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RULES *Case 43*

AND

REGULATIONS

OF THE

BOARD of HEALTH

OF SOUTHBRIDGE

REGARDING THE PRESERVATION OF THE PUBLIC HEALTH  
WITH THEIR

RECORDS OF MEETINGS.

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ESTABLISHED BY THE BOARD OF SELECTMEN  
FOR 1881.

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SOUTHBRIDGE:  
PRINTED AT THE JOURNAL OFFICE.  
1881.

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## HINTS AND ORDERS

CONCERNING THE

### »TREATMENT OF SMALL POX.«

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The Board of Health has adopted the following instructions for controlling the contagion of Small Pox in any emergency:

The precautions against contracting or spreading the Small Pox are VACCINATION, ISOLATION and DISINFECTION.

#### VACCINATION.

(1) Vaccination, and revaccination is of the first importance to protect against Small Pox, and to mitigate its severity when attacks occur, and should be enforced if not voluntarily attended to generally whenever the contagion appears.

#### ISOLATION.

(1) Persons attacked with Small Pox or Varioloid, and all infected clothing of the same, should be immediately separated from all other persons liable to contract or communicate the disease, and, if possible, in a hospital or house devoted to the purpose entirely.

(2) Nurses, and all infected clothing of such persons, should be treated as in quarantine, that is, as completely isolated.

(3) None but nurses and the attending physician should be allowed to have access to persons sick with Small Pox or Varioloid.

(4) Patients should not leave the premises until they, with their bed and clothing have been disinfected, and until permission be given by a competent physician.

### DISINFECTION.

(1) All bedding and personal clothing infected with Small Pox contagion, which can without injury, should be washed and boiled in water not less than one hour.

(2) Infected feather beds, pillows and hair mattresses should have their contents taken out and thoroughly fumigated, and the ticks washed and boiled as above.

(3) Infected straw and excelsior mattresses should have their contents removed and burned, and the ticks washed and boiled as above.

(4) Infected blankets, sheets and pillow-cases and all articles in contact with or used by the patient should be washed and boiled as above.

(5) Personal clothing, woolen goods, and particularly comforters which can not be wet without injury, should be disinfected by baking one hour in a heat of not less than 200 degrees, or by fumigation as named below.

(6) Instead of boiling water the following chemical process may be used: Dissolve in a wash tub, containing eight gallons of water, one pound of hyposulphite of soda; immerse all the articles of clothing and bedding used by or around the patient, and when thoroughly saturated add a pint of sulphuric acid, first diluting it with one gallon of water. Stir the whole, and allow the clothes to soak one hour; then ring them out, rinse them several times in cold water and hang out to dry in the open air for a considerable time.

(7) To disinfect houses, clothing or bedding by fumigation, fill the closed rooms with the fumes of sulphuric acid, or of chlorine gas—made as stated herein. The first is done by putting half a pound of sulphur in an iron dish, pouring on a little alcohol and igniting it, which will give off sulphuric acid fumes. The second is done by moistening with water four pounds of chloride of lime, contained in an earthen or wooden vessel, and

adding thereto a pint of muriatic acid, which will liberate the chlorine gas. The clothing and bedding should be separated as much as possible by hanging upon chairs or upon the walls or furniture, so that the fumes will thoroughly permeate all. The rooms should be kept closed for ten or twelve hours charged with the gas by either method, and then thoroughly ventilated. No attempt should be made to fumigate a sick room in this manner when occupied by a patient, or by any person.

(8) All clothing so washed or fumigated should be exposed to the fresh air for a considerable time, as an additional means of purification.

(9) Wash the hands, face and person with a solution of which the following is a correct prescription:

Thymol,	-	-	-	-	-	-	60 grs.
Alcohol,	-	-	-	-	-	-	2 oz.
Water,	-	-	-	-	-	-	1 pint.

Use freely. Diluted carbolic acid solution is also an excellent wash.

(10) Upon the recovery, removal or death of every case of Small Pox or Varioloid the clothing, bedding and premises should be disinfected under the direction of a physician.

