

Plague, Pox, and Pestilence: How Humans Interpret Disease



*The Dance of death: from
the original designs of
Hans Holbein
Hans Holbein
1816*

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Leon S. McGoogan Health Sciences Library

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The Dance of death: from the original designs of Hans Holbein
Hans Holbein
1816



Objectives:

- Review brief histories of different infectious diseases using rare books in the McGoogan Library collection
- Explore biographies of the book authors/creators
- Discuss different theories of contagion and show how those theories have changed over the centuries



The Dance of death: from the original designs of Hans Holbein
Hans Holbein
1816

1.

*De sympathia et antipathia
rerum liber vnvs: de contagion et
contagiosis morbis et cvratione
libri III*

Girolamo Fracastoro
1546



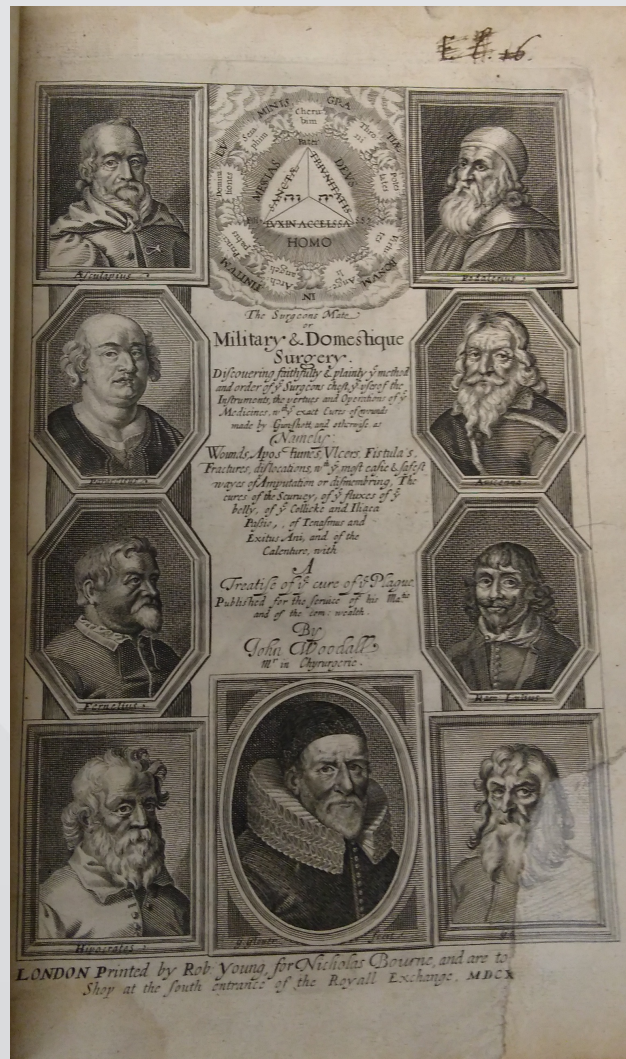
https://en.wikipedia.org/wiki/Girolamo_Fracastoro





Bubonic Plague: The Black Death





*The surgeon's mate: or
military & domestic surgery,
discovering faithfully & plainly
the method and order of the
surgeon's chest, the uses of
the instruments, the vertues
and operations of the
medicines ...*

John Woodall
1639



DE PESTE
OR
THE PLAGVE.

And first what the Plague is.

The Plague is a disease venomous and contagious, lothsome, noysome, fearefull, and hatefull to Mankind; yea, and deadly for the most part, being accompanied with variety of grievous sores, as Carbuncles, Bitches, Blaynes, and also producing spots and discolourings of the skinne, by Ancient Writers called *Pestis*, and vulgarly with us, although improperly, called Gods token, for that the pestilentiall *Bubo* and Carbuncle are by farre more manifest signes of the Plague then the spots are, for that the like spots are seene in fevers, which cannot truly be called pestilentiall.

The disease may fitly be called, (*Plagellum Dei pro peccatis mundi*;) The rod of God for the finnes of the world; and even the word Plague, if derived from the Latine word *Plaga*, which is a wound, a stripe, a stroake or a hurt, is a just definition of this horrid disease, for who so hath this disease, hee is wounded, hee is plagued, hee is stricken, yea, and that by the Almighty. In briefe, it is a killing disease, fearefull to Mankind, for that at unwares, it seafeth upon; invadeth and possesseth mans body, as well sleeping as waking; and being once entred in, it produceth diverse fearefull and deadly accidents, and that with great celerity: so as *Theophrastus Paracelsus*, amongst others a learned Writer, describing this disease, calleth it (*Basiliscus elementorum*) alluding it to that (*Basiliscus Olympi*) who as the Latine Maxime hath it, *Solo visu interfectis hominem*, onely by his sight killeth mankind, but, saith he, with a limitation, as not simply done, *Actualiter perse, & perspectionem visibilem*, not by the act it selfe,

Of the Plague.

