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REGULATIONS
OF THE
CENTRAL BOARD
FOR THE PRESERVATION
OF THE
PUBLIC HEALTH.

12th Victoria, Cap. 8.



MONTREAL:
PRINTED BY STEWART DERBISHIRE AND GEORGE DESBARATS,
Printer to the Queen's Most Excellent Majesty.

1849.

CHARGE OF THE BATTERY

IN THE COUNTY OF ...

... ..

CENTRAL BOARD OF HEALTH,

Montreal, 14th June, 1849.

DIRECTIONS FOR THE CLEANSING AND DRAINING 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

a free circulation of the atmosphere, both day and night, and their walls should be whitewashed twice a month during the prevalence of the epidemic—and this should also be done in old houses, especially those occupied by the poorer classes. The floors of all houses in unhealthy situations where carpets are not used should be washed and scrubbed twice a week, the least quantity of water being used for this purpose, and it should be water in which lime had been slacked, and allowed to subside (lime water).

4. Every house should be well aired, chimney boards and stove pipe stoppers removed, and the doors of all apartments left open, both day and night. A ventilator in one window of each room, particularly in old and low dwellings, would much contribute to health.

5. In warm and dry weather the windows should be opened, and the bed-rooms should be in the upper part of the house, for few things conduce more to sickness and especially to cholera, than living and sleeping in a damp and cold atmosphere. It is also recommended to have a small fire burning for a few hours in the bed chambers during damp and raw weather.

6. The bedding of every family should be well aired every day, and left uncovered and exposed for a few hours, so that the perspiration imbibed during the night may be completely evaporated,—under any circumstance, it is well to adopt this custom.

The doors and windows of Schools, as well as those of Mechanics' Shops, where many persons are congregated together, should be kept open both day and night.

DIRECTIONS FOR CLOTHING, DIET, &c.

7. The clothing worn by Cholera Patients, should be exposed to a strong heat, as the most effectual means of purifying them, and should afterwards be immersed in water for several hours, and be carefully washed and well aired before being used again. The beds, it would be prudent to destroy when not valuable,

but, when not destroyed, they should be well aired, beaten, and then submitted to a strong heat in an oven.

8. Personal cleanliness should be strictly observed, —a tepid bath taken two or three times a week, and the body rubbed dry with a coarse napkin, will be found very useful,—a good addition to the bath would be a small quantity of common salt.

9. Individuals troubled with cold feet should have them well rubbed daily with horse hair gloves, and when these cannot be obtained, ground pepper, to which a little cayenne may be added, or mustard may be used as a substitute, and warm woollen stockings should be worn, and frequently changed.

10. Flannel Vests with sleeves and drawers should be worn next to the skin, and persons subject to bowel complaints should wear in addition a warm swathe of flannel around the abdomen.

11. The diet should be of a light and nourishing nature, consisting mainly of animal food. Fish of all kinds should be eaten with extreme caution, and vegetables should be used but sparingly, and those only to which the individual is well accustomed,—good mealy potatoes, steam boiled or roasted may be used as heretofore,—bread should always be stale, and it would be well to have it toasted, even for dinner,—bran-bred, so valuable as an aperient, should be used with caution during the prevalence of Cholera,—Indian meal cakes, well baked, may be used,—rice should be used as much as possible, and green cooked vegetables, as peas, beans, cabbage, &c., should be well seasoned with pepper and salt, and partaken of sparingly, even by those in the daily habit of using them,—the majority of individuals should carefully avoid them. Those whose bowels are easily affected by veal or fresh pork, or by boiled meats, should not eat those articles. When fruit is eaten, let it be with the utmost caution, and none but the ripest and most mellow should be indulged in. Those fruits which require sugar to counteract their natural acidity, should not be used during the prevalence of Cholera.

12. Those, who from principle or any other reason, object to the use of spirituous or fermented drinks at dinner, are recommended to take tea or toast water as a beverage at that meal; but those who for years have been in the habit of using wine and in whom a sudden change in their mode of life might be attended with bad results, are strongly recommended to observe strict moderation, and to avoid light French and German Wines, and to use none but good Port or old Sherry—or very weak brandy and water—when plain water is used at meals it should be previously filtered and not iced, and drank in small quantities at a time. Nothing tends so much to retard digestion as copious draughts of cold water. Pastry and greasy or oily aliments should be avoided.

13. Excesses in eating, drinking, or in the use of spirituous or fermented liquors, are to be carefully avoided. *Gourmands*, tipplers and drunkards seem to be the especial subjects of Cholera, and constitute its most numerous victims.

