

Smallpox

Smallpox was an infectious disease caused by a virus. Symptoms included fever and vomiting.

There are two types of preventatives for smallpox – variolation and vaccination.

Variolation was a common practice amongst the poor in rural areas like the highlands of Scotland in the 1600s. It was introduced to the more wealthy members of society in the early 1700s by Lady Mary Montagu who saw it being used when she was living in Turkey and brought the practice back to British high society. Variolation involved giving the patient a mild dose of the smallpox disease which then made them immune. However, it could be risky and some people died as a result of variolation.

A much more effective system was adopted by Edward Jenner in the late 1700s. Jenner was a doctor in Gloucester and he observed that milk maids seemed to be immune to smallpox. He realised that people who caught the disease called cowpox were immune to smallpox. He began trialing this theory and published his findings. He called his technique vaccination, from the Latin word for cow, *vacca*. The smallpox vaccine which Jenner developed was the world's first vaccine.

Plague

The plague is a bacterial infection which is usually spread by fleas or airborne droplets from an infected person or animal. Symptoms include fever, weakness and headache. Those who are infected usually died within 3 days.

The plague spread across Europe in the 1300s and first arrived in Scotland in 1350. This outbreak was known as the Black Death. Estimates suggest that between a third and half of the British population died.

Waves of the disease kept coming for the next 350 years. The next major outbreak was in the 1660s, this was known as the Great Plague.

Medical professionals at the time didn't understand the cause of the plague. Many thought it was the result of toxic air. Unlike earlier outbreaks, in the 1660s the authorities tried to stop the plague from spreading by marking infected houses with a red cross and forcing the infected to observe a quarantine. There was no effective treatment and it was only the beginning of winter that ended this outbreak.

Cholera

Cholera is a bacterial infection which is usually spread through unclean water and food. Symptoms include diarrhoea and vomiting. Those infected often died within hours.

Cholera spread across Asia and Europe in the 1800s and arrived in Britain in 1831, reaching Edinburgh in 1832. Cholera was most common in the poorer districts of overcrowded and dirty cities. A lack of clean water and proper sewage disposal meant that city streets were dirty and filled with refuse.

For a long time nobody knew how cholera was spread, some people thought it resulted from drunkenness or a lack of morals. A big change happened in the 1850s when Dr John Snow discovered the connection between contaminated water and cholera by tracing a cholera outbreak in the Broad Street area of London back to a single water pump. Improvements to sewage systems and better supplies of clean water in the late 1800s reduced the risk of cholera.

PLAGUE

- 1347 - Plague arrives in Europe (Beginning of the Black Death)
- 1349 - Plague arrives in Scotland
- 1374 - Venice begins to isolate infected people
- 1403 - Venice isolates travelers for 40 days (quarantena - where quarantine comes from)
 - This practice spread through Europe
- 1500 - Edinburgh Council passes regulations to combat Plague
 - Plague households were isolated for 12 days
 - Lawmarket was closed
- 1645 - Major Outbreak in Edinburgh
 - George Rae first doctor in Scotland to use Plague Mask
- 1665 - Great Plague of London starts (Scotland is safe)
- 1894 - Plague global outbreak begins in Asia
- 1900 - Last outbreak in Scotland



SMALLPOX

- 1721 - Lady Montague introduces variolation to England
- 1796 - Edward Jenner experimented with inoculation using cowpox
- 1798 - Jenner publishes his hypothesis vaccination prevents further infection from smallpox
- 1800 - vaccination spreads to Europe and the Americas
- 1853 - Infant vaccination becomes compulsory in England and Wales
- 1864 - Infant vaccination became compulsory in Scotland
- 1980 - WHO announces smallpox has been eradicated



The Cow Pock — or — the Wonderful Effects of the New Inoculation! — An Act. the Publication of J. Ash Grove Street

CHOLERA

- 1823 - Cholera pandemic begins in Bengal
- 1829 - Cholera arrives in Europe
- 1831 - Cholera epidemic arrives in England
- 1832 - Cholera Epidemic Arrives in Edinburgh
 - Dr Thomas Latta begins to experiment with Intravenous Therapy
- 1847-1848 - Cholera Epidemic Glasgow
- 1854 - John Snow published his updated theory that Cholera was spread via contaminated water, providing evidence from the Broad St outbreak
- 1855 - Glasgow, followed by Edinburgh and Dundee, begins drawing better water supplies for their citizens
- 1865 - new sewage systems are opened in London
- 1866 - Last cholera epidemic in the UK (London)
- 1867 - Public Health (Scotland) Act 1867

COVID-19

- **26/27 February 2020 - Virus outbreak at Nike conference in Edinburgh**
- **1 March 2020 - Authorities confirm first case of Coronavirus in Scotland**
- **23 March 2020 - Lockdown begins in Scotland**
- **6 April 2020 - The Coronavirus (Scotland) Act 2020 comes into effect**
- **29 May 2020 - Lockdown begins to ease**
- **5 June 2020 - WHO organisation supports public use of fabric masks**
- **10 July 2020 - Facemasks become mandatory in shops in Scotland**
- **22-25 September 2020 - Scotland introduces tighter restrictions to combat the virus**
 - **Separate households can not mix indoors**
 - **Pubs and restaurants have a 10pm curfew**

