

2nd. If Cholera should make its appearance there should be a faithful house-to-house visitation in the infected districts, for the purpose of imparting needed advice and procuring timely applications of remedial means for preventing it, both in places and persons, or for lessening its severity should it have shown itself. By these means localizing causes are promptly discovered and removed, fresh interest in hygiene is awakened in every domicile, and the exciting causes of the malady are removed wherever they are found. While the Health Boards are endeavouring to do their duties, it should not be forgotten that every citizen of the Dominion is in duty bound to pay special regard towards assisting the officers in fulfilling their duties, as well as looking after the conditions necessary for domestic health and the public safety. Reason and past experience unite in teaching that, with reference to an impending epidemic of Cholera, all persons should endeavour to become informed as to the proper means for averting or mitigating the epidemic by sanitary measures.

PERSONAL HYGIENE AND SELF CARE.

If the epidemic should reach our doors, whether by infectious transmission in the persons of the sick, or by any other agency, the necessity for increasing vigilance in reference to all the conditions of domicile-hygiene will be imperative.

The local causes we know. These chiefly imperil families, and these we must attempt to control.

In fact Cholera as a pestilence must be regarded as a preventable disease.

We ask serious attention of all persons to the following suggestions which, if strictly carried out, will lessen the death rate materially during the coming season :—

1st. Avoid all causes of excessive nervous exhaustion : avoid intemperance in eating and drinking ; live upon nourishing diet, and keep the digestive functions in a healthy condition.

2nd. Avoid and discourage panics and needless anxiety. Cholera in the early stage is generally curable. Excessive fear often brings on the premonitory symptoms.

3rd. Promptly second the efforts of the public authorities in all enlightened plans for protecting the public health.