

FIRST ANNUAL REPORT

OF THE

MONTREAL SANITARY ASSOCIATION,

PRESENTED TO A PUBLIC MEETING OF THE MEMBERS AND FRIENDS, HELD IN THE MECHANICS' HALL, MARCH 28, 1867, WM. WORKMAN ESQ., PRESIDENT, IN THE CHAIR.

[*Reprinted from the Montreal Herald.*]

The following is the report read by Dr. P. P. Carpenter, Secretary of the Sanitary Association, at the Annual Meeting on Thursday evening:—

At the close of a course of free lectures on the Laws of Social and Personal Health, delivered in this Hall in March, 1866, T. S. Brown, Esq., in the Chair, it was unanimously resolved that it was desirable to form a voluntary Sanitary Association. Nineteen gentlemen gave in their names as members; but the organization was suspended to await the action of the City Council.

At a meeting convened by public advertisement, April 17th, T. S. Brown, Esq., in the Chair, the "Montreal Sanitary Association" was inaugurated; and its objects stated to be "generally, to collect and diffuse information, and take action on all matters relating to the Public Health; and specially, to assist in improving the abodes of the poorer classes."

Arrangements were immediately made for a series of lectures and addresses in every Ward in the city. District Committees were organized after each; and Rules of Health, in French and English, which had been prepared with great care, were everywhere distributed. The District Committees visited their own neighbourhoods, and reported thereon to the Central Council, which met nightly at the Mechanics' Institution. The Council, after again visiting and reporting whenever it was judged necessary, presented their facts and suggestions to the City Health Officers; and published daily in the papers such particulars as were calculated to rouse all those who were not hardened against every appeal, to abate the nuisances of which the citizens justly complained. Full accounts of the nuisances complained of, and complete reports of their condition in many parts of the city, especially in St. Ann's Ward, are entered in the minutes of the Council. The work went on, with great harmony and enthusiasm, till the period of the Fenian raid. This, and the drill meetings consequent upon it, broke up most of the district committees; and the fear of cholera having died away, the Council meetings were held three times weekly, then weekly, then fortnightly, and (during the winter) monthly. During the year, 70 Council meetings have been held, and about 25 public lectures given, besides the very numerous meetings of the district committees, and the house to house visitation. All the work has been gratuitous, and has been performed principally

by men working hard in their regular occupations.

During the same period, there were three separate organizations appointed by the City Council. The original Health Committee recommended Dr. Girdwood as Officer of Health; but, the Finance Committee objecting, the Council refused their sanction, and appointed a Board of Health under the city By-laws, consisting of the Police and Health Committees and eleven medical men, two of whom declined to act, and one was afterwards appointed Health Officer.

To this body was entrusted the work of cleansing a city confessedly one of the most filthy on the continent, of which the mortality was frightfully in excess of the country districts round; and of warding off cholera, then reasonably feared, and on former occasions terrific in its ravages. Each member possessed (under the By-laws) almost dictatorial power, for the energetic exercise of which he was responsible to the citizens who had elected him.

In fulfilment of their grave and most important duties, these gentlemen held four meetings, all of which were attended by the Mayor. Messrs. Rolland, Isaacson, Leduc, Bernard, Brown, and Drs. McDonnell, Leprohon, Hings-ton and Lemire attended thrice. Messrs. Rodden and Devlin, Gorrie, Stevenson, Cassidy, and Drs. D'Orsonnais and Craik attended twice. Messrs. Mercier and Lanctot, and Drs. Beaubien and Fenwick attended once; M. Labelle, not once.

The principal business of the Board related to the purchase of places of deposit for town refuse; the remainder of the minutes are as follows, cholera being then considered imminent.

Meeting 1. (April 3.) Eight policemen were detailed to enforce cleansing, and eighteen called for from the council for two months. Carried, by 15 to 6 votes, that two medical officers be appointed till January 1st: Drs. Rottot and Girdwood being recommended, at \$1,600 each. [The Council only confirmed this appointment till July 15th.]

Meeting 2. (April 13.) Recommended, that a By-law be at once framed for the guidance and payment of licensed public scavengers; that the Board divide into two sub-committees for health and police; that disinfectants be purchased, and that the two health officers be instructed to prepare a report.

Meeting 3. (April 20.) The butchers petitioned, and the health officers reported, against

the sale of old clothes in the market. The Mayor was requested to sign no more leases, and the Council to prohibit it. A report from the Health officers was ordered to be laid on the table.