(11) The person employed to disinfect may cause the removal, destruction or burial of such articles as shall seem to require it; and shall keep a record of date, kind of article, whether new or old, estimated value, name and residence of the owner,

(12) The sick room should be kept well ventilated, not exposing the patient to fresh or direct currents of air, and should be occasionally fumigated slightly, by throwing upon a heated surface a few teaspoonfuls of a solution of carbolic acid, made by dissolving an ounce of crystalized carbolic acid in a quart of rain water. Cloths may be soaked in this solution and hung in the room and halls adjoining. Vessels for receiving the discharges of the patient should be immediately emptied and cleansed with boiling water. When convalescence has taken place the patient should be thoroughly washed in warm water and soap, and fresh clothes put on throughout.

(13) The history of each case should be obtained, and the infection traced to its source. The companions and associates of infected persons found, as a means of anticipating its appearance, and such sections be carefully watched. Localities where families might be disposed to conceal the disease should be examined and watched—the dwellings inspected—the attending physicians taking notes of his cases and examinations for reference.

(14) There are no substitutes for pure air and water. Let fresh air and sunlight purify all places they can reach—open and dry all cellars—clean and dry the grounds and dwellings—and let personal and domestic cleanliness prevail everywhere, as a shield against contagion.

#### A FEW FACTS ABOUT SMALL POX.

Dr. S. C. Hartwell furnishes the Board with the following:—

“1st. The disease is ‘taking’ at any time after the eruption appears and until the last scab from the pustules has disappeared from the skin. And is also communicated by the clothing worn or used about the patient or in his room until the same is properly disinfected. Therefore every patient ought to be kept isolated until the last scab has disappeared from the body and a complete bath of the whole person has been had, and all personal clothing has been changed.

“2d. All persons who have been exposed to the contagion of Small Pox are safe from exposing others for 12 days certainly and 14 probably after exposure. No physician can say with certainty in less than 14 days after exposure that any person has got, or is to have, an attack of Small Pox; but upon the occurrence of violent symptoms on or after the 12th day after known exposure, the person so suffering should be held to be in a suspicious condition and should be as far as possible isolated. But if after two full days of isolation no one distinctive pustule is found after careful search, the patient is safe from danger. Exceptions to this rule are very rare.

“3d. Persons who have been thoroughly vaccinated may have

this Varioloid fever from the 12th to the 14th day after contagion is acquired, and the non-appearance of characteristic eruptions and their rapid recovery after the 15th day is conclusive proof of the perfect protection afforded by Vaccination.

“4th. Vaccination as late as the third day after exposure to contagion is as perfect a protection as before exposure has occurred, because it requires but NINE days for the full effect of Vaccination, while the Small Pox virus requires TWELVE days for its maturity.

“5th. Small Pox is usually a manageable disease (except at the extremes of life—before 5 or after 70 years of age). It requires a mild, unstimulating treatment before and after the eruption period and a tonic and stimulating treatment only during the filling and complete disappearance of the pustules.

“6th. Perfect Vaccination has been proved to be more than than twice as effectual against this disease as a previous attack of Small Pox itself. But it is considered that its protective powers are less permanent, and revaccination within periods of from five to seven years is advisable.”

JOHN TATTERSON,  
A. J. BARTHOLOMEW,  
THOMAS SANDERS,  
Board of Health of Southbridge.

*Southbridge, May 7, 1881.*

# REGULATIONS.



ARTICLE I. The Selectmen of the Town shall be the Board of Health, unless it shall at its annual meeting, or at some other meeting duly warned for the purpose, choose a board or a health officer.

ARTICLE II. Such Board of Health shall be organized annually in April by selecting one of its number as a chairman and one as a clerk. And such chairman shall preside at all meetings, and the clerk shall keep a record of all votes of the board in a book prepared for the purpose.

ARTICLE III. Such Board may appoint a physician to the Board, to hold his office during its pleasure, and establish his salary or other compensation. It may also employ such subordinate officers, agents or assistants as it shall deem necessary, and shall regulate all fees and charges of all such officers, agents or assistants so employed by it in the execution of the health laws and of its own regulations.

