

4th. Aid and encourage the removal and prevention of the localizing and exciting causes of Cholera throughout the district in which you reside.

5th. Give particular attention to the drainage and cleanliness of your premises and the neighbourhood, and see that the water supply is both pure and sufficient.

6th. Inculcate habits of personal neatness and cleanliness.

7th. Avoid the employment of purgative drugs, except when prescribed by a physician.

8th. Believe not in the vaunted specifics. It is one of the saddest facts developed in Cholera epidemics, that many are the victims of the abundant quackery that so unrelentingly pursues its mercenary ends in the midst of scenes of suffering and death.

9th. Live regularly, and on food that is readily digested, being well cooked. Avoid unripe and unseasoned fruit and decayed vegetables.

10th. Insist on the utmost cleanliness and purity of every portion of your apartments, furniture and clothing.

11th. Thoroughly and frequently ventilate every apartment in the dwelling. Cellars and closets must be kept dry and clean. This should be aided by fires in open fireplaces wherever available.

12th. Be particular that the soil around your house is not contaminated by stagnant pools of water or animal and vegetable refuse. Remove from your house all rubbish in a state of decomposition.

13th. Empty, clean and disinfect all what may be soiled in your house, or in its vicinity ; cesspools, privy pits, water closets, sinks, drains, gutters, manure boxes, stables and other dependencies.

14th. Carefully protect the body against sudden alternations of temperature ; wear flannel when exposed to any changeable temperature, or suffering from any disorder of the bowels.

15th. Lastly, all may be summed up in the following : Live healthily, on a healthy diet, in a healthy house.

The principal disinfectants now used are :—

1st. Fire, keeping house perfectly dry, using the grate in houses that have them, and in other houses stoves, as perfect dryness destroys the Cholera bacillus.

2nd. Steam.