Meeting 4 (May 4.) Resolved, that the reports of the Health officers be received, and the suggestions adopted and carried out as far as practicable.

Meanwhile, the health officers were clothed with no authority, and their recommendations had no effect except as expressions of opinion. They superintended the operations of the police, and when Dr. Girdwood was ordered to accompany his regiment in the field, Dr. Rottot continued to carry on the work, both at the eastern and western portions of the city, with great assiduity, till the unhealthy season, when their term of office expired.

Meanwhile, also, the Provincial Government had issued an Order in Council requiring the appointment of a Board of Health, and of a health officer, possessing great powers. But the principal city in British America set the example of disobedience to the laws; and it was not till Aug. 10th, after the principal danger had passed, that a Board of Health, under this Order, was elected. It consisted of the original Health Committee, substituting Mr. Masterman for Mr. Brown, with the addition of Drs. Craik and Leprohon. This Board, armed with very complete powers for six months, over-riding those of the City Council, which might have issued and enforced orders that would have permanently saved to the community scores, probably hundreds of lives, did business as follows. It held three meetings, all of which were attended by Drs. Craik and Leprohon; Messrs. Devlin and Stevenson attended twice, the Mayor and Messrs. Gorrie, Cassidy, Lancelot and Masterman once; M. Labelle not once.

Meeting 1, (Aug. 21.)—The Chairman and Drs. Leprohon and Craik were appointed a sub-committee to visit the several wards, examine into the sanitary condition of the city generally, and report to the next meeting. A petition complaining of a row of privies in Bleury street was referred to the Chief of Police, with instructions to cause such nuisance to be abated at once. A petition against Mr. Christie's proposed soap factory in Jacques Cartier Street was referred to the Council, recommending that a by-law be passed to prohibit the establishment of such factories in future within the city; also one to prohibit the carrying of dead bodies by licensed carters in their cabs and other covered vehicles. Sub-Chief Flynn presented his report of the action of the police from April 5th to Aug. 13th, showing that 12,512 yards had been visited, of which 4166 were found dirty and received notice to cleanse; 2582 privies, 148 piggeries, and 32 butcheries had also been found dirty. Drs. Leprohon and Craik were appointed medical health officers to visit the city and examine into its sanitary condition, to enforce all sanitary regulations, and to report to the Board from time to time.

Meeting 2, (Aug. 29.)—*No quorum.*

Meeting 3, (Oct. 26.)—A report was received

from the Health Officers. In consideration of their valuable services, a sum of \$250 was granted to each of them; and also \$100 to Sub-Chief Flynn for the very effective and attentive manner in which he had performed his duty of inspecting yards, &c.

The above, condensed (by permission of the Mayor) from the original minutes, is the whole of the work done by the three Boards of Health in the year of impending cholera. The reports of the officers referred to, will be found at length in the newspapers of the time.

During the same period however, the Road Committee, with the assistance of the City Surveyor, have completed 18,912 lineal feet of 2 feet sewers, and 9,340 feet, 6 by 4 and 4 by 2-8, or 28,252 feet of main brick drains. They have rendered their sewers available by allowing 342 openings to connect with house drains by brick sewers. Unhappily they have allowed 67 wooden drains to be also connected, thereby adding to the insidious cases of house-poisoning which affect the richer classes in this city. The shafts into the new sewers have all been trapped, but unfortunately there is as yet no power to compel the trapping of house drains.

But perhaps the sanitary improvement of the city was best effected by the Recorder's Court. From the published report, it appears that there were 446 convictions for breaking the health-laws of the city. This implies 4166 notices to cleanse; therefore 3720 persons were moved to do their duty from fear of punishment, or about 9 to each conviction. Perhaps three times that number cleansed through fear of a summons, or of a newspaper exposure from the Sanitary Association; and the remainder of the inhabitants, because it was their duty.

The tangible good effected by the official and by the voluntary work was that (through the mercy of Providence) cholera was warded off, and the cemeteries received 470 fewer bodies of little children. The lives of adults were not sensibly affected.

Now if this very partial surface-cleansing of the yards, aided by the cold winds of the early and the rain storms of the later summer, was sufficient to produce such marked and gratifying results, all the other causes of infantile mortality remaining the same, what might not be expected if the streets were cleaned from the offal in the mud and dust, if the subsoil of yards and cellars were purified, if house and yard drains were made of pipe instead of rotting wood, and if they were all emptied into well trapped sewers?

