

It is impossible to impress too strongly the necessity of extreme cleanliness and free ventilation, they are points of the very greatest importance, whether in the houses of the sick, or generally as a measure of precaution.

It is recommended that those who may fall victims to this formidable disease, should be buried in a detached ground in the vicinity of the house that may have been selected for the reception of cholera patients. By this regulation it is intended to confine as much as possible every source of infection to one spot; on the same principle, all persons who may be employed in the removal of the sick from their own houses, as well as all those who may attend upon cholera patients in the capacity of nurses, should live apart from the rest of the community.

It should here be observed, that the fewer the number of persons employed in these duties, the better, as then the chance of spreading the infection by their means will be diminished.

Wherever objections arise to the removal of the sick from the healthy, or other causes exist to render such a step not advisable, the same prospect of success in extinguishing the seeds of the pestilence cannot be expected.

Much, however, may be done, even in these difficult circumstances, by following the same principles of prudence, and by avoiding all unnecessary communication with the public out of doors; all articles of food, or other necessaries required by the family, should be placed in front of the house, and received by one of the inhabitants of the house, after the person delivering them shall have retired.

Until the time during which the contagion of cholera lies dormant in the human frame has been more accurately ascertained, it will be necessary for the sake of perfect security, that convalescents from the disease, and those who have had any communication with them should be kept under observation for a period of not less than twenty days.

The occupiers of each house, where the disease may occur, or be supposed to have occurred, are enjoined to report the fact immediately to the local board of health in the town where they reside, in order that the professional member of such board, may immediately visit, report, and if permitted to do so, cause the patient to be removed to the place allotted for the sick.

In every town the name and residence of each of the members of the district committee should be fixed on the doors of the church, or other conspicuous place.

All intercourse with any infected town, and the neighbouring country, must be prevented by the best means within the power of the Magistrates, who will have to make regulations for the supply of provisions; but such regulations are intended only for extreme cases; and the difficulty of carrying such a plan into effect on any extended scale will undoubtedly be great, but, as a precaution of great importance, it is most essential that it should be an

object of consideration, in order to guard against the spreading of infection.

Other measures, of a more coercive nature, may be rendered expedient for the common safety, if unfortunately so fatal a disease should ever show itself in this country in the terrific way in which it has appeared in various parts of Europe; and it may become necessary to draw troops, or a strong body of police, around infected places, so as utterly to exclude the inhabitants from all intercourse with the country; and we feel sure what is demanded for the common safety of the state, will always be acquiesced in with a willing submission to the necessity which imposes it.

The Board particularly invites attention to a fact confirmed by all the communications received from abroad, viz. that the poor, ill fed, and unhealthy part of the population, and especially those who have been addicted to drinking spirituous liquors, and indulgence in irregular habits, have been the greatest sufferers from this disease, and that the infection has been most virulent, and has spread more rapidly and extensively in the districts of towns where the streets are narrow, and the population crowded, and where little or no attention has been paid to cleanliness and ventilation. They are aware of the difficulty of removing the evils referred to, but they trust that attention thus awakened will insure the most active endeavours of all Magistrates, resident Clergymen, and persons of influence or authority, to promote their mitigation, and as the amount of danger, and the necessity of precaution, may become more apparent, they will look with increased confidence to the individual exertions of those who may be enabled to employ them beneficially in furtherance of the suggestions above stated.

*Board of Health, College of Physicians, October 20, 1831.*

THE following are the early symptoms of the disease in its most marked form, as it occurred to the observation of Dr. Russell and Dr. Barry, at St. Petersburg, corroborated by the accounts from other places where the disease has prevailed:

Giddiness, sick stomach, nervous agitation, intermittent, slow, or small pulse, cramps beginning at the tops of the fingers and toes, and rapidly approaching the trunk, give the first warning.

Vomiting or purging, or both these evacuations of a liquid like rice-water or whey, or barley-water, come on; the features become sharp and contracted, the eye sinks, the look is expressive of terror and wildness; the lips, face, neck, hands, and feet, and soon after the thighs, arms, and whole surface assume a leaden, blue, purple, black, or deep brown tint, according to the complexion of the individual, varying in shade with the intensity of the attack. The fingers and toes are reduced in size, the skin and soft parts covering them are wrinkled, shrivelled and folded; the nails put on a bluish pearly white; the larger superficial veins are marked by flat lines of a deeper black; the pulse becomes either small as a thread, and scarcely vibrating, or else totally extinct.