

ginary; creates panic; leads to the neglect and abandonment of the sick; occasions great expense for what is worse than useless; and withdraws attention from that brief but important interval between the commencement and the development of the disease, during which remedial measures are most effective in its cure.

Although it is so far true, that certain conditions may favour its spread from person to person, as when great numbers of the sick are crowded together in close, unventilated apartments, yet this is not to be considered as affecting the general principle of its non-contagious nature; nor are such conditions likely to occur in this country; moreover, the preventive measures founded on the theory of contagion, namely, internal quarantine regulations, sanitary cordons, and the isolation of the sick, on which formerly the strongest reliance was placed, have been recently abandoned in all countries where cholera has appeared, from the general experience of their inefficiency.

The evidence also proves, that cholera almost always affords, by premonitory symptoms, warning of its approach, in time for the employment of means capable of arresting its progress. If indeed in certain situations, as where there is an unusual concentration of the poison, or in certain individuals who are peculiarly predisposed to the disease, the attack may sometimes appear to be instantaneous, still the general conclusions, that cholera is not in itself contagious, and that it commonly gives distinct warning of its approach, are two great facts well calculated to divest this disease of its chief terrors, and to shew the paramount importance of the means of prevention, so much more certain than those of cure.

The proved identity of the causes which promote the origin and spread of epidemic diseases in general, with those that favor the introduction and spread of Asiatic cholera, appear to indicate the true measures of precaution and prevention against a pestilence, which after an absence of sixteen years, and at a season when other formidable epidemic diseases are unusually prevalent and deadly, menaces a third visitation; and the General Board of Health would appeal to all classes for their cordial co-operation in carrying into effect the measures which careful consideration has led them to recommend, in the full conviction that the powers given by the Legislature for this purpose, though they may not be fully adequate, and though the time to use them may be short, cannot fail, with such co-operation, to be attended with highly beneficial results.

With a view of carrying into operation all available means of precaution against the impending danger, the General Board of Health recommends, that the Guardians of the Poor in England and Wales, and the Parochial Boards for the management of the Poor in Scotland, and their officers, should hold themselves in readiness to execute such directions as the General Board of Health may see fit to issue from time to time, under the provisions of the Act of the 11th and

12th of Vict. c. 123, entitled "An Act to renew and amend an Act, of the tenth year of Her present Majesty, for the more speedy removal of certain nuisances and the prevention of contagious and epidemic diseases."

The Guardians of the Poor and the Parochial Boards will probably be required either by themselves individually, or by persons employed or to be specially appointed by them for the purpose, to make examinations from house to house of their several districts, and report to their Boards upon the state of each locality as far as regards the prevalent sickness, and the removable causes upon which it may appear to depend. These visitations from house to house will be especially required in the dangerous districts; and it is to be kept in view, that every district or place is dangerous in which typhus and other epidemic diseases have regularly recurred.

The Boards of Guardians and Parochial Boards will have to put in force, whenever it may appear to be required, those provisions of the Act that relate to nuisances.

Great benefit having been derived from the cleansings that were resorted to on the former visitation of cholera; and experience having shewn that preventive measures against cholera are also preventive against typhus and other epidemic and endemic diseases, the Boards of Guardians should carry into immediate effect all practical measures of external and internal cleansing of dwellings in the ill-conditioned districts.

The chief predisposing causes of every epidemic, and especially of cholera, are, damp moisture, filth, animal and vegetable matters in a state of decomposition, and, in general, whatever produces atmospheric impurity; all of which have the effect of lowering the health and vigour of the system, and of increasing the susceptibility to disease, particularly among the young, the aged, and the feeble.

The attacks of cholera are uniformly found to be most frequent and virulent in low lying districts, on the banks of rivers, in the neighbourhood of sewer mouths, and wherever there are large collections of refuse, particularly amidst human dwellings. In a recent proclamation, issued for the protection of the population of the Russian empire, the important influence of these and similar causes has been recognized, and the practical recommendations founded thereon are "to keep the person and the dwelling place clean, to allow of no sinks close to the house, to admit of no poultry or animals within the house, to keep every apartment as airy as possible by ventilation, and to prevent crowding wherever there are sick."

Householders of all classes should be warned, that their first means of safety lies in the removal of dung heaps and solid and liquid filth of every description from beneath or about their houses and premises. Though persons long familiarized to the presence of such refuse may not perceive its offensiveness, nor believe in its noxious properties, yet all who desire to secure themselves from danger should labour for the entire removal of filth and the thorough cleansing of their premises;