Towards these and other sanitary reforms of the greatest importance, all that this Association can effect is to collect and spread information through the community, and make known the facts to the duly constituted authorities. They do not set themselves up as arbitrators between owners and occupiers of property, nor as instruments of redress from nuisances inflicted by citizens on their neighbours. The enforcement of the laws ought to be performed by the city officers of justice and police.

The members of the District Committees and

complainants are greatly discouraging labours. Notoriety again and again were re-examined and officially re-examined; and yet, done. Either their officers cost of the law what and to inspect breeding diseases a weighty members and occupiers were evident persons were suffering persons formed themselves which sent de Council duly notified to the trustmitting the de City Council, reply sent either Association. experience, the the Sub-chief appeared from the results of officers, naturalations. How as the eman did the body worthy labour might, by a the part of permanent, labourers in their hope, a strong person them again.

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complainants among the public, were often greatly discouraged by the non-success of their labours. Notorious nuisances were reported again and again, were proclaimed in the papers, were re-examined by members of the Council, and officially represented to the Health Officers; and yet, in numerous cases, nothing was done. Either the police took no notice, or their officers could not see to be an infraction of the law what was manifestly (to the sufferers and to inspectors of competent knowledge) breeding disease and death. In one case, even a weighty memorial, signed by numerous owners and occupiers of property, some of whom were evident pecuniary losers, whose families were suffering from frequent sickness, and who formed themselves into a special committee, which sent deputations to this Association, the Council duly appointing inspectors, who certified to the truth of the allegations, and transmitting the documents to the officers of the City Council, produced no effect; nor was any reply sent either to the complainants or to the Association. Such being a very general experience, the highly satisfactory report of the Sub-chief, and the accounts which appeared from time to time in the papers of the results of his inspections with the health officers, naturally seemed like hollow congratulations. Hope deferred made the heart sick, as the emanations from putrid soil or drains did the body. Those who began their praiseworthy labours with enthusiasm, and who might, by a little judicious encouragement on the part of the authorities, have been made permanent, hearty and educated gratuitous labourers in a good cause, lost their zeal, then their hope, then their faith; and it will require a strong pressure before their love will warm them again for a renewal of the conflict.

Yet even though fifty persons were disappointed, if one was benefitted, we ought to rejoice; and, rather than blame the Boards of Health and their officers for not having done more, we desire to strengthen their hands for better work in the future. We call on the citizens to support them in all needful expenditure in the cause of health and life; at the same time to watch their conduct narrowly, as the servants appointed by the public and entrusted with the gravest responsibilities; and call them solemnly to account, if they fail in their duty.

The case stands thus: Here is a city, with the very greatest natural advantages, containing nearly 120,000 living souls, where, on the average of twelve years, without cholera, more than 35 persons die yearly out of every thousand. In 1864 there were 45 deaths per 1,000, and there have never been less than 32. Whereas 25 is a high average for crowded English cities, with the filth accumulations of centuries, the poisons of manufactures, and a murky climate. Meanwhile the country rate of dying, in the neighbourhood of Montreal, is less than one half that of the city; so that even last year, when Montreal citizens had a better chance of life than they had had since 1858, we should have saved 1669 lives had we been among the

country people with their habits and conditions.

Besides these general statements, it further appears that the mortality of children in this city is truly frightful. While only 3 die of all ages above 12, 7 die under that age. Out of every group of 13 children of all ages under 12, living at the beginning of the year, on the average one dies before its close. There is one death in every group of seven children living under 5 years of age. While, of every seven children born in this beautiful city, 3 will probably die before they are 1 year old.

It must not be supposed, however, that the severe cold of our winters kills these poor children. In the winter months only 19 die out of every thousand; but in August 30, and in July 43, or more than twice the death-rate of November. No wonder that all who can afford it take their children out of the city during those two months in which the hot sun draws out the poison-stenches from the subsoil of the city.

It is not merely in cholera years that the natural increase of the population by birth is checked. In 1864, the long accumulation of fever-foed in the vast cesspool of the lower city broke out in open pestilence; and carried off 282 more children than had been born that year; the total number of children dying being 3,536, or 1,152 more than last year. In that year, however, only 1,165 persons died above twelve, which is 61 less than last year.