ARTICLE IV. Such Board may appoint an agent or agents to act for it in case of emergency, or when it cannot be conveniently assembled, and such agent so appointed shall have all the authority of the Board appointing him; but he shall within two days report his action in each case to it for approval, and shall be at all times directly responsible to it and under its control and direction. And such agent, when appointed to make sani-

tary inspections, may make complaint in case of violations of any law or by-law relating to the public health in this town.

ARTICLE V. The Board shall retain charge of any case arising under the provisions of the statutes relating to the public health, to the exclusion of the Overseers of the Poor.

ARTICLE VI. The Board judge it necessary for the public health and safety respecting nuisances, sources of filth and causes of sickness within this town, and respecting articles which are capable of containing or conveying infection, contagion, or of creating sickness brought into or conveyed from this town, to make regulations regarding such matters, and does hereby adopt and make, in accordance with the provisions of the statutes, the following special regulations to secure the public health and safety, and order the same to be published in the Southbridge Journal for the information of the public.

#### PRIVIES, &c.

RULE I. Every tenement in this town used as a dwelling house within any of the villages shall be furnished, whenever practicable, and when it can be done without unreasonable expense, with a sufficient drain underground to carry into a common sewer, reservoir, or cesspool, located as herein provided and with suitable water closets or with a privy, the vault of which, shall be underground, built and kept in the manner prescribed in these regulations, and of sufficient capacity for the number of occupants of such tenement.

RULE II. Every vault or privy shall be so constructed that the inside shall be at least three feet distant from the line of every adjoining lot, unless the owner of such adjoining lot shall consent or agree otherwise; and three feet also from every street, lane, passage-way, or public place; and every such vault or privy shall be built in a thorough and substantial manner and kept water-tight, and its contents shall never be within eighteen inches of the surface of the ground. Whenever any vault or

privy shall become offensive the same shall be cleansed, and in case the condition or construction of any vault or privy shall be different from the requirements of this rule the Board of Health, after forty-eight hours' notice to the occupant requiring him to cleanse the same, may have the same cleansed, repaired, altered, or removed, as they judge necessary, and shall charge the expense incurred by so doing to the owner or person occupying the premises whereon such vault or privy is located.

RULE III. No privy or water closet not having a water-tight vault shall be maintained without a tight drain to carry the contents thereof to a common sewer, or proper reservoir or cesspool, and no such reservoir or cesspool shall be established within twenty feet of any well, spring or source of water used for domestic purposes; provided, however, that earth privies or closets when dry earth or ashes are daily added to the deposit vault in sufficient quantities to absorb all moisture, and the contents thereof are removed weekly, may be established.

RULE IV. No vault or privy shall be opened at any time, or in any manner other than such as the Board of Health may direct. No person shall remove the contents of any vault or privy except in a water-tight cart, wagon or box, and no person conducting such cart, wagon or box shall leave or permit the same to stop, stand or pass through the streets, ways or public places in the villages aforesaid, at any other time than during the night, between the hours of nine o'clock p. m. and five o'clock a. m., unless licensed so to do by the Board of Health.

RULE V. No person shall remove, or carry through any public street, way or place, in the villages aforesaid, the contents of any vault or privy, unless the person removing the same, and the cart, wagon or other conveyance in which the same is carried, shall be licensed for that purpose by the Board of Health.

RULE VI. No person shall bury the contents of any vault or cesspool upon the premises occupied by him, or allow any filthy

or bad-smelling water to run out or be thrown upon the surface of the grounds on his said premises, provided, however, the Board of Health may grant permission to use such contents in such quantities and in such a manner upon the lands used for cultivation, as it may prescribe.

#### DRAINAGE.

RULE VII. No privy vault, cesspool, or water from any sink, pipe or drain, shall be permitted to overflow or run upon the surface of the ground, or upon any street or sidewalk or into any street gutter. All such vaults shall be thoroughly cleaned out and the contents thereof removed at least once each year, and oftener if the Board of Health do direct.

RULE VIII. No sink or sewer drain not water tight, shall be allowed to pass within twenty feet of any well, spring or source of water used for culinary purposes, and no person shall allow any pool of stagnant water to be or remain upon his premises, after notice from the Board of Health to remove the same.