And for his Apparell, if it be either of Wooll, or Silke, or of Linen, it will surely doe hurt to it, as well by rotting them, as by staining them.

There are some parts of the world, where there are great Myr and mightie Mountaines of Brimstone perpetually burning: and is affirmed, and for truth observed, that no Man, Beast, Bird, nor of living creature can live neere them, nor within the compasse of the vapour of them. Therefore, I beleve the author of the invention fuming with Brimstone, can never be able to make it good, that the vapours of Brimstone are safe, nor so much as friendly to the life man: witnesse all the workers in like sulphurous Metals, whose countenance will witnesse, that though the substances of Metals; most servicable to be used, yet their sulphurous, Mercuriall, and Antimoniacall vapours of them are often proved to be most deadly; I will I not deny, but that Brimstone is many wayes medicinable, as so is Quick-silver, to be taken into mans body, duely administrated and prepared artificially; but not their crude vapours, by way of fuming. Thus much of Brimstone, by way of fuming Houses Apparell.

Preservatives to be carried about a man
in his pocket, or in his hand.

Take an Ivorie or Wooden Box, with holes in it, and fit a Sponge into it, wet in Wine or Rose Vineger, wherein some cordiall hearbes or spirits have bene first infused or steeped; as Angelica, Rosemarie, Sage, Rue, Wormewood, Balme, or at the least, some one or more of these; and when the Wine Vineger in the Sponge waxeth drie, wet it in the same Liquor, and put it into the Box againe, weekly renewing the aforesaid Liquor.

Or if a Limon stucke with Cloves alone, be carried in the pocket or hand of a man or woman, it is very good to preserve from contagious ayre.

It is fit to have something cordiall and preservative in a mans hand or in his pocket, to smell unto, for the refreshing of his spirits and his smelling senses, or at the least in the corner of an hand-kercher; asnamely, Myrthe, Angelica Rootes, *Enane*. Camipan. Roores; Oyle of white or yellow Amber, Zedoarie Rootes; Calam. Aromat, Wormewood, Rosemarie, Tyme, Balme, Germander, Rue, or any of these things, is good against the venomous disposition of the Ayre.



A good Pomander to be worne, to preserve from evill and Pestilentiall vapours, for men of abilitie.

R. Storax, Calamint, Labdanum, Behiamin, Irios, Calam. Aromat. Zedoarie, of each ℥. ij. make this into powther, then take Camphir and Storax liquid, of each ℥. j. and mixe these well together, adding in the end Muske and Ambergreece, of each 4 gr. and with Rose-water and Gumme Arabick, or Dragag. as much as is fitting, make it into Balls, and if you please, put it into a Box with holes, to smell unto it: Also a good Sivill Orenge stucke with Cloves, and warme about a man or woman, is a good Cordiall to be smelled unto.

An excellent preparation of Wine Vineger, to prevent from infectious Ayre.

R. Myrthe and Aloes, of each ℥. se. Card. Benedi, Marjoun, Zedoarie, Cinamon, Calam. Aromat. Penny-ryall, wilde Tyme, Rose leaves, of each three handfuls, white Saunders ℥. j. Juniper berries se. lib. Camph. ℥. se. Let all these be beaten into grosse powther, and steeped in about three gallons of Wine Vineger, and the same made warme twice a day for three dayes, then use it, to wet the face and nostrils sometimes, and carry thereof in a Spunge in some Box, to smell unto often.

Also the smelling unto Oyle of Amber, is very good; I meane not Ambergreece, for that were too deare for the meane sort, and not so well warranted by authoritie, for that use: But of that Amber which in Latine is called *Succinum*, and is that whereof Beades are made, and is gathered in the Seas, in *Prussia*, in the East Countries; I say, the Oyle of such Amber, whereof some is white, some is yellow: But that of the white is more excellent, and precious. If a Spunge or any other fit thing be wet in Vineger, and certaine drops of the said Oyle added; or onely a drie Spunge, and certaine drops of this Oyle dropped into the Spunge, and put into a Box, and smelled unto, it preserveth from any infectious ayre, and comforteth the animall faculties of the body exceedingly; and is likewise good against Apoplexies, and other Cephalicke diseases. It being held one of the most precious remedies against the Plague of all other, and is not deare to be bought: And the same Oyle, one, two, or three drops taken fasting, either in white Wine, or Beere, is a very excellent Preservative against the Plague.