The unhealthy influences which kill children, sicken the adults. Even if we take as much trouble this year as we did last, under dread of cholera, we must still expect that we shall be killing 1,726 persons by city life: if we go back to the condition of 1865, we must expect to bury 640 more of our citizens, or 2,366 above the average death-rate of the country. Even giving our citizens and Council credit for a willingness to work hard at cleansing, we shall be still inflicting 48,348 cases of serious sickness on the community, each lasting 5 weeks; that is, 241,740 weeks of pain and loss must be endured; which is the same as taking 4,630 healthy persons, and forcing them to be sick during the whole year. These facts are set forth and proved in a paper on the Vital Statistics of Montreal, published in the Canadian Naturalist.

In view of such a frightful waste of health and life, during every ordinary year, it behoves our citizens to remember that health (like other much prized blessings) has to be worked for, and sacrifices of time, pleasure, money and ease must be made to secure it. We counsel all who value their own health, and who wish to save their neighbours' lives,—

1. To study and observe the Rules of Health issued by the Association last spring.
2. To do all the cleaning possible themselves, whether it falls rightfully within their province or not. There is no satisfaction in being poisoned because it is some one else's duty to remove the deadly corruption.
3. On no account to continue living in any house or district which is necessarily unhealthy.

4. If complaints receive no attention at the hands of the authorities, to urge them repeatedly, and give no rest to those who wish to leave things as they are.

5. Since the health and life of the community are more important than the advancement of particular interests, not to elect any members to the council, who cannot be relied on to enforce the By-laws and promote sanitary reform.

6. With a view to these and other objects, to organize at least one permanent District Committee in each ward, in communication with the central Association.

J. G. BIBAUD, M. D.,
PHILIP P. CARPENTER, Ph. D.,
Hon. Secs.

MEMORIAL.

To the Mayor, Aldermen and Councillors of Montreal, in City Council assembled:

The Memorial of the Members and Friends of the Montreal Sanitary Association, in Public Meeting assembled, sheweth,

That it appears from the returns of mortality preserved in the office of the City Clerk (the results of which, duly tabulated and corrected according to the ascertained rate of increase of population, are published in an article in the *Canadian Naturalist*, a copy of which has been sent to each member of Corporation) that the City of Montreal, notwithstanding its remarkable natural advantages, is not only far more unhealthy than any other city in British America; but that, in each year, it presents a rate of mortality greater than that of the most crowded of English cities, (except in some years Liverpool, which has been called 'the plague spot on the Mersey,') amounting, on the average of 12 years, to 35 deaths per 1,000 citizens, whilst that of the country districts surrounding the city is only 17 or less than one-half.

It further appears that the mortality of children in this city is so excessive, that on the average, of all children living under 12 years of age, 77 die per 1,000 yearly, while only 37 per 1,000 die in the ordinary Counties of the Province; of children under 5 years, 141 die yearly per 1,000; of children under one year, 434 per 1,000; which last is nearly double the excessive mortality of Liverpool at the same period of life.

It further appears that the excess of summer mortality over that of the severe winter is so great that more than twice the children die in July than in November. Such having been the average condition of the city during the last 12 years, it is a great encouragement to renewed and increased exertions to find that the mortality, during the last spring and early summer, was so far reduced that 470 children's lives were saved during the year, as compared with 1865. Although the season was unusually favourable to health, it cannot be doubted that this was principally the result of the cleansing of the city.

It further appears that no sooner were sanitary measures suspended, than the mortality again began to rise towards its usual level; so that it is clear that unless similar, but much more searching and permanent purification be forthwith carried out, we must expect the lives of our citizens to be sacrificed as they have been hitherto, and sickness and misery, to a most alarming extent, to be entailed on those who have individually no power to remedy the evils to which they are exposed by the neglect of sanitary laws.

It appears that during the last year two separate Boards of Health were appointed by the City Council, in addition to the ordinary Health Committee. Yet, of these three bodies, minutes have been preserved only of six meetings, and the attendance at them does not amount to an average of three times for each member. It further appears that the Order in Council issued May 3rd, 1866, requiring the appointment of a Board of Health and Health Officers, armed with special powers, was not obeyed till the 10th of August; nor did that Board hold more than two meetings, at the first of which two gentlemen were appointed Health Officers, whose time was already tully occupied with private practice; and at the second, their report was received and services acknowledged.

It will be remembered that this was a period of unusual excitement, in consequence of the early arrival of cholera on the shores of the continent; and the citizens naturally expected that the guardians of the public health would exhibit unusual diligence, as they did in most of the other principal cities of America.