14. Long fasting should be avoided; those whose avocations oblige them to dine late, should take a wholesome nutritious luncheon. Late suppers and indulgence in several viands at the same meal should be avoided.

15. In the warm months of Summer, the thirst is generally very great, and cold and refreshing drinks are sought after with much avidity—than which nothing can be more dangerous—cold and acid beverages as beer, cider, light acid wines and brandy sipping should be sedulously abstained from. Soda water with an access of alkali or Carrara water, flavoured with a little syrup of ginger and tincture of ginger, may be taken, but in small quantities at a time.

16. Over exertion and fatigue during the day, should be guarded against, as also the night air. No one should go abroad in the morning without taking some refreshment, as a cup of coffee and toast, or a cup of milk and a biscuit. Fatigue and long fasting predispose the body to the absorption of poisonous miasms, floating in the atmosphere.

17. Nurses and others who attend the sick should take nourishment frequently.

18. None but the sick should sleep in the same apartment.

DIRECTIONS FOR TREATING THE PREMONITORY
SYMPTOMS.

19. The premonitory symptoms should be immediately attended to ; such as rumbling in the bowels, flatulency, heat or fulness in the stomach, or colic, bad taste in the mouth, or nausea ; all, or any of these are preludes to diarrhœa, and this is almost a constant forerunner of Cholera. When attacked with the above symptoms, it would be well to take 25 or 30 drops of tincture of Lavender, on a piece of sugar ; or a small piece of aromatic confection, the size of a small marble, (perhaps 25 or 30 grs.), may be eaten. The following composition was taken during the epidemics of 1832 and 1834, with signal benefit. Tincture of Ginger and Tincture of Red pepper, of each one drachm, Tincture of Cardimoms two drachms and syrup of Ginger one ounce and a half,— of this preparation one tea spoonful may be taken every half hour if required. Should diarrhœa manifest itself, ten or fifteen drops of Laudanum may be added to the above, or a teaspoonful of Paregoric Elixir may be taken in a little water, or a piece of opiate confection, the size of a marble may be eaten.

20. If the attack be sudden, a large mustard plaster should be put between the shoulders, and on the pit of the stomach, and the feet and legs plunged in water, as hot as can be borne, into which might be thrown a handful of salt and a table spoonful of mustard. They should be allowed to remain in the water at least 20 or 30 minutes, then the patient should be put to bed, and covered abundantly with blankets. Bottles filled with warm water should be applied to the feet and about his person, and flannels wrung out of hot water and salt, as hot as can be borne, should be applied to the abdomen. In a word, produce heat and perspiration

as speedily as possible, and maintain the sweating for several hours. While all this is being done, send for a Physician, as not a moment is to be lost.

It is respectfully suggested to the Faculty that at such alarming periods, the Practitioner should carry about with him such remedies as he has most confidence in for the treatment of this disease, such as a small vial of paregoric, one of laudanum, one of tincture of capsicum, and another of sulphuric ether, or any others he may wish to use, &c.

21. There is no prophylactic for cholera, but by prudence and due attention to the initiatory symptoms, it may not only be in many cases averted, but will often be cured.

Medical men, at all hours, and under every exposure, are ever zealous in flying to the succour of the poor and needy; and it is not too much for them to expect that the more wealthy part of the community will make some contributions to the comfort of the more destitute classes; without which the best directed efforts of the Physician may be unavailable. Were it from no nobler motive than that of self preservation, the pressing wants of the unfortunate should meet with prompt relief, for where starvation exists during the epidemic, there will cholera prevail; and from such a focus its pestilential breath may reach the affluent and voluptuous, who, when attacked, are not more spared than their famishing neighbours. And it may not be superstitious to say, that the benevolent and charitable, by their deeds of kindness and humanity, are laying up riches for themselves in the shape of Divine protection.

22. The public are earnestly warned against the use of strong purgatives and emetics during the prevalence of cholera, and also against the indiscriminate use of the various mineral waters so much used at present. These latter remedies are most valuable in many diseases when selected and prescribed for the patient by his Medical Attendant; but as it frequently happens that the individual himself decides upon the

quality and quantity of them he should drink, it is feared that much injury will result from the practice, although *small* quantities of them may be used with advantage. The Board also consider it their duty to warn the public against the use of the many kinds of violent purgative Pills, so extensively employed: many cases of cholera in 1832 and 1834 were induced by the use of Brandeth's Pills and others of the same nature.

