

remain on the premises to undergo decomposition.

Keep your house well ventilated.

Be temperate in all things, both in eating and drinking. Be temperate in exercise, in labor, both physical and mental. Keep good hours. Take proper food in reasonable quantities, at proper times. Plainly cooked meats, with boiled rice, bread, and thoroughly cooked potatoes, should form the ordinary base of diet.

Abstain from all unripe fruits, and stale or partially decayed vegetables. But above all, avoid excess in intoxicating drinks of every kind.

Wear flannel next the skin, and all times maintain the natural temperature of the body by a sufficient amount of clothing. Avoid all exposure to sudden changes of temperature, and if accidentally exposed to a storm, remove your wet boots and clothing as soon as possible.

The cholera is not the necessary fatal disease which it is commonly believed to be, but it is a disease that is both preventable and curable. It is always preceded by symptoms of languor and debility, with diarrhoea, and in this stage is almost always curable; but if neglected at this period, and the diarrhoea permitted to continue until collapse comes on, it is then almost always fatal.

At the very commencement of the disease go to bed, and stay there until you are well, with warm flannel around the body, warm bricks or bottles of hot water to the feet, if necessary, and if there is a tendency to vomit, apply a mustard plaster to the stomach. If you have not got a bed, lie down on the floor and keep yourself warm; but by all means retain the horizontal position all the time—not even getting up to attend to the evacuations, but use a bed pan or other convenience for that purpose; and immediately send for some qualified physician for advice. But above all things, abstain from taking any of the advertised nostrums that will flood the city, and swallow no medicine unless prescribed by a competent physician.

The Commissioners of Health are doing all in their power for the putrifaction of the city, and the protection of the people; but it must be evident to all that they cannot do everything, and would therefore respectfully call upon their fellow-citizens to co-operate with them in every possible way in their power.

Sources of impurity and filth may exist without the knowledge of the public authorities, and every citizen should feel the necessity of keeping a watchful supervision over his own premises, and when individual efforts are inadequate for their removal, they should call upon the board for aid and assistance.

Fear and despondency are the great sources of danger in epidemics, but more especially in cholera than in any other.

While, therefore, we would urge upon all

our citizens the use of every prudential and precautionary measure, let them preserve a calm and composed state of mind, cheerful heart, and dispel all fear—and by a confiding trust in an allwise and merciful Providence, we can reasonably hope to escape this scourge, if we implicitly obey His laws.

LEWIS A. SAYRE, M. D.,
Resident Physician.

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The Ecclesiastical Statistics of Scotland.

THE following attempt to approximate to the ecclesiastical statistics of Scotland, while it does not pretend to perfect accuracy, is believed (says the *Edinburgh Courant*) to be very much nearer the truth than any detailed statement of recent years. At all events, as the evidence is given for every step taken in the estimate, the worth of it may be weighed.

THE U. P. CHURCH.

1.—In 1864 the ministers of the U. P. Church performed 10,756 baptisms, of which 1155 were in England, leaving for Scotland 9601. Of these, 69 were cases of adult baptism. The number of children born in Scotland, whose parents were members of the U. P. Church in 1864, was therefore 9532. But there were born in Scotland during that year 112,445 children. Hence the number of U. P. adherents in Scotland was 1 in 11 7-9 (say 1 in 12). Taking the Registrar General's estimate of the population, this would make the number of adherents about 270,000.

2.—The marriage statistics of 1860 (the subsequent years make hardly any difference) show that 2837 marriages were performed by U. P. ministers. The entire number in Scotland was 21,225. The U. P. weddings were therefore 1 in $7\frac{1}{2}$ of the whole, which would give 420,000 as the number of adherents.

3.—The number of communicants in the U. P. Church in 1864 was 170,590, of whom 15,150 were in England, leaving 155,440 for Scotland. The number of persons attending U. P. Churches in 1864 was 199,101, of whom 21,835 were in England, leaving 177,266 for Scotland. If we multiply the number of communicants by $2\frac{1}{2}$ for adherents, we have 388,000, or 1 in 8 of the population of Scotland. If we multiply the number of attendants by $2\frac{1}{2}$ for the number of adherents, we have 398,848, or nearly 1 in 8.

4. The Education Commissioners issued last year a series of questions, the replies to which embrace the number of children at all the schools of the country, and the religious denominations with which they were connected. Were these statistics complete, we should have a fair approximation to the number of adherents belonging to all the Churches; as it is presumed that (with the exception