

to avert, by attention to proper sanitary laws, its otherwise fearful consequences.

In almost all our cities, towns and villages, a vast amount of filth is left to accumulate on vacant lots, in lanes, yards, slaughter-houses, and cellars; many houses are undrained, or have drains insufficient or untrapped, and ventilation of premises generally bad; privies and cesspools are in close proximity to wells, from which water is obtained for family use—during each former visitation a most frightful means of propagating the disease.

There is also a vast amount of personal uncleanness, and uncleanness in the dwellings of a large portion of every community. The uniform testimony of medical men and sanitary reformers is, that, from these things, combined with improper food and intemperate or irregular habits, the principal danger of cholera, in its worst form, arises.

Much has been written and published in the newspapers and otherwise, as to the treatment and cure of cholera. Some of these directions are no doubt good, but many are unreliable. At a recent meeting of the Academy of Sciences, in Paris, Dr. Velpeau, a most eminent physician, said:—

"I am obliged to avow that it is not always in our power to point out an efficacious remedy." The cholera is no doubt caused by the introduction of a poison into the organism. If the poisonous element is in small quantity, and the organism strong, it makes no ravages; if the contrary be the case, the danger is real. Also when the patient absorbs what is administered to him, his cure is probable. But sometimes the stomach refuses to absorb any thing; and in this case recourse should be had to external means, which are often insufficient. In a word, the malady almost always commences by characteristic symptoms, such as premonitory diarrhea. The preventive treatment is easy, and it is for each person to guard himself. Excess of every kind should be carefully avoided, and the rules of salubrity attentively observed. The means of arresting the malady at its outset are very simple. My advice is this—pour from three to four drops of laudanum on a lump of sugar, and swallow it. Repeat in two hours afterward, and so on, until the colic and vomiting pass away. Take also very small injections of starch, poppy flowers with six, seven, eight or ten drops of laudanum. This treatment will almost always suffice to stop the diarrhea, and will be a guaranty against the malady."

A New York journal remarks that:—"The premonitory diarrhea of the cholera is of a very peculiar character, very easily distinguished from other forms of diarrhea. The discharges are frequent, and are white and watery, generally compared to rice water. Even for these it is best to consult a physician if possible, but if no physician is within reach, then, according to Velpeau, we are to swallow three or four drops of laudanum every two hours till the diarrhea is checked."

The London *Mechanics' Magazine*, referring to another mode of treatment, says:—

"We recently noticed Dr. Burq's visit to Toulon for the purpose of testing his copper theory in cholera cases, and we now state the results obtained with his system by Dr. Lisle, physician to the Asile at Marseilles. The formula employed was:—A solution of 5 per cent. of sulphate of copper in pure water, 1.50 gms.; Sydenham's laudanum, 10 drops; sugar and water, 120 gms; one teaspoonful every quarter of an hour in dangerous cases. The results were, out of 32 patients, 7 deaths and 25 cures. There were besides, in the same establishment, 36 patients treated with other methods; of these, 28 died and 8 recovered."

The same journal says:—"The inhabitants of Rio Tinto, in Spain, celebrated for its copper mines, have hitherto been free from cholera, although surrounded by the pestilence. This is attributed in the country to the sulphurous acid gas which is evolved from the copper ore exposed to the operation of roasting."

The *New York Sun*, in publishing the following recipe, says:—

"This compound is pronounced by medical men to be excellent; but our readers must remember that it is a medicine which should be used moderately, although none can be harmed by it if they follow the directions. A few doses generally relieve the patient. Children require only half the quantity used for grown people:—Mix in a small bottle equal parts of the tincture of opium (laudanum,) tincture of rhubarb, tincture of camphor, and essence of peppermint (treble strength). Add two drachms of spirits of aromatic ammonia. Then shake all the ingredients together, cork the bottle, and it is ready for instant use. It will keep for years. Dose—ten drops, twenty drops, or a teaspoonful, mixed with a little sugar and water; to be taken every fifteen minutes, thirty minutes, or an hour, according to the severity of the attack and the age of the sufferer."

We might select numerous other recipes published, but however good any of them may be, there is no doubt but "prevention is much better than cure," and therefore means to that end should be early resorted to.

At a late session of the State Medical Society, held at Albany, resolutions were adopted expressive of the opinion that the cholera may be prevented from becoming epidemic in any city, town or locality by the adoption and right enforcement of proper hygienic measures.

Previous to attention being paid to sanitary matters, to any appreciable extent, the annual mortality was—

In London.....	1 in 20
In Liverpool.....	1 in 28
In Philadelphia.....	1 in 39

Under the present system of government it is now—