23. As disinfecting agents, the Board would recommend, Chloride of Lime, for Out-offices, Privies, Sewers, Drains, Night Chairs, &c., and they are of opinion that in the sick chamber and other apartments in the vicinity of Cholera Patients, aromatic vinegar or "burnt" vinegar, would be found useful and agreeable. Their objections to some of the "disinfectants" consist in this, that to ensure their efficiency the floors and walls of the apartments should be frequently washed with them (as they are not volatile) whereby a damp and chilly atmosphere, so productive of Cholera, would be constantly kept up; but it must not be forgotten that the best preventives of infection are free ventilation and cleanliness.

24. It may be useful to mention, that during the former epidemics of Cholera in Europe and America "Medical Practitioners have not in any ascertained case conveyed the infection in their clothes to Patients whom they were attending for other diseases, or to their families." *Cyclo of Prac. Med.* And from the following extract a remarkable immunity from the disease is proved to have been enjoyed by persons placed in situations most favorable for its development, and is well calculated to allay the apprehensions of those, who from affection or duty may have to attend upon persons seized with Cholera.

"In the Cholera Hospital of this City (Cincinnati), in which, during a period of nearly five weeks, there were constantly from fifteen to twenty Cholera Patients, not a single case of the disease occurred amongst the Attending Physicians, Nurses, and other Attendants, although some of these remained in the

Wards day and night during the whole period, and frequently slept on beds where Cholera Patients had lain and died." *Eberle.*

The above observations are intended especially for the Public as containing suggestions and advice of the utmost importance founded not merely upon theory, but upon experience, and pointing out also how this direful calamity may in many instances be warded off, and how it should be met at its very onset when it has attacked an individual.

But they are by no means intended to serve as lessons or instructions to the Public, whereby any one may undertake the treatment of the disease; they merely convey directions how to act while the Physician is being sent for. Nor would the Board of Health presume to dictate to the regular Practitioner the course he should adopt to combat this perplexing malady. So far as relates to the Faculty, nothing is ventured on, beyond the most respectful suggestions.

The Central Board of Health would wish to communicate with the Members of the Profession, and maintain with them the most unreserved correspondence, that by their united efforts, the cause of humanity and science may be subserved, and the views of the Legislature fully accomplished.

By Order of the Board,

A. H. DAVID, M.D.,

Secretary.

Approved by the Governor-General in Council, on the 15th day of June, 1849.

By Command,

J. LESLIE, *Secretary.*

CENTRAL BOARD OF HEALTH,

Montreal, 14th June, 1849.

THE Central Board of Health appointed under the Act of the 12th Vict. Chap. 8, at a Meeting of the Board held on the 14th day of June instant, adopted the following directions and regulations, which they now issue for the protection of the Public Health, and the prevention as far as possible or mitigation of any Epidemic, Endemic or Contagious Disease by which the Province may be visited :

1st. The Central Board direct that all and every the Bye-laws made by the Town Councils, Municipal Corporations and other like bodies of every place throughout this Province, for the preserving the inhabitants thereof from contagious diseases—the removal of nuisances—the cleansing and sweeping of the Streets, and the cleansing, purifying, ventilating and disinfecting of Houses, Dwellings and Out-buildings, notwithstanding that such Bye-laws might become and be suspended upon the issuing and publication of directions and regulations by this Board shall remain and be in full force, and are hereby adopted by this Board as their directions and regulations, until directions and regulations repugnant thereto or inconsistent therewith, be from time to time issued by this Board ; and all Boards of Health and Health Officers and other like Officers throughout the Province, and all Local Boards of Health appointed and to be appointed under the Act 12 Vict. Cap. 8, are hereby authorized and required to see that the said Bye-laws be rigidly enforced.

The Central Board of Health do hereby direct, and the Local and other Boards and Committees of Health and Health Officers aforesaid, are hereby authorized and requested to see that the following directions and regulations be also strictly enforced :

2d. That all putrid and unsound Beef, Pork, Meat, Fish, whether fresh or salted, Hides, Skins, all Dead Animals, Animal Excretions and Remains, and every

putrid, offensive, unsound or unwholesome matter or substance found in any street or other place, be immediately removed and disposed of, so as most effectually to secure the public health.

(The best and safest place for their deposit where practicable is in the field, where by the plough they are at once removed as a dangerous nuisance, and converted into manure.)

