

make their appearance suddenly, in consequence of a burn or scald, should be punctured with a needle, and the fluid allowed to escape. The burned parts are afterwards to be carefully washed with tepid water before applying flour or cotton.

"The cotton employed should be finely carded, and then applied over the burned surface in thin layers one over another, until there is a covering sufficiently thick to exclude the air, and to protect the parts from undue pressure. In mild cases this dressing will be sufficient, and when removed in the course of ten or fourteen days, the part will be found covered with new skin. But if the discharge of matter be very profuse, it will find its way through the dressing, the soiled part of which must then be removed, allowing that which adheres to the skin to remain, and fresh layers of cotton applied with as little delay as possible, in order to prevent the action of the air on the burned parts. The dressing is to be renewed in this manner as often as it may be found necessary, until the cure is completed.

"The application of flour to burned and scalded parts is now preferred in some of the London hospitals to any other plan of treatment. This method is preferable to the use of cotton, inasmuch as the flour relieves the pain almost as soon as it is applied, thus rendering the application of cold lotions unnecessary.

### THE CHOLERA.

The following was sent us some time since, but would seem to be in place at present. Its advice to clean up all filth is worth heeding, not only in city but in country:

MESSRS. EDITORS:—The southern atmosphere is already polluted with the breath of this dire disease. It only waits for the ice to yield—the snow to melt—the miry pools to send forth their fogs—the pens of filth and the hog-trodden paths to thaw out, to render its presence more secure, and its aim more deadly here, than in the northern latitudes. A few more weeks, a few more months at longest, and its presence may be looked for here in sections, and more or less every where. Its descent into uncleanly and damp situations is as natural as is the law of gravity to bring a cast up pebble to the earth, and those who may stand nearest its haunts may perhaps be first to feel its fatal pangs.

Every filthy mudhole, pond and spawny lake, with mucky, sandy shores; sloughs, creeks, muddy ravines, privies, dunghills and heaps of mouldering straw, are rife with its influence. All collections of dirt and filth—decomposing substances of every kind, in and about dwellings, are most sure to invite the evil. Rum-shops and greasy barrooms, presenting brawling

dissipation, in country, town and city, are among its congenial haunts, there too it points out, one by one its fated victim. Ever shy of neatness and good order, it often passes by, unharmed, the shady suburbs and clean streets of the city; delighted with swine to mingle and with the stench and souring filth thereof.

We are liable to, and may err in opinion. My own is that the proper precautions are, to timely remove, as far as possible, the cause, and put these matters to rights—each doing so upon his own premises, with a determination to "prepare for the enemy in time of peace"—also encourage it in others who are inclined to be negligent.

A strict observance of good habits—neither eating nor drinking anything that would be likely to destroy a healthy action of the stomach—a clean, shady dwelling and out houses, a pure well of water, a clean door-way, clean barn-yard, a clean conscience and sound sleep; an active mind, honorably pursuing its calling, and with moral courage, its every duty, are perhaps the best of all safe guards in the prevalence of epidemics.

February 7, 1849.

ANTI-PROCRUST.

### Superiority of Brown Bread over White.

In the month of June, 1847, when bread-stuffs were nearly at their maximum, in Great Britain, and bread sold at from 11d. to 1s. 1d. the 4-lb loaf, an article was published in England "On the Nutritive Qualities of Bread in Common Use," in order to show the fallacy of common opinion, by embodying the leading points of a paper written by that able, analytical chemist, Professor J. Johnston, then of Edinburgh. From the period that the older organic chemists announced that all the constituent elements of the human and animal frames were built up, and supported by, the assimilation of certain specific matters contained in the food with which each was furnished, it became a primary object with them to subject every article of such food to severe analysis. *Bone, muscle, and fat* constitute the three chief materials of animal structure, the blood being the vitalized fluid which contains, and conveys through appropriate channels, those elements that are destined for their ultimate supply.

Bread ranks among the chief of the nutritional substances destined for the support of the human frame; and therefore, particularly at the time of the late or anticipated scarcity, it became an imperative duty not merely to secure to the public a genuine and pure article, but to point out the means by which pure wheaten meal could be most economically prepared, and so manipulated as more effectually to nourish the body, and promote its general