The vertue of the Oyle of white Amber.

The Epilogue, or Conclusive part of this Treatise: Wherein the Author relateth, of his owne sufficient experience, yet one Antidote

more, for the whole Cure of the Plague; being a Cordiall Pouder made of Gold, and by him called *Aurum Vite*; whereon, by Gods mercie, the Patient may relie, as upon a safe

A Cordiall Antidote, called *Aurum vite*.

His Medicine, at one onely time given, taketh away the Pestilentiall Feaver, and thereby cureth the Plague, that the Patient is oftentimes well the next day, it being given upon the first day of the Patients complaint, with the observation of certaine easie rules hereafter prescribed, concerning the order of administering thereof: and it is an easie and safe Medicine, inso much, that any infant, although it sucke upon the Mothers breasts, may safely take it, yea, and easly may be induced to receive it into the body, for that it is of a very small Dose, and is without any offence in taste or smell to any: also, it may safely be given to any woman that is great with childe, whereof diverse tryals have beene had, with ease and comfort.

ian to The Dose of Aurum vite. Inger: two three unes; and safely

ly by The effects of it. n that owing th no maeh, some, on the iftefly lfo an at the either

The Dose; or quantitie sufficient thereof for a man or woman take at any one time, is but eight Graines; and by that proportion any discret person may gather what may be given to any person: viz. A childe of two full yeeres old, may safely take Graines; and a childe at foure or five yeeres old, may take Graines; and one about eight yeeres old, may take some Graines; and one of foureteene yeeres, or thereabouts, may take six Graines one of eighteene, nineteene, twentie yeeres old, or more, may take the full of eight Graines.

And note, that this Medicine performeth its operation on Sweat, which is the truest and safest way of the entrance upon the Cure (for the most part) and also it doth it without any mothe body either upwards or downewards; namely, it causeth Vomits nor Stooles, neither is it at all nauosous to the stomack, nor any wayes causing extraordinarie thirst nor faintnesse, as yea, and most of other Minerrall Diaphoreticks doe: But, contrarie, the Patient, when his sweating is over, shall manfully feele cheerefulnessse, as being much refreshed thereby, with an abatement of his paines, and his Feaver will utterly be gone onely once taking thereof.



2.



*The virtue and use of coffee
with regard to the plague*

Richard Bradley
1720





Syphilis: The Great Pretender





*Syphilis, sive morbus
gallicus*

Girolamo Fracastoro
1531

https://en.wikipedia.org/wiki/Girolamo_Fracastoro

Deartes #

HIERONYMI FRACASTORII SYPHILIS, SIVE MORBUS GALLICVS.

PARISIIS

Apud Ludonicum Cyaneum, è regione Collegij Cameracensis.

1531.

HIERONYMI FRACASTORII SYPHILIS, SIVE Morbus Gallicus.

Ad Petrum Bembum.



2

Vi casus rerum varij, quæ se-
mina morbum
Insuetum, nec longa vlli per
secula visum
Attulerint: nostra qui tem-
pestate per omnem
Europam, partimq; Asiæ, Li-

byæq; per vrbes

Sæuijt: in Latium vero per tristia bella

Gallorum irrupit: nomenq; à gente recepit:

Nec non & quæ cura: & opis quid comperit vsus,

Magnæque in angustiis hominum solertia rebus:

Et monstrata Deum auxilia, & data munera cæli,

Hinc canere, & longe secretas querere causas

Æra per liquidum, & vasti per sydera olympi

Incipiam: dulci quando nouitatis amore

Corruptum, placidi Naturæ suauibus horti

Floribus inuitant, & amantes mira Camœnæ.

Bembe decus clarum Ansoniæ, si forte vacare

Consultis Leo te à magnis paulisper, & alta

Rerum mole finit, totum qua sustinet orbem:

Et inuat ad dulces paulum secedere Musas:

Nec nostros contemne orsus, modicumq; laborem:

a. ij.

3.



Corky the killer: Story of syphilis

Harry A. Wilmer
1945



<https://collections.nlm.nih.gov/catalog/nlm:nlmuid-101432235-img>



Smallpox: The Speckled Monster





*The Works of the Right Honourable
Lady Mary Wortley Montagu: including
her correspondence, poems, and
essays*

Mary Wortley Montagu
1817

https://en.wikipedia.org/wiki/Lady_Mary_Wortley_Montagu

also those compound words which are very frequent and strong in the Turkish language.

