

12. Those, who from principle or any other reason, object to the use of spirituous or fermented drinks at dinner, are recommended to take tea or toast water as a beverage at that meal ; but those who for years have been in the habit of using wine and in whom a sudden change in their mode of life might be attended with bad results, are strongly recommended to observe strict moderation, and to avoid light French and German Wines, and to use none but good Port or old Sherry—or very weak brandy and water—when plain water is used at meals it should be previously filtered and not iced, and drank in small quantities at a time. Nothing tends so much to retard digestion as copious draughts of cold water. Pastry and greasy or oily aliments should be avoided.

13. Excesses in eating, drinking, or in the use of spirituous or fermented liquors, are to be carefully avoided. *Gourmands*, tipplers and drunkards seem to be the especial subjects of Cholera, and constitute its most numerous victims.

14. Long fasting should be avoided ; those whose avocations oblige them to dine late, should take a wholesome nutritious luncheon. Late suppers and indulgence in several viands at the same meal should be avoided.

15. In the warm months of Summer, the thirst is generally very great, and cold and refreshing drinks are sought after with much avidity—than which nothing can be more dangerous—cold and acid beverages as beer, cider, light acid wines and brandy sipping should be sedulously abstained from. Soda water with an access of alkali or Carrara water, flavoured with a little syrup of ginger and tincture of ginger, may be taken, but in small quantities at a time.

16. Over exertion and fatigue during the day, should be guarded against, as also the night air. No one should go abroad in the morning without taking some refreshment, as a cup of coffee and toast, or a cup of milk and a biscuit. Fatigue and long fasting predispose the body to the absorption of poisonous miasms, floating in the atmosphere.