully avoided during an epidemic.
7. A frequent change of bed and body linen is of vast importance, and it would be well not to wear through the day, the linen in which you have slept at night.
8. The remedies to be employed when the disease makes its appearance. In reference to this point, your committee deem it proper to say but little. Watch carefully the premonitory symptoms. Almost every case of cholera is preceded by a loose state of the bowels, which is sometimes accompanied with pain, and sometimes it is without pain. To neglect this symptom when cholera is around us, is virtually to throw away life. To disregard it because it is not attended with cramps or pains, is in many cases, to deceive ourselves until the disease is firmly fastened in the system. To neglect for even one moment the slightest diarrhoea, may place in jeopardy the life of an individual.

Especially should parents watch with untiring vigilance for the premonitory symptoms in their children, for if they neglect to do so, those who are not always under the eye of a fond mother, and who are too young to understand or estimate the dangers that surround them, (as generally the case with children from five to ten or twelve years old,) may be afflicted with diarrhoea ere the parent is aware of it. Have nothing to do with the nostrums vended by empirics as specifics for cholera, but for the treatment of the premonitory diarrhoea, rely on those remedial agents which have been used for ages in common bowel complaints, and the efficacy of which is indisputable, as *trinites* and *opiates*, until a physician can be called in, which should be done as early as possible. And in every case of diarrhoea producing the least apprehension of cholera, the patient should go to bed immediately, keep quiet and warm, and if necessary, to produce a comfortable degree of warmth, we may use brisk friction all over the surface of the body, and apply heat by means of bottles filled with hot water, which may be laid around the patient, or common salt made hot and tied up in handkerchiefs, or suitable cloths may be used in the same way.

In conclusion, as we are deeply impressed with the conviction that pestilence cannot reach us except by Divine permission, and that every effort to avert it or mitigate its severity will be abortive unless blessed by God; and as it becomes all christian communities, especially when His judgments are in the land, to humble themselves before the Ruler of the universe and seek His protection, your committee recommend that a day of humiliation and prayer be soon appointed, and that our citizens generally suspend on that day all secular pursuits, and unite with the members of the different churches in attending upon religious services suitable for the occasion.

WILLIAM WOOD,  
BROWN WEST,  
JAMES DRUMMOND,  
Committee.

MARTINSVILLE, OH., JAN. 1849.

Some writers affirm that children under ten or twelve years old are never attacked with cholera, or at least they never knew children of that age to suffer from it in 1832 and '33. But the report of the Board of Health appointed by the British government speaks of infants being liable to its attack, and prescribe for them.

### The Secret of Joy.

The sense of duty is as necessary a stimulant to health and enjoyment, as salt is to give flavor to our daily food. Without it the world becomes uninteresting and tasteless—objects there are none to arouse—purpose there is none to attain. The person deprived of the means of happiness, or condemned to the endurance of pain, suffers much; but hope lingers at the bottom of the cup. Life retains its enchantment—the Hesperian gardens still glow in the west. But woe to the wretched one who, like the gorgeous Eastern King, stated with wisdom, magnificence, and pleasure, has tasted of everything that the world can give, and arrived at the dire conclusion that all is vanity.