It appears from these premises that the work which must be done in this city by the guardians of the public health is too onerous to be entrusted to the sole care of the members of the Committees, however willing they may be to discharge their duty to the utmost of their power. Nor can it be supposed that the Police officers, however efficient they may be in their own vocation, can have the special knowledge which should fit them for officers of health.

This association therefore most earnestly begs the Council to consider the propriety of appointing a *permanent and duly qualified* officer of health, who shall be the official agent of the Health Committee, as the City Surveyor is of the Road Committee. They further suggest that he should be endowed with due power to enforce the by-laws of the Council, and the regulations of the Health Committee; and that it should be his duty to spend a definite portion of his time in house-to-house visitation through the city.

As accurate knowledge of all facts relating to the deaths in the city is most important, for sanitary and for other objects, the association further urges upon the Council the importance of requiring their officers to make a careful analysis of all the weekly sheets of mortality which are in their possession, from the commencement, classifying the deaths both according to age and according to disease; and also according to the wards, streets, and (if possible) houses in which they occur.

They are aware of the importance of this matter, and perhaps returns, which can be most strongly urged, as the paramount necessity of a complete system of reform within the city limits of large cities, but in Britain. They are aware that it was this accumulation of evils has led to all the troubles of the last 25 years in the lessening of every city of the world.

The members of the Association are necessary to our city which following are pressing imperious demands of all the city.

1st. The engineering of all the city.

2. The pavement, heavy, and a state of culture.

3. The absence of wooden drains as far as possible.

4. The transfer of shafts into all private dwellings.

The Association complains of the neglect of these matters, and themselves verified attention according to the authorities a such completion of any two members and volunteers.

They are aware that there is great imperfection, and perhaps even inaccuracy in the past returns, which cannot now be avoided. They most strongly urge upon the Council, therefore, the paramount necessity of establishing a complete system of registration of Births and Deaths within the city limits, as is done not only in the large cities, but even in every parish of Great Britain. They beg to remind the Council that it was this system of registration, and the accumulation of facts established by it, which has led to all the English sanitary legislation of the last 25 years, and its important results in the lessening of the death-rate in almost every city of the United Kingdom.

The members of the Association are unanimous in believing that, while improvements are necessary in almost all the conditions of our city which relate to public health, the following are of paramount and immediately pressing importance.

1st. The entire cleansing and constant scavenging of all the streets and public places of the city.

2. The paving with non-absorbents, or, in default, heavy macadamizing, of all yards not in a state of cultivation.

3. The absolute prohibition for the future of wooden drains under houses; and the removal as far as practicable of those now existing.

4. The trapping, at least in summer, of all shafts into street sewers; and permanently of all private drains.

The Association express a hope that complaints of nuisances which they have themselves verified, may be considered worthy of the attention of the officers of the Council. And as according to English municipal law, the authorities are bound to take action, whenever such complaints are made with the signature of any two householders within the borough, so it would be a great encouragement to the members of the Association in their arduous and voluntary labours, if they were assured that

reports, duly signed by their officers, would meet with the requisite attention at the hands of those who alone have power to enforce obedience to the City Statutes.

Signed by order of the citizens in public meeting assembled, as aforesaid,

WILLIAM WORKMAN,

President of the Sanitary Association.

M. P. RYAN, ESQ., IN ACCOUNT WITH THE MONTREAL SANITARY ASSOCIATION, APRIL 17th, 1866, TO MARCH 28th, 1867.

Cr.

To Donations and subscriptions received..... \$128.00

Dr.

By Printing and Advertising... 73.05

By rent of room, and expenses of public meetings..... 23.00

By cash in hand..... 31.95

\$128.00

The subscriptions are as follows:—

Principal Dawson..\$2	Jas. P. Clark.....5
J. R. Annett.....2	J. Buchanan & Co...5
W. Workman.....10	Geo. Winks & Co...10
M. P. Ryan.....10	Edw. Atwater.....5
Champion Brown..10	F. Angers.....5
Jos. Tiffin.....10	J. Caverhill.....5
J. Macdonall.....5	Daniel Rose.....5
F. Maccullock.....5	A. Murphy & Son...4
E. H. King.....5	Wm. Darling.....3
J. Redpath.....5	J. L. Mathewson...2
H. Hogan.....10	Kerry, Bros. & Crethern.....5

Besides the above subscriptions, the Council beg to return their best thanks to the Gentlemen of the Press and to the Directors of the Mechanics' Institution, for considerable reductions in their accounts, and in every way furthering the interests of the Association.

