

UNWHOLESOME FOOD.—Articles of food which may be taken with little inconvenience in ordinary times may be dangerous in an epidemic season. The best articles of food are meat, good biscuits, rice, oatmeal, and good potatoes. Solid food is better than fluids, and therefore at this time it would be desirable to give the crew beef and mutton instead of soup. Care should be taken to avoid all tainted meat and decayed vegetables. Special attention should be paid to having a supply of pure water. All river water near towns should be avoided.

EXCESS.—Great moderation both in food and drink is absolutely essential to safety. A single act of indiscretion has been followed by a severe attack; intemperance at such a time is fraught with extreme danger. An epidemic atmosphere commonly produces great depression, both of body and mind, and a desire for stimulants. If for the relief of this feeling recourse be had to gin or brandy, the result may be fatal.

PURGATIVE MEDICINES.—No purgative medicines of any kind should be taken at this season, unless under medical direction. Glauber's Salts and Epsom Salts are especially dangerous. Owners and masters should provide themselves with the necessary medicines immediately.

II. What to do.

Cholera is commonly not so sudden in its attack as is supposed. It usually gives warning of its approach for some hours, and often for a day or two, by some degree of looseness of the bowels. This may be slight, and it is almost always without pain; but let no one be put off his guard by this circumstance. The Master should, by observation and inquiry, take notice of the health of the crew; and for his guidance, until such time as he may be able to obtain medical assistance, the following recommendations are subjoined:

If any man should be attacked with any degree of looseness of the bowels the following medicine should be given to him at once: fifteen or twenty grains of opiate confection, mixed with two table spoonsful of peppermint water, or with a little weak brandy and water warm. This should be repeated every three or four hours, or oftener if the attack is severe. If this medicine is not at hand, eight or ten drops of laudanum may be substituted for the opiate confection.

If the purging is severe, and especially if attended with vomiting or coldness, the man should go to bed immediately, and be kept warm. Bottles of hot water, or bags filled with salt or bran, should be applied to the stomach and feet and along the spine.

A large poultice of mustard and vinegar should be put over the stomach, and kept on fifteen or twenty minutes. The above medicines should be continued every hour, or every two or three hours, according to the emergency of the case, until a doctor can be got. Rest and warmth in bed are essential until medical assistance arrives; but not a moment should be lost in seeking medical aid."

CHOLERA.

Notice to Masters and Owners of Ships prepared and issued by the Board of Health.

"THE approach of cholera having rendered it necessary to take all possible precautions, and experience having shown that the disease spreads rapidly and fatally wherever there is overcrowding, dirt, and want of ventilation, the attention of Masters and Owners of Ships is

specially called to the following sections of the Mercantile Marine Act—

Section 63. 'Every place in any ship occupied by seamen or apprentices, and appropriated to their use, shall have a space of not less than nine superficial feet for every adult, measured on the deck or floor of such place, which shall be kept free from stores or goods of any kind not being their personal property in use during the voyage; and every such place shall be securely and properly constructed and well ventilated.'

Section 69. 'If any place in any ship occupied by seamen or apprentices, and appropriated to their use, is not in the whole sufficiently large to give such space as hereinbefore required, or if any such place is not securely and properly constructed and well ventilated, the Owner shall for every such offence be liable to a penalty not exceeding twenty pounds; and if any such space as aforesaid is not kept free from goods and stores as aforesaid, the Master shall for every such offence be liable to a penalty not exceeding ten pounds.'

Masters and Owners of Ships are hereby warned that the Board of Trade will, if occasion shall arise, take measures to enforce the above enactments, by inspection, and, if necessary, by legal proceedings.

By order of the Board,

*F. W. Beechey.
W. H. Walker."*

T. H. Farrer, Secretary.

*Board of Trade,
27th September, 1853.*

By order,
T. H. Farrer.

*Board of Trade, Whitehall,
October 4, 1853.*

THE Right Honourable the Lords of the Committee of the Privy Council for Trade and Plantations, have received a despatch from Her Majesty's Consul at Acapulco, a copy of which is subjoined, relative to regulations by which all vessels arriving at ports of the Mexican Republic, from European or other foreign ports, are bound to have three sets of papers.

By order,
T. H. Farrer.

(Copy.)

*British Consulate,
Acapulco, August 23, 1853.*

My Lords,

It is my duty to inform your Lordships, that all vessels coming from European or from other foreign ports to this country, are, according to the laws of the Republic, bound to have with them three sets of papers; that is: three manifests and three bills of lading: or if one set is forwarded by the Mexican or other Consul at the port from which the vessel sailed to the Minister of Finance of the Republic, then the vessel need have only two sets—one for the Captain himself, and one for the Custom House.

Without conforming to this regulation the vessel is liable to a fine of fifty dollars, or ten pounds sterling (£10).

I have, &c.
(Signed) *O. WILTHEN,
H. M's. Consul.*

*To the Lords of the Committee
of Privy Council for Trade.*