

CENTRAL BOARD OF HEALTH,
Montreal, 14th June, 1849.

**DIRECTIONS FOR THE CLEANSING AND DRAIN-
ING OF DWELLINGS AND OUTBUILDINGS, &c.**

1. Yards should be cleansed of all filth, dung-heaps, liquid manure should be removed without delay ; low and wet places should be filled up and premises around dwellings situated in elevated positions should be kept clean and dry ; privies should be thoroughly cleansed and washed with a mixture composed of the following ingredients : water four gallons, lime ten pounds, common salt three pounds—these to be well incorporated and sprinkled copiously about. The covers and doors of privies should be left open to prevent the accumulation of foul air and allow of free ventilation, and such privies as have canals should receive all the water of the house, and even the aqueduct water might be allowed to flow into them at night. Portable water closets and night chairs should be used as seldom as possible, and when employed, they should be kept in an unoccupied chamber, and their contents removed immediately.

2. As many of the cellars of the numerous smaller dwellings in the suburbs and even those of the better class houses in low parts of the city, are frequently filled with water, some of them the whole year round, they should be immediately cleaned and drained and subsequently filled with sand, old mortar, &c., and all cellars that are wet and damp should have the floor covered with the same material, or leached ashes to the extent of several inches. Dwellings thus situated are extremely unhealthy, the worst cases of rheumatism are there found, and also fevers of a low and malignant type, but the most frequent deviations from health consist in disorders of the stomach and bowels.

3. Cellars which are inhabited or used as kitchens, should be kept dry and comfortable by small fires and