

the population of their different districts (and particularly of the retired villages along the sea shore), the danger to which they expose themselves by engaging in illicit intercourse with persons coming from the Continent; and should appeal to their fears in warning them of the imminent risk which they incur by holding any communication with smugglers, and others who may evade the quarantine regulations.

To meet the other objects adverted to in the introduction, namely, to prepare for the possible contingency of the country being visited by this disorder, as well as to assist in its prevention, it is recommended that in every town and village, commencing with those on the coast, there should be established a local board of health, to consist of the Chief and other Magistrates, the Clergyman of the parish, two or more Physicians or Medical Practitioners, and three or more of the principal inhabitants; and one of the Medical members should be appointed to correspond with the Board of Health in London.

Every large town should be divided into districts, having a district committee of two or three members, one of whom should be of the medical profession, to watch over its health, and to give the earliest information to the Board of Health in the town, whose instructions they will carry into effect.

As the most effectual means of preventing the spreading of any pestilence, has always been found to be the immediate separation of the sick from the healthy, it is of the utmost importance that the very first cases of cholera which may appear, should be made known as early as possible; concealment of the sick would not only endanger the safety of the public; but (as success in the treatment of the cholera has been found mainly to depend on medical assistance having been given in the earliest stage of the disease) would likewise deprive the patient of his best chance of recovery.

To carry into effect the separation of the sick from the healthy, it would be very expedient that one or more houses should be kept in view in each town or its neighbourhood, as places to which every case of the disease, as soon as detected, might be removed, provided the family of the affected person consent to such removal, and in case of refusal, a conspicuous mark ("Sick") should be placed in front of the house, to warn persons that it is in quarantine; and even when persons with the disease shall have been removed, and the house shall have been purified, the word ("Caution") should be substituted, as denoting suspicion of the disease, and the inhabitants of such house should not be at liberty to move out or communicate with other persons, until, by the authority of the local board, the mark shall have been removed.

In some towns it may be found possible to appropriate a public hospital to this purpose, or should any barrack exist in the neighbourhood, it might, under the authority of the Commander of the Forces, be similarly applied.

Wherever it may be allowed to remove the sick from their own habitations to the previously selected and detached buildings, the houses from which they

have been so removed, as well as the houses in which the sick have chosen to remain, should be thoroughly purified in the following manner:

Decayed articles, such as rags, cordage, papers, old clothes, hangings, should be burnt; filth of every description removed, clothing and furniture should be submitted to copious effusions of water, and boiled in a strong ley; drains and privies thoroughly cleansed by streams of water and chloride of lime; ablution of wood work should be performed by a strong ley of soap and water; the walls of the house, from the cellar to the garret, should be hot lime-washed, all loose and decayed pieces of plastering should be removed.

Free and continued admission of fresh air to all parts of the house and furniture should be enjoined for at least a week.

It is impossible to impress too strongly the necessity of extreme cleanliness and free ventilation, they are points of the very greatest importance, whether in the houses of the sick, or generally as a measure of precaution.

It is recommended that those who may fall victims to this formidable disease, should be buried in a detached ground in the vicinity of the house that may have been selected for the reception of cholera patients. By this regulation it is intended to confine as much as possible every source of infection to one spot; on the same principle, all persons who may be employed in the removal of the sick from their own houses, as well as all those who may attend upon cholera patients in the capacity of nurses, should live apart from the rest of the community.

It should here be observed, that the fewer the number of persons employed in these duties, the better, as then the chance of spreading the infection by their means will be diminished.

Wherever objections arise to the removal of the sick from the healthy, or other causes exist to render such a step not advisable, the same prospect of success in extinguishing the seeds of the pestilence cannot be expected.

Much, however, may be done, even in these difficult circumstances, by following the same principles of prudence, and by avoiding all unnecessary communication with the public out of doors; all articles of food, or other necessaries required by the family, should be placed in front of the house, and received by one of the inhabitants of the house, after the person delivering them shall have retired.

Until the time during which the contagion of cholera lies dormant in the human frame has been more accurately ascertained, it will be necessary for the sake of perfect security, that convalescents from the disease, and those who have had any communication with them should be kept under observation for a period of not less than twenty days.

The occupiers of each house, where the disease may occur, or be supposed to have occurred, are enjoined to report the fact immediately to the local board of health in the town where they reside, in order that the professional member of such board, may immediately visit, report, and if permitted to do