RULE IX. When it shall appear to the Board of Health that any cellar, lot or vacant land is a nuisance, or in such a condition that it may become dangerous to the public health, such Board may after notice and forty-eight hours thereafter allowed to the owner or occupant thereof, cause the same to be drained, filled up or otherwise prevented from becoming or remaining a cause of nuisance or sickness, and shall charge all the reasonable expenses of so doing to owners or persons occupying such cellar, lot or vacant land.

RULE X. When the public health and safety in the opinion of the Board of Health require that the drainage from any premises shall be turned into any common sewer, or to be otherwise disposed of in such a manner as to prevent nuisance, the Board shall so order, and the owner or occupant shall at once turn said drainage into said sewer, or otherwise dispose of the same as the Board shall order, and if such owner or occupant refuses or

neglects so to do after notice of such order, the Board of Health may enter upon the premises and do the same, and charge the expense thereof to the said owner or occupant.

#### ANIMALS, ETC.

RULE XI. No animals affected with an infectious disease shall be brought within the limits of this Town; no diseased animal or its flesh shall be sold or offered for sale, and no decayed, diseased or unwholesome meat, fish, vegetables, fruit or other article of food shall be sold or offered for sale in this Town.

RULE XII. No person shall in the populous or business parts of any village in this Town keep any swine and goats, except the keeper thereof be licensed by the Board of Health, and when so licensed said animals shall be kept in the manner prescribed by the said Board.

RULE XIII. All putrid, decaying or decayed animal or vegetable matter shall be removed from cellars and out-buildings on or before the first day of June in each year. No fish, slaughter-house offal or other decaying animal matter shall be left or permitted to remain upon land for the purposes of fertilization, within any village in this Town, without being ploughed in or otherwise rendered inoffensive.

#### HOUSE OFFAL.

RULE XIV. Each family in any village in this Town shall have a properly covered receptacle for swill and house-offal until the same is removed.

RULE XV. Every occupant of any building within any village in this Town, shall so far as it is within his control, keep such building and the yard or grounds belonging thereto free from all filth and substances liable to produce offensive odors.

RULE XVI. No person within any village in this Town shall burn on premises occupied by him, any garbage, refuse woolen, silk, leather or india rubber goods or other substances, so that the same shall while burning evolve or emit offensive gasses or odors.

RULE XVII. No person within any village in this Town shall deposit or permit to be deposited by any one occupying his premises, any house-offal, brine, bones, dead animals, old leather, decayed fruit or vegetables, or any other rubbish in any catch basin, street, lane, alley or public place. And no person shall clean, scale or wash fish or meat upon any such street, lane, alley or public place.

RULE XVIII. No person shall within any village of this Town, transport any fat, bones, or any decayed, putrid, or vile smelling animal or vegetable substances through any streets, lanes, alleys or public places, except in water-tight and securely covered vessels or carriages, from which no odors can escape.

#### SLAUGHTER HOUSES, ETC.

RULE XIX. No slaughter house or abattoir shall be established or used within the limits of any village in this Town, and none elsewhere within the Town unless kept free from obnoxious smells, and all offal shall be daily removed therefrom or properly secured from emitting such smells. No melting or rendering house shall be established or used as such within such limits except by permission and location of the Board of Health.

RULE XX. No manufacturing or other business giving rise to obnoxious and injurious odors shall be established or continued within the limits of any village in this Town, except in such locations as the Board of Health shall assign, and all persons having control of existing manufactories, stables and fish markets, shall use all means available to render them inodorous, and to keep them free from all obnoxious smells.

#### CONTAGIOUS DISEASES.

RULE XXI. Every person in whose dwelling there shall break out a case of cholera, yellow fever, small-pox or varioloid, shall forthwith notify the Board of Health thereof, and until instructions are received from such Board, shall not permit any clothing or other property that may have been exposed to infection, to be removed from such house, nor shall any occupant take up a residence elsewhere without the consent of the said Board.

RULE XXII. Any physician who may know of or be called to a case of either of such diseases specified in the foregoing regulations shall forthwith report the same to the Board of Health, and receive instructions regarding the same; and whenever there shall come under the observation of any physician any such number of cases of scarlet fever, diphtheria, typhoid fever, dysentery or spotted fever so called, as in his opinion to justify the belief that any considerable epidemic thereof exists, he shall forthwith report the same to the Board of Health, with such suggestions as may seem to him expedient.

