

cannot circulate through the smaller blood vessels, causing cramps in the extremities, impeded circulation and death.

Every casual observer must have noticed that cholera travels inland, along the different navigable rivers and canals; for in its several visits to this continent it has always followed this course. First, going up the St. Lawrence and down the Mississippi, next adopting the opposite route, or by whichever channel the stream of emigration travelled. It has also been frequently remarked, that the inhabitants on one side of a river have been decimated, while those on the opposite bank were not visited by the disease. Along some of our canals it has been so fatal, that men could not be obtained to open the locks for the passage of the steam-boats.

During its visits to this city it was a remarkable fact, that what might be called one of the healthiest localities, the east end, where the soil is high, well drained and gravelly; also along the banks of the river for several miles down, where the banks are high and free from stagnant water—the mortality was greatest; caused by the fact that the residents drank the water that was taken from the side of the river, below where the shipping was moored and where the Grainage entered, in consequence of the new water-works not having been completed until the disease had left the city. I may mention also, that in 1854, three rafts were moored on this side of the river below the tollgate, and two on the opposite side; while those on this side lost nine men from cholera, those on the opposite shore did not lose a man.

These circumstances, with many others, have convinced me that cholera is propagated and spread principally through water, which has been contaminated by diseased egesta from a cholera patient, and I consider that this choleraic poison, when thrown into water, increases its contagious power so rapidly as to effect a river for miles down.

Should the cholera ever again visit this city, we may safely predict it will not be so fatal as on former occasions, in consequence of the supply of water from the new water works being obtained above the source of contamination. It will be confined almost exclusively to those persons engaged on the river, and who do not use the proper precaution for preventing their being infected by it.

Presuming the disease to be taken from the water, we would naturally ask ourselves the question, What is the most simple and efficacious method of making the water fit for use, and destroying the poison it contains?

I reply, simply by having it boiled.

Every householder should have a jug of water that had been previously