3d. That all Cellars, Sinks, Cess-pools, Privies and places containing unwholesome matter or substance which require cleansing, emptying, altering or repairing in order to preserve the Public Health, be forthwith so cleansed, emptied, altered or repaired and abundantly sprinkled with lime, before the appearance of any contagious disease or epidemic.

4th. That all Stagnant Water about dwellings, yards, streets and in cellars, pits and vacant lots and other places be at once drained off, if practicable; and all hollow and wet places be filled up with fresh earth or sand; and all drains, sewers and water courses obstructed or stopped up be at once opened, so that the waters may flow freely and unrestricted; and where the Public Health is endangered from the want of Main Drains or Sewers in any street or place, that the proper authorities do forthwith cause the same to be made so as that all cellars, pits and vacant lots, in which water remains, may be immediately drained off.

5th. That where Swine are kept, if they occasion any bad or offensive odour, and especially if fed from the offal of Butchers' Sheds or Slaughter Houses, they be immediately removed to such a distance from any dwelling, so that the inhabitants may not be annoyed by such offensive odours.

6th. That Butchers keep their premises particularly clean, and dispose without delay of all the offal, excrements and remains of the animals slaughtered, in such wise as not to offend their neighbours or the public with the bad odours resulting from the putrid effluvia, so abundantly given off from such substances.

7th. That all Skins and Hides and the Skulls, Horns and Bones adhering to such skins and hides in Tanners' Yards and Premises, and all Hoofs and Horns and Bones collected for, or intended to be used in the Manufacturing of Neats Foots' Oil, shall not be allowed to accumulate, but in every instance be removed before disagreeable odours arise therefrom, to such place, or be put into such a state as that the Public Health be not endangered thereby.

8th. That Tan Yards and Tanneries be visited by the Health Officers, at least once a week, to see that Hides and Skins are not piled up in heaps, or in a state of decomposition ; and that the scrapings of Hides and Skins and every thing appertaining to them in the raw, green or crude state, be at once removed, and burned or disposed of, so as to prevent the escape of bad odours from their decomposition.

9th. That all Bones and Skins collected for shipment, manufacture or other purposes, be at once removed, when they occasion offensive odours, to a place or places where they are not likely to prove detrimental to the Public Health.

10th. That all imported Hides and Skins be at once examined, and that such as have suffered from wet, or are in a putrid state, or commencing decomposition, be conveyed away or disposed of so as not to prove injurious to the health of the community.

11th. That during the prevalence of any Epedemic, Endemic or Contagious Disease, previous to the interment of any corpse, and as soon after the extinction of life as possible, that the corpse be placed in a coffin, and that there be strewed in the coffin without delay 25 pounds of lime, and that all such as are buried in churches or in the vaults of churches, shall have at least 20 pounds of slacked lime put into the bottom of the coffin, and 20 pounds of chloride of lime under the last investment of the body—the winding sheet.

12th. That enquiry be immediately made on board of all Ships, Steamboats, Crafts, and Vessels arriving

at any port or place within the Province, whether any deaths have occurred on board during the voyage or passage; and if such be the case, that the bedding, clothes and wearing apparel of or used by the deceased, be not landed, till they have been thoroughly washed or at least steeped in clean water for 48 hours and then well dried.

13th. That the Local and other Boards and Committees of Health throughout the Province, do report to the Secretary of the Central Board, at least once a week the state of the Public Health in the City, Town or place for which they are appointed, and in the event of the prevalence of any Epidemic or Contagious disease in their respective localities, the nature of the disease and the number of deaths.

By Order of the Board,

A. H. DAVID, M. D.

Secretary to the C. B. of H.

Montreal, 14th June, 1849.

—
SECRETARY'S OFFICE,

Montreal, 22d June, 1849.

Approved by the Governor-General in Council on the 21st June, 1849.

(Signed,)

J. LESLIE,

Secretary.

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CENTRAL BOARD OF HEALTH,

Montreal, 28th June, 1849.

AT a Special Meeting of the Central Board held on the 28th day of June instant, the following additional directions and regulations were issued :

14th. The Central Board of Health direct that so soon as it shall become known to any of the Local or other Boards and Committees of Health and Health Officers, that the Asiatic Cholera exists within their jurisdiction, that such Boards and Committees of Health and Health Officers, shall forthwith provide or cause to be provided, some suitable hospital, shed or place wherein shall be temporarily placed to receive medical aid, any poor person or persons who may be found suffering from that disease, having no habitation or place of shelter, or friends or relatives capable of providing them habitation or shelter.