RULE XXIII. All persons affected with either of the diseases named in Rule XXI., and all articles infected with the same, shall be immediately separated from all persons liable to contract or communicate the disease, and none but nurses and physicians shall be allowed access to persons sick with said diseases; and no person sick with any of said diseases shall be removed at any time except by permission and under the direction of the Board of Health, but all persons infected with either of said diseases who cannot be properly quarantined may be removed according to law to such hospital or place as the Board of Health direct, and no person shall obstruct, hinder or oppose such removal. And when any person dies of either of said diseases the body shall be buried under direction of the Board of Health, and no person shall obstruct, hinder or oppose such burial.

RULE XXIV. Any person quarantined or committed to a hospital or other place, as named in Rule XXIII., and no person who has been infected shall leave, or go away at pleasure, or travel about within this town until permitted so to do by the Board of Health; and such Board shall require all such persons to be properly cleansed, washed and disinfected before they are permitted to go at large.

RULE XXV. All bedding and personal clothing or other personal property affected with contagion or infection shall be disinfected, treated or disposed of as the Board of Health may direct.

RULE XXVI. All bedding or other personal property liable to propagate any disease named in Rule XXI., shall be at once properly cleansed, disinfected or destroyed, and the Board of Health may cause the same to be so cleansed, disinfected or destroyed as they shall deem it most expedient and safe.

RULE XXVII. No person or article liable to propagate a dangerous disease shall be brought within the limits of this town without the special consent and under the direction of the Board of Health, and whenever it shall appear to any person that such person or article has been brought into this town immediate notice thereof shall be given to such Board and specification of his or its location.

#### VACCINATION.

RULE XXVIII. Parents and guardians shall cause their children and wards to be vaccinated before they attain the age of two years, and to be revaccinated after five years from the last vaccination and whenever the Board of Health or Selectmen require it.

RULE XXIX. All the inhabitants shall be vaccinated, or revaccinated, whenever the said Board or Selectmen of the town require it, as provided in the statutes relating to this subject,

and the town shall furnish the means of vaccination to such of its inhabitants as are unable to pay for the same. Incorporated companies for manufacturing shall cause all inmates and workmen thereof to be vaccinated upon their entrance thereto unless they produce sufficient evidence of previous successful vaccination within five years. Children before entering the public schools shall be vaccinated and revaccinated as required by the provisions of the statutes, and the School Committee shall enforce this regulation.

RULE XXX. Each person neglecting to comply with the requirements of Rules XXVIII. and XXIX. shall forfeit the sum of five dollars, as provided in the statutes relating to vaccination.

#### GENERAL AUTHORITY.

RULE XXXI. The Board of Health of this town shall have authority to use and may use any and all of the powers vested in such Board under the provisions of the statutes of this Commonwealth relating to the preservation of the public health, as occasion may require, and make such orders and decrees as shall be necessary to carry such provisions into effect.

#### PENALTIES.

Whoever violates in any way any of the foregoing rules regarding the public health and safety, except as provided in said rules, such persons so offending shall forfeit a sum not exceeding one hundred dollars.

ARTICLE VII. The Board of Health may from time to time make and give such instructions in cases of any emergency for the purpose of controlling contagion as shall be deemed expedient and proper, which shall be published for the information and guide of the inhabitants.

ARTICLE VIII. The foregoing regulations and rules may be altered and amended and additional regulations and rules may be adopted by the Board of Health at any meeting thereof. But such regulations and rules, with all the alterations, amendments and additions, shall be recorded and kept together so that the same may be referred to separate and distinct from the records of the meetings of the Board.

ARTICLE IX. The clerk of the Board shall not only keep a faithful record of all meetings of its members as aforesaid, but also record all their orders, decrees and proceedings in a book for the purpose, and discharge such duties as may be imposed upon him.

SOUTHBIDGE, May 7, 1881.

On this date the Board of Health of the town of Southbridge adopted the above regulations as the health laws of the said town.

JOHN TATTERSON,  
THOMAS SANDERS,  
A. J. BARTHOLOMEW,  
*Board of Health.*