You see I am pretty far gone in Oriental learning; and, to say truth, I study very hard. I wish my studies may give me an occasion of entertaining your curiosity, which will be the utmost advantage hoped for from them by,

Yours, &c.

TO MRS. S. C.

Adrianople, April 1, O. S.

In my opinion, dear S. I ought rather to quarrel with you for not answering my Nimeguen letter of August till December, than to excuse my not writing again till now. I am sure there is on my side a very good excuse for silence, having

gone such tiresome land-journeys, though I don't find the conclusion of them so bad as you seem to imagine. I am very easy here, and not in the solitude you fancy me. The great number of Greeks, French, English, and Italians, that are under our protection, make their court to me from morning till night; and, I'll assure you, are many of them very fine ladies; for there is no possibility for a Christian to live easily under this government but by the protection of an ambassador—and the richer they are, the greater is their danger.

Those dreadful stories you have heard of the *plague* have very little foundation in truth. I own I have much ado to reconcile myself to the sound of a word which has always given me such terrible ideas, though I am convinced there is little more in it than in a fever. As a proof of this, let me tell you that we passed through two or three towns most



violently infected. In the very next house where we lay (in one of those places) two persons died of it. Luckily for me I was so well deceived that I knew nothing of the matter; and I was made believe that our second cook had only a great cold. However, we left our doctor to take care of him, and yesterday they both arrived here in good health; and I am now let into the secret that he has had the *plague*. There are many that escape it; neither is the air ever infected. I am persuaded that it would be as easy a matter to root it out here as out of Italy and France; but it does so little mischief, they are not very solicitous about it, and are content to suffer this distemper instead of our variety, which they are utterly unacquainted with.

A propos of distempers: I am going to tell you a thing that will make you wish yourself here. The small-pox, so fatal and so general amongst us, is here en-

tirely harmless by the invention of *ingrafting*, which is the term they give it. There is a set of old women who make it their business to perform the operation every autumn, in the month of September, when the great heat is abated. People send to one another to know if any of their family has a mind to have the small-pox: they make parties for this purpose, and when they are met (commonly fifteen or sixteen together), the old woman comes with a nut-shell full of the matter of the best sort of small-pox, and asks what vein you please to have opened. She immediately rips open that you offer to her with a large needle (which gives you no more pain than a common scratch), and puts into the vein as much matter as can lie upon the head of her needle, and after that binds up the little wound with a hollow bit of shell; and in this manner opens four or five veins. The Grecians have commonly



the superstition of opening one in the middle of the forehead, one in each arm, and one on the breast, to mark the sign of the cross; but this has a very ill effect, all these wounds leaving little scars, and is not done by those that are not superstitious, who choose to have them in the legs, or that part of the arm that is concealed. The children or young pa-

tients play together all the rest of the day, and are in perfect health to the eighth. Then the fever begins to seize them, and they keep their beds two days, very seldom three. They have very rarely above twenty or thirty in their faces, which never mark; and in eight days' time they are as well as before their illness. Where they are wounded, there remain running sores during the distemper, which I don't doubt is a great relief to it. Every year thousands undergo this operation; and the French ambassador says pleasantly, that they take the



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4.

*An inquiry into the causes
and effects of the variolae
vaccinae*

Edward Jenner
1798



https://en.wikipedia.org/wiki/Edward_Jenner





*The Works of the Right Honourable Lady
Mary Wortley Montagu: including her
correspondence, poems, and essays*

“Town Eclogues: Saturday: The Small-Pox”

Mary Wortley Montagu
1817

https://en.wikipedia.org/wiki/Lady_Mary_Wortley_Montagu



Lady Mary Wortley Montagu.
1719.
Engraved by Caroline Watson, from a Painting by Richardson.

Published June 1807, by Longman & Co. & the other Proprietors.

SATURDAY.

THE SMALL POX.

FLAVIA.

THE wretched Flavia, on her couch reclin'd,
Thus breath'd the anguish of a wounded mind;
A glass revers'd in her right hand she bore,
For now she shunn'd the face she sought before.

“ How am I chang'd! alas! how am I grown
A frightful spectre, to myself unknown!
Where's my complexion? where my radiant bloom,
That promis'd happiness for years to come?
Then with what pleasure I this face survey'd!
To look once more, my visits oft delay'd!
Charm'd with the view, a fresher red would rise,
And a new life shot sparkling from my eyes!

“ Ah! faithless glass, my wonted bloom restore:
Alas! I rave, that bloom is now no more!
The greatest good the gods on men bestow,
Ev'n youth itself, to me is useless now.



5.



