

ance is shrunk and ghastly, often of a blue tint, with great coldness of the skin when felt by another person. These are the principal symptoms; but persons cannot be too much on their guard, lest they be deceived, and imagine that any one so affected labours under Spasmodic Cholera. These appearances are those common to a disease well known in this country, the common Cholera.

25th. Whenever any or all of the above signs of the disease appear, and under such circumstances, the purging should be checked by 40 drops of Laudanum in a wine-glass of strong peppermint water, or weak spirits and water, and this may be repeated in an hour. If the purging be not checked, the patient should be confined to bed, and the heat kept up by long continued friction, by hot flannels, by heated bricks to the feet, and hot plates placed to the stomach. Should the patient be suddenly seized with the above symptoms, let him then be immediately placed between warm blankets; and should no medical person be at hand, let two table-spoonfuls of common kitchen salt, dissolved in six ounces of warm water, be given immediately, and at once, if he be an adult; let dry and steady heat be applied along the course of the spine and to the pit of the stomach (if no other means be at hand) by a succession of heated plates or platters. Let the upper and lower extremities be surrounded with bags of heated bran, corn, ashes or sand, and let him be assiduously rubbed with a warm hand, and a little oil or grease to protect the skin. Energetic, complete vomiting will probably be produced by the salt, and perhaps bilious purging with straining. On no occasion let the patient take a purge of Salts, such as Epsom Salts, for they have been found to be most injurious.

Under these circumstances no time should be lost in procuring medical aid; yet much will be gained by adopting the above measures previously, by attentive nursing, and by constantly rubbing the patient, who should keep most strictly to a horizontal position, for death has often instantly followed when a person labouring under the disease has attempted to stand, or even to sit in an half erect position.

Such are the measures which the Board recommend to be adopted before a medical person visit the patient.

THE TREATMENT OF CHOLERA:

Chiefly extracted from the Report of the Edinburgh Board of Health, and which is regarded as decidedly the most successful mode of treating the Cholera which has any where been practised.

I. The Board are satisfied that the disease may arise from hidden causes; and that it may also become contagious in circumstances not yet ascertained. But they are fully warranted in declaring, that, when it becomes contagious, the risk of its spreading is very much diminished if due attention be paid to cleanliness and sobriety, and therefore entreat every one, in the event of the disease appearing here, not to be misled by exaggerated notions of its contagious nature, and which would tend to place the sick in a state of destitution.

II. To prevent the great danger of delay to those situated in remote parts of the country, and to those attacked at midnight, when the disease is very apt to begin, the Board recommend families to provide the following articles, viz:

1. **MIXTURE**—Take Sulphuric Ether and Aromatic Spirit of Hartshorn, of each half an ounce; compound tincture of Cinnamon, one ounce. *Mix and cork up carefully.*

2. **LAUDANUM**—An ounce, to be kept in readiness.

3. **PILLS**—Take of Opium twenty-four grains; Camphor, one drachm; Spirit of Wine and Conserve of Roses, enough to make a mass of proper consistence; divide into twenty-four pills.

4. **CLYSTERS**—Take of Laudanum, an ounce; Tincture of Assafœtida, two ounces. Mix for keeping. Before using, mix three tea spoonfuls with a wine glass full of thin starch; and retain it when injected, by pressure below with a warm cloth, as long as possible.

5. **MUSTARD POULTICES**—Have always at hand four ounces of powdered mustard. A fourth part of this, spread over porridge poultices, will be sufficient for one patient.

6. **HOT AIR BATH**—The Board have approved of a hot air bath, of a simple construction, which may be made by any carpenter. Every family who can afford it ought to have one.