

which open to us, and the controul of which we have in our hands." Among the best prophylactic means in individual cases, I would suggest: regular and active bodily and mental employment; good air and exercise out of doors, daily (if possible); cleanliness, sobriety and temperance in all things; good and wholesome food, and of the same description that the person is in the habit of using; even in the continuance of old habits, that may in themselves be evil, when the disease has once made its appearance amongst us; avoiding such things only as experience has taught to be hurtful in each individual case; warm and comfortable clothing and bedding, and regular rest; the rigid avoidance of all quackery and quack medicines; and, early application to some honest and discreet physician, in the event of indisposition.

Among the public or general means of action that I would recommend, the first is, the organization of a board of health, which shall be furnished with absolute powers and ample means to carry out any plan of hygiene that may, by the exigencies of circumstances, be demanded. The board not too numerous, and to be composed of gentlemen of education, experience, and decision of character, without regard to their politics, and to consist of laymen, clergymen and physicians in about equal proportions.

Reports to be made daily to the Board of Health, from which all orders shall emanate, but no reports to be published until the season is closed, or cholera has disappeared, if it should come. The reports and proceedings of the Board, however, to be open to all persons for inspection, that may desire to see them.

The city to be divided into wards of convenient size, and each ward to be placed under the control of a visiting physician, appointed for the purpose, who shall make a daily domiciliary visit to every house in his ward.

All patients to be prescribed for and attended at their own residences if possible: and if not, at an hospital, of which there shall be a small one (with a dispensary attached) in each ward, or one in the centre of two wards, if practicable.

The visiting physician shall, in his daily domiciliary visits, enquire personally into the state of health of every member of each household in his ward; and, if there be any one sick, shall insist upon the immediate attendance of the family physician, or any other that they may choose; or if they have no choice at all, to prescribe for them, or remove them forthwith to the hospital.

The hospital wards shall be small, and contain from two to four beds in each, and in no case more than six, and then only for the use of convalescents.

The influence of mental impressions upon the health, as especially fear, is too well known to require more than a passing remark, in order to justify the withholding of published reports.

The object in having a small hospital in each ward is, firstly, that the patient may be at once placed under medical treatment, without the loss of valuable time, which has frequently occasioned death; and secondly, that the public gaze may not be shocked, and terror spread by seeing an unfortunate fellow-creature transported from one extremity of the city to another, often writhing in the agonies of death.

The advantages of attending the sick and afflicted at their own houses are manifold, as, besides the saving of time, the patient's mind will be at ease by being surrounded by the kindly attentions of sympathising friends.

The plan of having small hospital wards, in cases of cholera, is not new, but was first introduced (I think) at Guy's Hospital, London, and was found to answer the purpose intended admirably; the congregating of large numbers of patients together having been found to increase infection, as well as the virulence of the disease. The beneficial effects upon the minds of the patients in not seeing themselves surrounded by multitudes of their fellow-creatures writhing in agony in various stages of disease were also most apparent.

These remarks have been thrown together hastily, and I have to apologise for their imperfections and want of details; yet, if their effect, either directly or indirectly, be to snatch one single valuable life from the fangs of the fell destroyer, I shall consider myself amply repaid.

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P.S.—The suggestions of a local nature contained in the foregoing hastily remarks were designed for Quebec, but they may, with the general principles be applied to any other locality.

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