*Description of the distinct,
confluent, and inoculated
small pox, varioloid disease,
cow pox and chicken pox*

John D. Fisher
1829



<https://www.perkins.org/john-dix-fisher/>



Hansen's Disease: Leprosy



6.



Feldtbuch der Wundtartzney

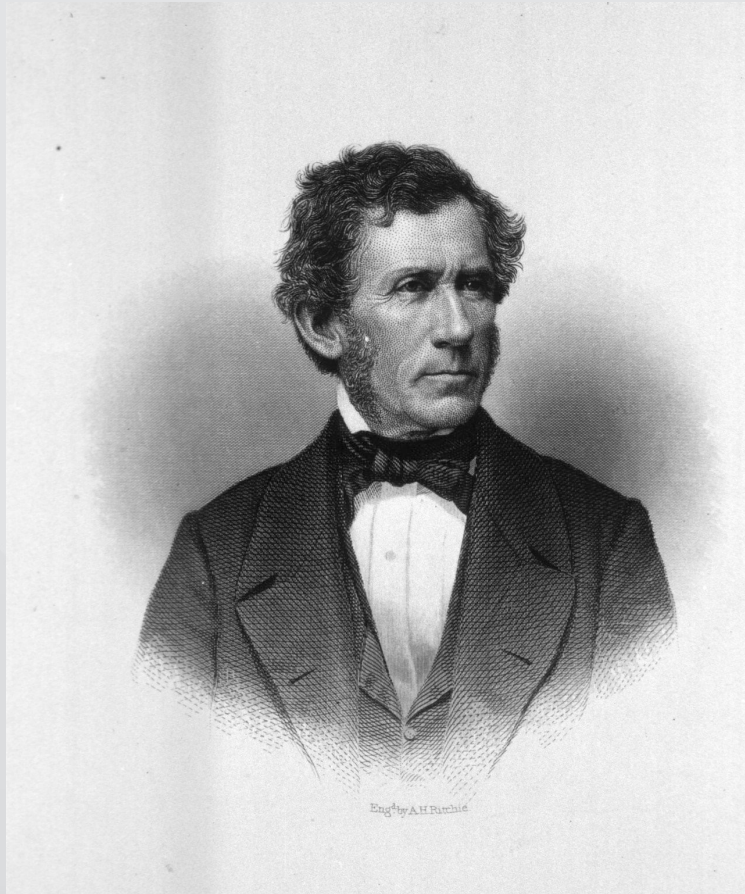
Hans von Gersdorff
1517





Cholera: The Blue Death





*A practical treatise on the
history, prevention, and
treatment of epidemic cholera*

Daniel Drake
1832

https://en.wikipedia.org/wiki/Daniel_Drake

of the whole, except the last, and there *is*, therefore, a cause distinct from them all, and their agency is limited to the effect of predisposing the system to its action.

If such a cause does *not* exist, why is the world now trembling at the geographical progress of an Epidemic, as uniform in its symptoms as small pox, and as fatal in its termination as the plague? The existence of such a cause must, I think, be admitted. Whether it will ever be discovered is extremely doubtful. Meanwhile, philanthropy and science should exert themselves in correcting or removing all the conditions that co-operate with it in the work of human destruction, and thus disarm, if they cannot slay the monster.

CHAPTER III.

SYMPTOMS OF THE DISEASE.

WE come at length to matters of deeper interest than most of what has occupied us in the preceding chapters. To record all the symptoms which have manifested themselves, as the disease has passed through innumerable localities and invaded many distinct nations, would require a volume; and could prove of no great utility, at a moment when a practical hand-book is required. I shall not attempt it; but select such descriptions, as will, in the briefest

manner compatible with an accurate knowledge of its symptomatology, present its aspect in several different places, and in its various stages, and grades of violence.

1. *Of the first or forming Stage.*

The British practitioners in India have not overlooked this important period of the disease; important, because it is that in which it can be most successfully arrested.

Mr. Orton, one of the best of the Indian writers on Cholera, observes:

The attack of Cholera is usually sudden and violent, but in a great majority of instances, not without some premonitory symptoms; it is frequently preceded by a simple diarrhoea, continuing several days, and still more commonly by other slight affections which are more characteristic of the disease; an extraordinary depression of spirits and general uneasiness come on, attended by tremor, and sense of debility; giddiness or head-ache, and occasionally ringing in the ears, are also felt, particularly on rising from the recumbent posture, or making any sudden movement. Pains, resembling those which attend the accession of fever, are frequently felt in the limbs; the bowels are griped occasionally, and natural loose stools occur; and nausea come on. The circulation and temperature of the body are variously disturbed, but most commonly, the pulse is accelerated and weakened; the skin is moist, and colder than



omel and opium, arrested the disease; but on the same night, he awoke with *cramp in one of his legs*, an affection which had never before attacked him in his sleep. At this time, July 8th, diarrhoea and cholera morbus are increasing throughout the city. I was called this morning, to visit a family, every member of which, four in number, had been seized in a single hour with cholera. They had breakfasted in the simplest manner. In the endemic cholera of Cincinnati, in common years, a *copious secretion of bile* is a prominent symptom; but at the present time, the matters ejected are, in almost every case, devoid of that secretion; and consist of a turbid watery fluid, which is sometimes in great quantities. On the whole, it is quite obvious that the precursory disorders of the Epidemic already prevail among us.

