

erved. The most wholesome articles of vegetable diet are—well-baked, but not new bread, rice, oatmeal, and good potatoes. Pickles should be avoided. Articles of food and drink which, in ordinary seasons, are generally wholesome, and agree well with the individual constitution may, under this unusual condition, prove highly dangerous. The diet should be solid rather than fluid; and those who have the means of choosing, should live principally on animal food, as affording the most concentrated and invigorating diet; avoiding salted and smoked meats, pork, salted and shell fish, cider, perry, ginger beer, lemonade, acid liquors of all descriptions, and ardent spirits. Great moderation, both in food and drink, is absolutely essential to safety, DURING THE WHOLE DURATION OF THE EPIDEMIC PERIOD. One single act of indiscretion has, in many instances, been followed by a speedy and fatal attack. The intervals between the meals should not be long; cholera being uniformly found to prevail with extraordinary intensity among the classes that observe the protracted fasts common in Eastern and some European countries.

The practical importance of these cautions might be illustrated by striking examples. Dr. Adair Crawford states, that in Russia the most intense of all the attacks were those that followed a hearty meal, taken immediately after a protracted fast. In our own country, during its former visitation, the most frequent and deadly attacks were observed to be those that took place in the middle of the night, a few hours after a heavy supper. The three fatal cases that have just occurred to sailors who had been at Hamburg, and who were brought sick to Hull, turned out on enquiry to have followed very shortly after the men had eaten a large quantity of plums, and had drunk freely of sour beer; and the two still more recent fatal cases on board the ship *Volant*, of Sunderland, both occurred in drunkards, who persisted in the practice of intoxication, notwithstanding the earnest warnings that were given them against the dangers of intemperance.

On account of the intimate connection between the external skin and the internal lining membrane of the bowels, warm clothing is of great importance. The wearing of flannel next the skin is therefore advisable. Recent experience on the Continent seems to show, that it was useful to wear in the day time a flannel bandage round the body, and this may become necessary in our own country during the damp and cold weather of the approaching season.

Particular attention should be paid to keeping the feet warm and dry; changing the clothes immediately after exposure to wet; and maintaining the sitting and bed rooms well aired, dry, and warm.

It may be necessary to add a caution against the use of cold purgative medicines, such as salts, particularly Glauber salts, Epsom salts, and Seidlitz powders, which taken, *in any quantity*, in such a season, are dangerous. Drastic purgatives of all kinds should be avoided, such as senna, colocynth, and aloes, except under special medical direction.

If, notwithstanding these precautionary measures, a person is seized suddenly with cold, giddiness, nausea, vomiting, and cramps, under circumstances in which instant medical assistance cannot be procured, the concurrent testimony of the most experienced medical authority shews that the proper course is to get as soon as possible into a warm bed; to apply warmth by means of heated flannel, or bottles filled with hot water, or bags of heated camomile flowers, sand, bran, or salt, to the feet and along the spine; to have the extremities diligently rubbed; to apply a large poultice of mustard and vinegar over the region of the stomach, keeping it on fifteen or twenty minutes; and to take every half hour a tea spoonful of sal volatile in a little hot water, or a desert spoonful of brandy in a little hot water, or a wine glass of hot wine whey, made by pouring a wine glass of sherry into a tumbler of hot milk—in a word, to do every thing practicable to procure a warm, general perspiration until the arrival of the medical attendant, whose immediate care, under such circumstances, is indispensable.

It has not been deemed necessary or proper to give instructions for the treatment of the advanced stage, from the confident expectation that the proposed arrangements will supply medical attendance to all cases that may reach that condition, by which means the specific symptoms of each individual case will receive their appropriate treatment.

Though the season of danger may demand some extraordinary exertion and sacrifice on the part of all classes, yet this period will probably not be protracted, since on the former visitation of cholera, it seldom remained in any place which it attacked longer than a few months, and rarely more than a few weeks; while it may be reasonably expected that the improvements effected with a view to check its progress will be equally efficacious in shortening its duration; and that these improvements will not be temporary like the occasion that called for them, but will be attended with lasting benefit.

In conclusion, the General Board of Health would again urge the consideration, that whatever is preventive of cholera is equally preventive of typhus and of every other epidemic and constantly recurring disease; and would earnestly call the attention of all classes to the striking and consoling fact that, formidable as this malady is in its intense form and developed stage, there is no disease against which it is in our power to take such effectual precaution, both as collective communities and private individuals, by vigilant attention to it in its first or premonitory stage, and by the removal of those agencies which are known to promote the spread of all epidemic diseases. Though, therefore, the issues of events are not in our hands, there is ground for hope and even confidence in the sustained and resolute employment of the means of protection which experience and science have now placed within our reach.

By order of the General Board of Health,
HENRY AUSTIN, Secretary.