15th. That any poor person or persons suffering from Asiatic Cholera, having no habitation or place of shelter, but who have friends or relatives whose duty it is to provide them shelter and medical and other relief, such friends or relatives shall forthwith provide them such shelter and relief ; and the Central Board do direct and request the Local and other Boards and Committees of Health and Health Officers aforesaid, to see that the penalty imposed by the 10th Section of the 12th Vict. Cap. 8, be at once rigidly enforced against such friends and relatives who shall neglect or refuse so to provide such shelter and relief.

16th. The Central Board direct and respectfully suggest that so soon as it is ascertained that Asiatic Cholera exists in any City, Town or Place within the Province, that the Members of the Medical Profession as well Civil as Military, do report or cause to be reported in writing, once every 24 hours, to the Local or other Boards or Committees of Health or Health Officers appointed for the particular locality within which such Members of the Medical Profession reside, or are quartered for the time being, the number of cases of Asiatic Cholera under their particular care, the names and residences of the persons so attended by them, and the number of recoveries and deaths, and that the Keepers of Hotels, Taverns and

Boarding Houses do likewise so report or cause to be reported the cases of Asiatic Cholera occurring in their respective Houses, not attended by a Member of the Medical Profession and which may have proved fatal.

17th. That the Sextons or persons having the charge of any burial-ground or place where persons, who may have died of Asiatic Cholera, shall be buried, shall, once every twenty-four hours, during the prevalence of Asiatic Cholera in their respective localities, report, or cause to be reported, in writing, to their respective Local or other Boards, or Committees of Health or Health Officers aforesaid, the names of all persons who have been so buried within the ground or place whereof they may so be in charge.

18th. That no person or persons who may die of Asiatic Cholera shall be buried in any burial-ground or place whatsoever, until the requirements of the eleventh section or Regulation of this Board, issued on the 14th day of June, instant, respecting the putting of lime into the coffin, have been previously complied with, and that it shall be the duty of every Sexton, or person in charge of any such burial-ground or place, to require reasonable evidence of the fact, before permitting the burial of any person or persons who may have so died.

19th. That the Local and other Boards and Committees of Health and Health Officers aforesaid, do provide, or cause to be provided, at all times during the prevalence of Asiatic Cholera in their respective localities, a sufficient quantity of Lime, to enable the said 11th and 18th Directions and Regulations of this Board to be complied with, in respect of poor persons dying of Asiatic Cholera having no friends or relatives capable of providing the same.

By order of the Central Board.

(Signed) A. H. DAVID, M.D.,
Secretary to the C. B. of H.

Approved by the Governor-General in Council, on the 30th of June, 1849.

(Signed) J. LESLIE,
Secretary.

CENTRAL BOARD OF HEALTH,

Montreal, 25th July, 1849.

AT a Meeting of the Board, held on the 25th day of July instant, the following additional "Direction and Regulation" was issued, and it is particularly urged upon the Local Boards of Health and Health Officers throughout the Province, in the exercise of a *sound* discretion, to see that it be promptly and rigidly enforced.

20. The Central Board of Health, in consideration of the existence in divers parts of this Province of Asiatic Cholera or some other malignant and fatal disease, and of credible information conveyed to this Board, that Houses and out Houses, situated in unhealthy and crowded localities and in a neglected and filthy state, in which a disease of a malignant and fatal character exists, and which the occupants or proprietors have neglected to cleanse and purify notwithstanding repeated requisitions from the Health Officers, and in contravention of the existing directions and regulations of the Board,—do hereby authorize and require the Local and other Boards and Committees of Health Officers throughout the Province, in all cases in which disease of a malignant or fatal character, shall be discovered to exist in any Dwelling-house or Out-house temporarily occupied as a Dwelling, situated in an unhealthy or crowded locality, or being in a neglected or filthy state, in the exercise of a sound discretion, and at the proper costs and charges of such Local Board of Health, to compel the Inhabitants of any such Dwelling-house or Out-house to remove therefrom, and to place them in Tents or Sheds or other good or better House in some more salubrious situation, until measures can be taken, by and under the directions of the Local Boards of Health, for the immediate cleansing, ventilation, purification and disinfection of the said Dwelling-house or Out-house.

By order of the Central Board,

(Signed,) A. H. DAVID, M. D.,
Secretary.

Approved by His Excellency the Governor General in Council, this 28th day of July, 1849.

(Signed,) E. PARENT,
Asst. Secretary.