Stage of Prostration, Asphyxia, or Collapse.

The stage which has just been described, may occur in various degrees of intensity and duration, from a slight indisposition, to a pretty severe but not dangerous affection; and from a single hour to many days. Should it not terminate in health spontaneously, or under medical treatment, it passes on to what may be called the second stage; but which, in many cases, especially in Asia, is the first. I shall borrow from the report of the Madras Medical Board, a lengthened and circumstantial history of this stage and its termination, either in health, or the state of febrile reaction, presently to be described.

The invasion of Cholera generally takes place in the night, or towards morning. The patient is sick at stomach, he vomits its contents, and his bowels are at the same time evacuated. This evacuation is of a nature quite peculiar to the disease; the entire intestinal tube seems to be at once emptied of its fecal or solid matters; and an indescribable, but most subduing feeling of exhaustion, sinking, and emptiness is produced. Faintness supervenes, the skin becomes cold, and there is frequently giddiness, and ringing in the ears: the powers of locomotion are generally soon arrested; spasmodic contractions, or twitchings of the muscles of the fingers and toes are felt; and these affections gradually extend along the limbs, to the trunk of the body; they partake both of the clonic and tonic spasm, but the clonic form chiefly prevails. The pulse, from the first, is small, weak, and accelerated; and after a certain interval, but especially on the accession of spasms, or of severe vomiting, it sinks suddenly, so as to be speedily lost in all the external parts. The skin, which from the commencement of the disease, is below the natural temperature, becomes colder and colder; it is very rarely dry; generally covered with a profuse cold sweat, or with a clammy moisture. In Europeans it often partially assumes a livid hue; the whole surface appears collapsed, the lips become blue, the nails present a similar tint, and the skin of the feet and hands become much corrugated, and exhibits a sodden ap-



8.



*Anatomie pathologique du
corps humain*

Jean Cruveilhier
Vol. 1
1829-42



* 1791 JEAN CRUVEILHIER † 1874
Prof. d'Anatomie à la Faculté de Médecine de Paris, 1835,
Membre de l'Académie de Médecine, 1836.

