

of zinc in a gallon of water (to each of which two ounces of strong Carbolic Acid has been added), should be used, in the proportion of one pint to each cubic foot of contents. After thorough disinfection, a quantity of either of these solutions should be poured down daily, to keep the cess-pits in good condition. Chloride of Lime may also be used.

PERSONAL DUTIES.

Observe strict cleanliness in your person and clothing.

Bathe daily, during the summer, if you have the convenience; if not, wash freely with cold water every day.

Change your undergarments as frequently as your circumstances will admit.

Be moral, regular in your habits of life, meals, exercise and sleep.

Be careful to dress comfortably for the season, avoid the night air as much as possible, and when thus exposed, put on an extra garment and do not go into the night air when in a state of perspiration.

Be careful to avoid the use of alcoholic drinks. Do not suppose that their use will prevent the occurrence of disease. On the other hand, those who indulge in the custom are always fair subjects of disease, and when attacked, the intemperate are particularly in a condition to offer feeble resistance.

Live temperately, live regularly, avoid all excesses in eating crude, raw and indigestible food. Take your meals at regular seasons, neither abstaining too long at a time, nor indulging too frequently. An overloaded stomach is as much to be dreaded as an empty one.

During the prevalence of cholera, dysentery, &c., do not neglect even the slightest diarrhoea, no matter how painless at first.

While the health of the community depends in great degree, upon a rigid observance by officials of all the laws of public hygiene, it is no less dependent upon the faithful application of the principles of hygiene upon the part of individuals, and it will be a satisfaction to citizens to