

lime-wash the walls and ceiling of the cellars, stables and other dependencies.

Have all defective drains renewed or repaired.

All the preventive measures against Cholera are outlined in the following axiom: *Live healthy in a healthy home.*

The symptoms of Cholera are diarrhoea, the discharges successively showing the rice water characteristics, vomiting, cramps, exhaustion and fall of the temperature (algid stage).

HOW TO OPPOSE CHOLERA.

When a case of Cholera declares itself in your household, notify immediately the Health Officer or the Secretary-Treasurer of your municipality.

If there is, in the municipality, an isolation hospital, house or tent, it is most advisable to remove the patient to it. The quarantine of your house is thus shortened as also the exposure of your family, the disinfection of the house being then made immediately after the removal of the patient.

If the patient is not removed to the isolation hospital, house or tent, have your house placarded, and isolate immediately the patient with his nurse in a separate room, from which curtains, carpets and needless furniture have been removed and into which the physician and clergyman only shall be admitted.

All the other members of the household must remain quarantined on the premises until disinfection is made, that is to say: shall not leave the lot upon which the house is situated or put themselves in communication with people outside, except with the guardian in attendance at the door, who will do the outside service for the inmates.

Doubtful cases of Cholera should be treated as genuine cases.

When Cholera is about, looseness of the bowels should never be overlooked, as diarrhoea either predisposes individuals to Cholera or is the first symptom of Cholera itself. Thus, especially if there are cases of Cholera in the vicinity, the slightest attack of diarrhoea must be attended to at once.

DISINFECTION.

The principal disinfectants are the following:

1. Fire.
2. Steam.
3. Boiling water.
4. Bichloride of mercury: two drachms in a gallon of water.
5. Carbolic acid: 4 ounces in a gallon of water.
6. Milk of lime which is prepared as follows:

Sprinkle gradually quick lime of good quality with one half its weight of water; dilute the powder so obtained with twice its volume of water. Keep in a carefully closed vessel.

7. Chloride of lime in powder or in solution: six ounces in a gallon of water.

8. Sulphurous acid, by burning 3 pounds of sulphur for each 1000 cubic feet of space.

The above disinfectants *only* are recommended by the Board of Health of the Province, and it is in your interest not to put too much confidence in the so called disinfectants of the trade, most of them being merely deodorizers.

Disinfectants No. 2 and No. 8 are used only in the general disinfection of the house and its contents, which disinfection must always be made the supervision of the local Board of Health of the municipality.

The following should be considered *infected* by Cholera: whatever has been soiled by the stools, the vomit or urine of a choleric patient, whatever has remained in the patient's room or has been in contact with his clothing or anything that has been used by him.

METHODS OF DISINFECTION.

Disinfect immediately everything coming out from the patient's room.

Crockery and utensils must be washed in boiling water. Remains of food together with rags or linen, if of little value, which have been used by the patient, must be burned.

Underclothing, sheets, towels, soiled or not by evacuations, must, in the room, be put into a tub containing solution No. 4 or No. 5, to steep therein for 4 hours, and then be washed in boiling water.

The evacuations of the patient (vomits, stools and urine) must be received in a vessel one-third full of one of the solutions No. 4, No. 5 or No. 6, and immediately thrown into the water-closets or privies. It is most important that those evacuations be disinfected, for they, more than anything else, contain the Cholera poison. As long as the disease exists, water-closets and privy pits must be daily disinfected with solution No. 4, No. 5 or No. 6.

To disinfect themselves, persons must wash the whole of their bodies with a solution of carbolic acid: two ounces in a gallon of water. The nurse shall often wash his hands with the same solution, particularly before eating, and frequently rinse his mouth with a solution of carbolic acid: one ounce in a gallon of water.

To purify any place that has been soiled by filth or refuse, etc., sprinkle with solution No. 4, No. 5 or No. 6.

The body of a person who has died from Cholera must be wrapped in a sheet saturated with solution No. 4 or No. 5, and put in a coffin with 2 pounds of chloride of lime. The body must remain completely isolated in the room and be interred within 24 hours after death.

No one is allowed to attend the funeral or burial except the clergyman, one member of the family, the person removing the body to the cemetery, and the grave-digger.