<https://collections.nlm.nih.gov/catalog/nlm:nlmuid-101412270-img>



Tuberculosis: The White Plague





https://en.wikipedia.org/wiki/Ren%C3%A9_Laennec

De l'uscultation mediate

René Laennec

Vol. 1

1819

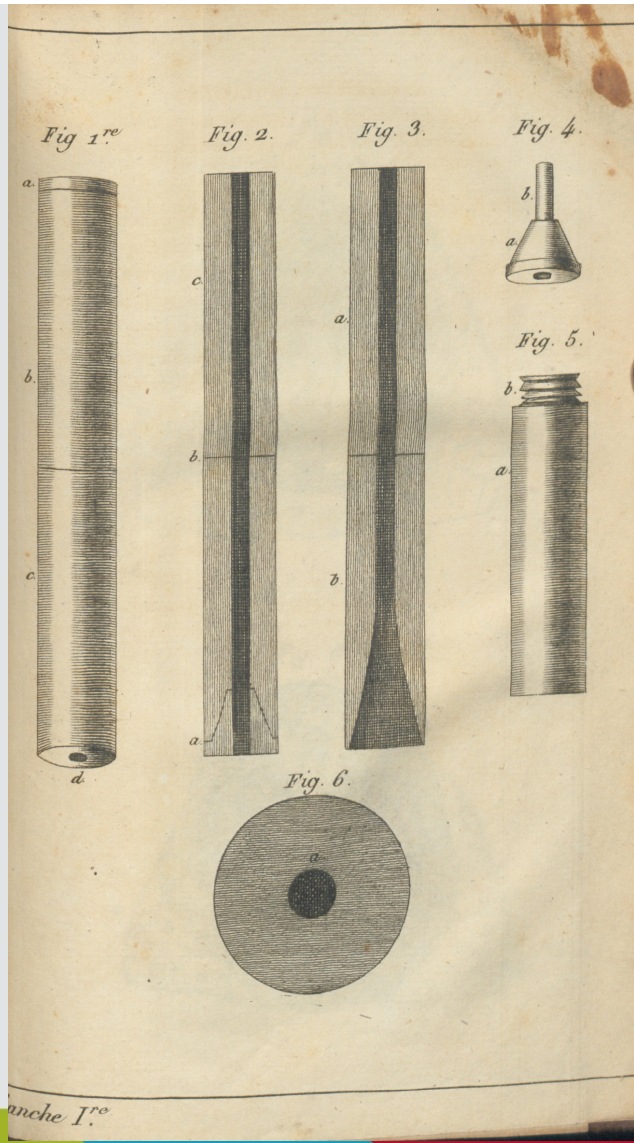




Fig. 1^{re}



Fig. 2.

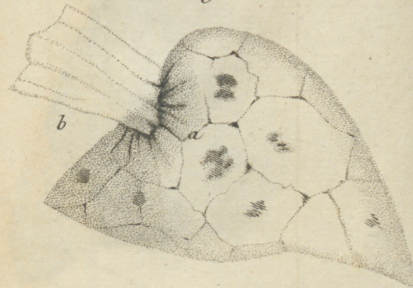


Fig. 3.

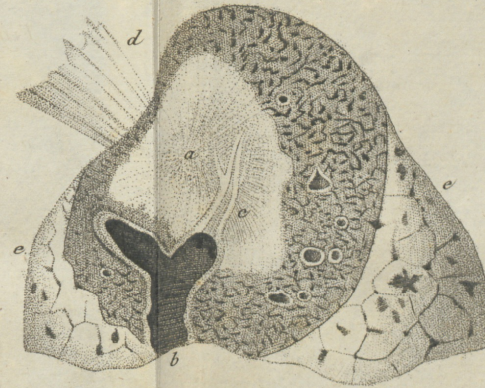


Fig. 4.



9.

*Pathological anatomy:
illustrations of the elementary
forms of disease*

Robert Carswell
1838



https://en.wikipedia.org/wiki/Robert_Carswell_%28pathologist%29





Weak lungs, and how to make them strong: or Diseases of the organs of the chest, with their home treatment by the movement cure

Dio Lewis
1863

<https://www.pafa.org/museum/collection/item/dio-lewis>

same thing with his left. Do the same with your right hands. And so continue to alternate. Do this gently 10 times.

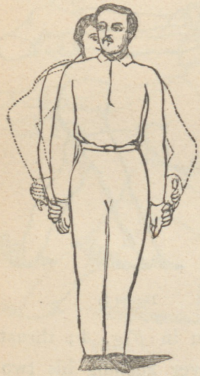


Figure 6.



Figure 7.

No. 8. Assistant, standing behind the patient, grasps his hands. (*Fig. 6.*) Patient draws up the hands, as shown in the dotted lines, assistant resisting. Patient forces his hands back again to the first position, assistant resisting. Repeat 5 times.

No. 9. Assistant, standing behind the patient, who is seated, grasps his uplifted hands. Patient draws down the hands, as shown by the dotted lines, assistant resisting. Patient forces the hands back to

clubs on the back of the neck. Carry them out again to the position seen in *Fig. 3.* Now let the farther ends of the clubs touch at the nose. Carry them back again to *Fig. 3.* position. Let them fall backward, so that they hang down vertically, (*Fig. 4.*) but without

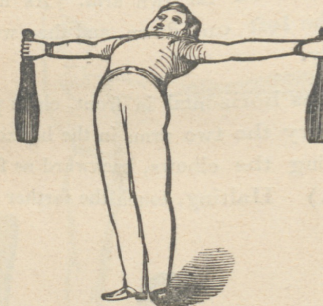


Fig. 4.

moving the arms other than with a twisting motion. In this the hands must not be allowed to give way on the handle, but must grasp firmly. To reach this vertical position of the clubs as they fall behind, it is necessary to bend the back considerably. Raise the clubs again to *Fig. 3* position, and allow them to fall again, but this time forward, and until they reach the vertical position. Thus alternate between the fall backward and forward, 5 times, and end by bringing the clubs to the hanging position by the side of the legs.



NO. 4. HAND SWING SIDEWISE, *four, eight, or twelve times.*

Rings same as in the last. The swinging which is sidewise, is carried on by efforts of the legs and arms. This exercise operates happily by enlarging the chest. (*Fig. 4.*)



Figure 4.

