

SANITARY AND PREVENTIVE MEASURES, &c.

The following sanitary and preventive measures, especially important at this season of the year, are published for the guidance of citizens in the management of their dwellings and for personal application —

Thorough ventilation of dwellings is essential to the health of the occupants. Fresh air is a most important means of promoting and sustaining the healthy action of the body. Personal cleanliness and cleanliness about dwellings and premises should be most scrupulously observed. A source of danger to health is the decomposition of organic matter in and about our houses. Cellars, drains, cesspools, outhouses, should be examined to see that they contain nothing to poison the air. Damp cellars are injurious to health. The foul and humid air from them will permeate the house, in spite of every effort to prevent it. A remedy should at once be instituted.

For the prevention of disease, a good nutritious diet and regular habits of life are indispensable; temperance in all things is to be observed; and avoidance of all excesses is strictly insisted upon. Constant vigilance is necessary to guard against the many causes which, during the spring and summer months, have a tendency to disturb the stomach and bowels, thereby depressing the nervous system and diminishing the power to resist disease.

To secure, as far as possible, a good sanitary condition of the city, information of all nuisances, of whatever character, whether public or private, should be reported without delay to the City Medical Officer, or to the Health Inspectors, at the Board of Works' office.