

bons and the alkaloids. Amongst these may be mentioned, camphor, petroleum, or Barbadoes tar, turpentine, veratria, quinine, alum, &c. I would also recommend strychnine, naphtha, and creasote. Substances that have a powerful affinity for oxygen, or those that are very combustible, seem to be the best. In the first stage, I would recommend an emetic of ipicac. A gentle cathartic may also be necessary. If the attack is not very severe, the cure may be completed with a few doses of the compound tincture of camphor. Where the symptoms are more urgent, the selection of the appropriate remedies will depend upon the judgment of the enlightened physician, who ought to be in attendance as soon as possible after the first symptoms make their appearance.

“Prevention is better than cure.” And the means of prevention that I would recommend, are cleanliness, temperance—both in eating and drinking; friction to the skin daily; light flannels next the body; exercise, when the air is dry and pure. When the weather is damp, even though sultry, it would be advisable to keep up a coal fire in sitting rooms, in connection with bed-rooms, &c. Avoid the use of acids, unripe fruit, or uncooked vegetables; avoid everything like tainted meat, or buttermilk; avoid physical and mental exhaustion. Use, principally, a farinaceous diet, with the soup of good animal food, rather than the meat itself, unless you have a good deal of bodily exercise. Use good bread and butter. If you drink much water, it ought to be filtered through charcoal. A little clean powdered charcoal in the water that you drink will be a very good substitute, or, if it is preferred, a few drops of the compound tincture of lavender will have a good effect. By attending to these requirements—by doing what we can to alleviate the miseries of those who have not the means of providing for themselves—by maintaining a clear conscience, and a contented mind, we will be best prepared to meet Cholera, or any other evil with which Divine Providence may be pleased to visit us.

Montreal, April, 1849.