

10. Flannel Vests with sleeves and drawers should be worn next to the skin, and persons subject to bowel complaints should wear in addition a warm swathe of flannel around the abdomen.

11. The diet should be of a light and nourishing nature, consisting mainly of animal food. Fish of all kinds should be eaten with extreme caution, and vegetables should be used but sparingly, and those only to which the individual is well accustomed,—good mealy potatoes, steam boiled or roasted may be used as heretofore,—bread should always be stale, and it would be well to have it toasted, even for dinner,—bran-bread, so valuable as an aperient, should be used with caution during the prevalence of Cholera,—Indian meal cakes, well baked, may be used,—rice should be used as much as possible, and green cooked vegetables, as peas, beans, cabbage, &c., should be well seasoned with pepper and salt, and partaken of sparingly, even by those in the daily habit of using them,—the majority of individuals should carefully avoid them. Those whose bowels are easily affected by veal or fresh pork, or by boiled meats, should not eat those articles. When fruit is eaten, let it be with the utmost caution, and none but the ripest and most mellow should be indulged in. Those fruits which require sugar to counteract their natural acidity, should not be used during the prevalence of Cholera.

12. Those, who from principle or any other reason, object to the use of spirituous 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, flavored 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.

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 fullness in the stomach, or colic, bad taste in the mouth, or nausea; all, or any of these are preludes to diarrhoea, 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 '34, 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 diarrhoea manifest itself, ten or

fifteen drops of Laudanum may be added to the above, or a tea-spoonful 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 twenty or thirty 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 as speedily as possible, and maintain the sweating for several hours. While all this is being done, send for a Physician, as not a moment is to be lost.

It is respectfully suggested to the Faculty that at such alarming periods, the Practitioner should carry about with him such remedies as he has most confidence in for the treatment of this disease, such as a small vial of paregoric, one of laudanum, one of tincture of capsicum, and another of sulphuric ether, or any others he may wish to use, &c.

21. There is no prophylactic for cholera, but by prudence and due attention to the initiatory symptoms, it may not only be in many cases averted, but will often be cured.

Medical men, at all hours, and under every exposure, are ever zealous in flying to the succour of the poor and needy; and it is not too much for them to expect that the more wealthy part of the community will make some contributions to the comfort of the more destitute classes; without which the best directed efforts of the Physician may be unavailable. Were it from no nobler motive than that of self-preservation, the pressing wants of the unfortunate should meet with prompt relief, for where starvation exists during the epidemic, there will cholera prevail; and from such a focus its pestilential breath may reach the affluent and voluptuous, who, when attacked, are not more spared than their famishing neighbors. And it may not be superfluous to say, that the benevolent and charitable, by their deeds of kindness and humanity, are laying up riches for themselves in the shape of Divine protection.

22. The public are earnestly warned against the use of strong purgatives and emetics during the prevalence of cholera, and also against the indiscriminate use of the various mineral waters so much used at present. These latter remedies are most valuable in many diseases when selected and prescribed for the patient by his Medical Attendant; but as it frequently happens that the individual himself decides upon the quality and quantity of them he should drink, it is feared that much injury will result from the practice, although small quantities of them may be used with advantage. The Board also consider it their duty to warn the public against the use of the many kinds of violent purgative Pills, so extensively employed: many cases of cholera in 1832 and '34 were induced by the use of Brandreth's Pills and others of the same nature.

23. As disinfecting agents, the Board would recommend, Chloride of Lime, for Out-offices, Privies, Sewers, Drains, Night Chairs, &c., and they are of opinion that in the sick chamber and other apartments in the vicinity of Cholera Patients, aromatic vinegar, or "burnt" vinegar would be found useful and agreeable. Their objections to some of the "disinfectants" consist in this, that to ensure their efficiency the floors and walls of the apartments should be frequently washed with them (as they are not volatile) whereby a damp and chilly atmosphere, so productive of Cholera, would be constantly kept up; but it must not be forgotten that the best preventives of infection are free ventilation and cleanliness.

24. It may be useful to mention, that during the former epidemics of Cholera in Europe and America "Medical Practitioners have not in any ascertained case conveyed the infection in their clothes to Patients whom they were attending for other diseases, or to their families." *Cyclo of Prac. Med.* And from the following extract a remarkable immunity from the disease is proved to have been enjoyed by persons placed in situations most favorable for its development, and is well calculated to allay the apprehensions of those, who from affection or duty may have to attend upon persons seized with Cholera.

"In the Cholera Hospital of this city (Cincinnati), in which,