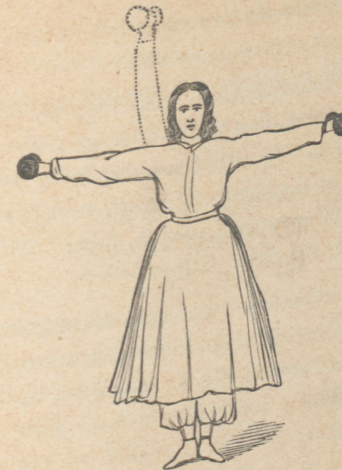


Figure 4.



Figure 5.



10.



*Huber the Tuber: a story
of tuberculosis*

Harry A. Wilmer
1943



<https://collections.nlm.nih.gov/catalog/nlm:nlmuid-101432235-img>



Influenza





Conservation of Public Health Series “Spanish” Influenza

University of Nebraska College of Medicine
1918

THE UNIVERSITY OF NEBRASKA COLLEGE OF MEDICINE
OMAHA

CONSERVATION OF PUBLIC HEALTH SERIES

No. 6

OCTOBER, 1918

"SPANISH" INFLUENZA



PUBLISHED BY
THE UNIVERSITY OF NEBRASKA COLLEGE OF MEDICINE
OMAHA, NEB.

the handkerchief. At that moment a brilliant beam of light entered the adjacent window, and, just as dust particles can be seen when a beam of light enters a dark room, so in this instance were the fine particles of moisture expelled by the sneeze, made visible. One could readily see that a dozen people were literally baptized with a spray of fine droplets which would otherwise have been invisible. If the influenza bacilli had been present in the throat or nose of this person, all of those people would have been thoroughly inoculated with them. It may be worth while to emphasize that this is a most common mode of spread of several other infectious diseases, notably common colds, epidemic meningitis, diphtheria and tuberculosis. **The individual who coughs or sneezes carelessly without using a handkerchief is criminally negligent.** Promiscuous coughing and sneezing is even more dangerous than is promiscuous spitting.

The period of communicability, or the length of time which the patient is capable of transmitting the disease to others, lasts as long as the causative organism is in the respiratory tract. The disease is apparently most contagious in the first few days of its course, but the bacteria may be present for a week longer, and it is probable that healthy carriers exist.

Because of these facts, any condition that brings men in close contact, favors the spread of the disease. **Crowded offices and particularly street cars, are potent factors in the spread of the disease. Churches, schools, theaters, often favor the dissemination of the causative germ.**

THE METHODS OF CONTROL

The methods of control depend on the modes of transmission, and the fact that the organisms enter only through the nose and throat. During epidemics moving picture shows, churches, etc., because here there is every possibility that the infectious droplets may be breathed in. One of the best means of preventing the spread of "Spanish" influenza and the other infectious diseases previously mentioned, is the exercise of the greatest care in avoiding promiscuous spitting, and what is of greater importance, the avoidance of promiscuous coughing and sneezing. If it is necessary for a person to be in a crowd, care should be taken to keep the face turned so that one does not inhale directly the breath exhaled by another person. All workshops and homes should be kept well ventilated and open to sunlight as much as possible, for sunlight is a very efficient disinfectant.

Cases of the disease should be isolated in bed during the course of the disease. If in a hospital, screens should be placed between beds. All attendants on a case should wear gauze masks over the face when near the patient. The room in which the patient is resting should be well ventilated and lighted, but he should not lie in a draft because of the danger of pneumonia following the infection. The discharges from mouth, throat, nose and other respiratory passages should be disinfected, because they carry the germs which cause the disease. Boiling will be sufficient if it is possible. After convalescence, the room should be given a thorough cleaning, airing and sunning. This is all the disinfection that is necessary, because the organism is short-lived, outside the human body.

Quarantine is unnecessary. It is impracticable. Observance of the precautions outlined above is all that is required.

PREVENTIVE MEASURES.

During the presence of the epidemic all persons are urged to use in each nostril two or three times daily a few drops of some sterile oily material. For this purpose any of the preparations known as liquid vaseline, liquid paraffin, or white vaseline may be used. Use five or ten drops of this oily material two or three times daily. Do not use watery mouth washes, throat gargles, or nasal douches such as hot salt and water or listerine. These watery solutions remove the natural protective covering of the mucous membrane of the air passages. The oily material, on the other hand, assists nature's methods of protection.

Individuals attacked should be put to bed under the best possible nursing care. Consult your family physician promptly. **Take no chances.**

Note—Requests for additional copies of this Bulletin should be sent to the University of Nebraska College of Medicine, Forty-second and Dewey Avenue, Omaha, Nebraska.





Questions? Thank You!

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