

17. Nurses and others who attend the sick should take nourishment frequently.

18. None but the sick should sleep in the same apartment.

**DIRECTIONS FOR TREATING THE PREMONITORY
SYMPTOMS.**

19. The premonitory symptoms should be immediately attended to ; such as rumbling in the bowels, flatulency, heat or fulness in the stomach, or colic, bad taste in the mouth, or nausea ; all, or any of these are preludes to diarrhœa, and this is almost a constant forerunner of Cholera. When attacked with the above symptoms, it would be well to take 25 or 30 drops of tincture of Lavender, on a piece of sugar ; or a small piece of aromatic confection, the size of a small marble, (perhaps 25 or 30 grs.), may be eaten. The following composition was taken during the epidemics of 1832 and 1834, with signal benefit. Tincture of Ginger and Tincture of Red pepper, of each one drachm, Tincture of Cardimoms two drachms and syrup of Ginger one ounce and a half,— of this preparation one tea spoonful may be taken every half hour if required. Should diarrhœa manifest itself, ten or fifteen drops of Laudanum may be added to the above, or a teaspoonful of Paregoric Elixir may be taken in a little water, or a piece of opiate confection, the size of a marble may be eaten.

20. If the attack be sudden, a large mustard plaster should be put between the shoulders, and on the pit of the stomach, and the feet and legs plunged in water, as hot as can be borne, into which might be thrown a handful of salt and a table spoonful of mustard. They should be allowed to remain in the water at least 20 or 30 minutes, then the patient should be put to bed, and covered abundantly with blankets. Bottles filled with warm water should be applied to the feet and about his person, and flannels wrung out of hot water and salt, as hot as can be borne, should be applied to the abdomen. In a word, produce heat and perspiration