OFFICERS OF THE MONTREAL SANITARY ASSOCIATION.

PRESIDENT : W. Workman, Esq.

VICE-PRESIDENTS : T. S. Brown, C. S. Rodier, Jun., and G. W. Weaver, Esqrs.

PATRONS : MONSEIGNEUR Bourget ; Bishop Fulford.

TREASURER : M. P. Ryan, Esq.

HON. SECRETARIES : Dr. A. Larocque, and Dr. P. P. Carpenter.

RECORDING SECRETARY : Mr. F. Baker.

COUNCIL OF THE SANITARY ASSOCIATION.

Hon. John Young
 Hon. T. D. M'Gee
 Hon. L. H. Holton
 Hon. J. Rose
 Hon. Thos. Ryan
 Rev. Dr. Wilkes
 Rev. J. Cordner
 Rev. S. Massey
 Dr. R. T. Macdonnell
 Dr. G. E. Fenwick
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 Mr. Victor Hudon
 Mr. Wilfred Laurier
 Mr. Fr. Leclair
 Mr. Adolphe Roy
 Mr. Peter Donovan
 Mr. G. Rogers.
 Mr. J. Clegg

With power to add to their numbers.

All Clergy, Medical Men, and Editors of Newspapers, are *ex officio* members of the Executive Council ; also all Chairmen and Secretaries of District Committees.

All communications, *with the name and address of the writer*, should be addressed to the Secretary, 193½ Post Office, or Mechanics' Institution. The Executive Council meets every Monday Evening at the Mechanics' Institution at 8 p. m.

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RULES TO PRESERVE HEALTH.

1. *Foul stench is poison.*—Remove all filth or rotting matter from your house, yard, or neighbourhood, *without delay*. Spread lime and charcoal in cellars and yards. A pan of dry charcoal, often changed, kept under your bed, may save your life. Lime-wash every place you can, in and outside the house. Keep the drains in good order. Be very particular in scouring out the cellars, and never leave stale vegetables in corners.

2. Very often open doors and windows, and welcome the fresh air; but do not sit or sleep in a draught. If there be foul air within your house, discover the cause, and remove it.

3. When you get up, throw the bed clothes off on chairs to get the sun and fresh air. Do not make the beds for some hours. Keep everything very clean; and do not sleep in your day shirt.

4. The body needs washing as much as the face. Sponge over quickly, and dry briskly. If the pores of the skin be choked, disease is sure to follow.—Lose no opportunity of walking in the upper parts of the city and neighbourhood, and breathing the fresh air.

5. If possible, do not work in wet clothes: at any rate be sure to change them before you sit down. Avoid sudden chills. Be cautious in putting off winter for summer dress. It is good to wear flannel even in warm weather, and light fires on damp days.

6. Change your linen as often as you can. Beware of hanging clothes to dry in the rooms you live in.

7. Use plenty of fresh water in the house. Never leave slops about, nor empty on the ground outside; but take the trouble to carry them to a sink.

8. Shun what leads to drunkenness, and every sinful and immoral habit. Mark this well: *Cholera and fever search out the drunkards and the licentious, and fasten on them.*

9. Let your diet be plain, and what you find to be wholesome. Avoid long fasts and overwork. *An empty stomach and wearied body invite attacks of epidemic disease.*

10. If Cholera appears, *fear it not*; but prepare for it. Keep some approved remedy in the house, and use it at once for looseness of bowels, while you send for the doctor. Be not afraid to nurse the sick.

11. Whenever sickness is in a house, put a little *Chloride of Lime* to stand in a saucer of water, and keep a little in the chamber vessel. Open the windows freely; keep the draft off the patient; and separate the sick from the healthy. *Sulphate of Iron*, dissolved in water, is good to throw down drains, &c.

12. *Temperance, Cleanliness, and Pure Air* are among the surest means for preserving health, and preventing cholera, fever or any other disease. Do not grudge time or money that goes to ward off sickness. Health does not come of itself, but we must make sacrifices to secure it.

*The Council of the Montreal Sanitary Association beg to request a careful perusal of the enclosed documents.
Communications should be addressed to the Secretary, Box 193½ P. O. Montreal, C. E.*

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