

to produce acidity of the stomach. On this account, also, sugar and molasses, in any way, should be used in moderation.

Whatever is calculated to promote and maintain the general health of the body, is a preventive of cholera. Use good ripe bread, rice, sago, pearl barley, the juice and pulp of the ripe fruits; rejecting the indigestible portions, as the skins, cores, seeds, &c. Eat moderately of animal food, either fresh or salt, of such as is healthy and properly prepared; but use no veal, or fibrous salt meat that has had its nutritious substance destroyed by saltpetre, or a superabundance of salt, or that has been otherwise injured.

If you have not heretofore discarded the habitual use of ardent spirits and tobacco, it is important that you do it at once, and entirely. These are artificial and enervating stimulants; and, as such, constantly over-excite the nervous system, and produce a predisposition to disease, and especially to cholera. Avoid them, then, as you prize your health. Avoid dense crowds of human beings, wherever congregated. Ventilate your houses, and especially bedrooms thoroughly in the day time; and at night, leave open all the partition doors that you can, and permit the escape of foul air at the tops of the windows. Preserve your rooms, beds and clothing, free from dampness and mould; and keep small fires in cool and damp weather. Damp houses should have fires in them every day. Retire early, and put on sufficient clothing for the state of the weather, immediately on leaving your bed. Avoid the intense heat of the sun at noon day, and the dampness of the night air. Preserve the mind calm and free from anxiety. Pay timely and proper attention to deviations from health. Dress with regard to decency, and the wants of the body; always taking into consideration the state of the atmosphere with regard to temperature and humidity. Be temperate in all things. Pay strict regard to the state of the skin and bowels, and secure their healthy action.

Regard and attend to these directions, not merely as *notions*, but as matters of the utmost

importance. Remember that cholera, like every other form of disease, pays no deference to the contradictory opinions of men. These opinions will neither prevent nor arrest the malady. Sustain, then, and promote healthy action, by conformity to physiological laws, which are uniform and unchangeable, as the only security against cholera or any other morbid affection. If derangement exists, remove that derangement by remedies and processes that operate in harmony with vital laws, and ingraft no disease upon the constitution. Many have lived after being subjected to the action of *deadly poisons* for the cure of cholera, and other complaints. So have many returned alive from the duelists' conflict, and the haunts of debauchery and intemperance. But Wisdom leads not her children to such places; neither is she so inconsistent as to direct the use of poisons and health-destroying processes for the cure of disease.

If your skin is unhealthy, scurfy and husky, or cold, damp, and relaxed, wash all over in warm water, using soap once or twice a week. When done washing, rinse off with water quite warm, and rub the entire surface with coarse towels until every part is smooth, warm and dry; then apply the *stimulating liniment* [See Recipes at the end of the article.] over the skin generally, and especially upon the back, arms, lower limbs and feet. This operation should be attended to by a comfortable fire, in a room sufficiently close and warm to prevent anything like chilliness. When the liniment is dried in, dress up; and do not leave the room with cool hands or feet.

If the stomach is troubled with acrid bile, or acidity, or the bowels affected with diarrhoea, remove the irritating matter from the system—not by a *purgative*—but by a *prompt emetic of Lobelia*; a stimulating enema, and a judiciously conducted vapor bath; or washing of the skin; in either case, never neglect the efficient rubbing and stimulating the surface, as before directed.

On suddenly ceasing any severe exercise, which may have produced a free perspiration,