### Hints respecting cholera.

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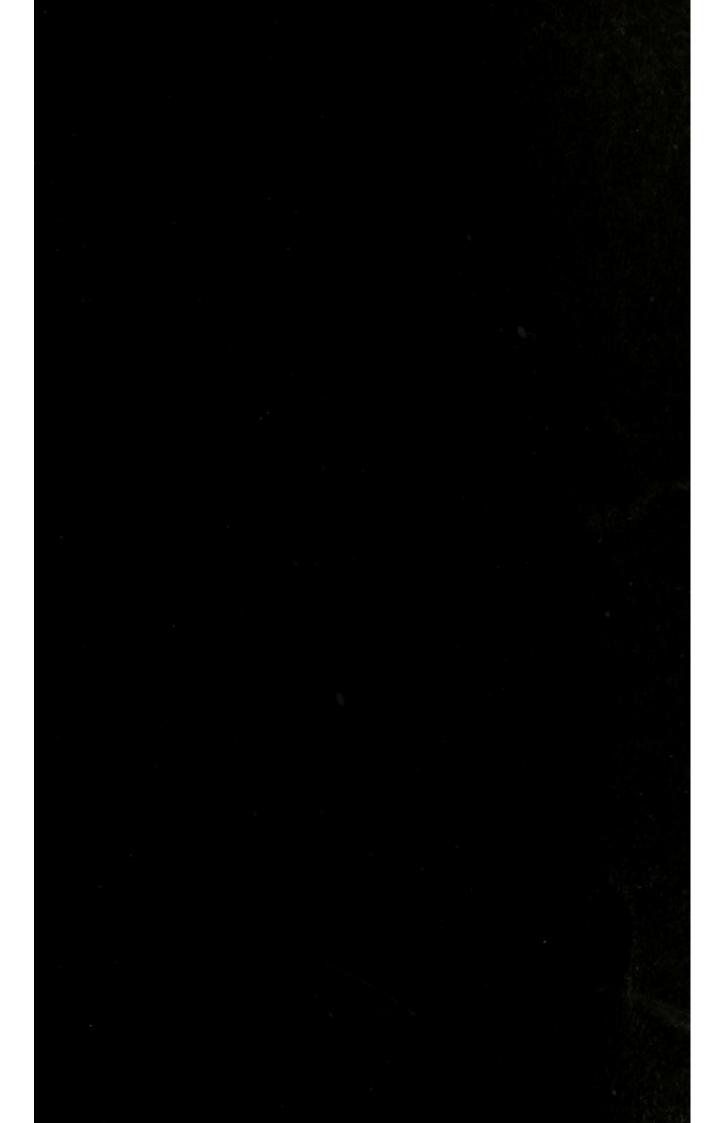
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## IINTS RESPECTING CHOLERA;

DIRECTIONS which may be most safely followed when Medical Aid cannot be immediately obtained.

t is easier to prevent than to cure this dangerous disease, the following caushould be observed :- Great moderation in diet, and in the use of fermentnd spirituous liquors. Raw vegetables and unripe fruit should be carefully ded; a diet of light animal food is the best. The state of the skin should be icularly attended to, so that perspiration be not checked suddenly. The feet ld be kept dry and warm. Flannel should be worn next the skin, or at least nnel bandage round the body. The utmost personal cleanliness is to be tained by frequent washing. Every room should be ventilated by opening loors and windows frequently in the daytime. Under the proper observof cleanliness and ventilation, this disease seldom spreads in families, and y passes to those about the sick under such favourable circumstances, unless happen to be peculiarly predisposed. Gentle exercise in the open air is ly useful to preserve the general health of persons exposed to the risk of tion. Glauber's and Epsom salts, as well as other cold purgatives, are not to ken without the express prescription of a medical man. No specific against era is known; and all the patent drugs offered with this pretension are abely injurious. The only preventives are a healthy body and a cheerful mind. most cases, a day or two days before a person is seriously affected by the se, he has some disorder of stomach, giddiness, and a loose state of bowels, frequent calls to go to stool. When these symptoms appear, he must conimself to bed and take a pill of two grains of calomel and one grain of opium, repeated in two or three hours, and followed in the course of four or five s by a tablespoonful of castor oil. A small quantity of brandy and hot r may be taken at intervals. It is of the utmost importance to pay particular tion to these early indications of the disease.

hen the most alarming part of the disorder has actually commenced, the nt complains first of giddiness and nervous agitation, and is extremely e; his features become sharp and contracted; his lips, face, neck, hands, feet, blue; the fingers and toes are contracted; the pulse is so small as almost extinct; the skin is deadly cold and shrivelled; the voice nearly; breathing quick; the patient speaks in a whisper; suffers cramps in his and body; his urine is totally suppressed; he vomits and purges a liquid

rice-water or whey.

person so seized should take immediately, as an emetic, two teaspoonfuls ur of mustard-seed in half a tumbler of warm water. He should be ped in hot blankets; and friction all over his body with camphorated or oil of turpentine and warm flannels should be used. Bottles of hot or hot bricks should be placed at the back and feet. Poultices of flour istard and linseed-meal in equal parts, mixed with warm water, should be ed to his stomach. He should drink hot brandy and water, or hot water a teaspoonful of sal volatile, or with ten drops of oil of peppermint and sugar in it. In case of his complaining of pain, from twenty to forty of laudanum may be given; should, however, the pain be accompanied spasms, the dose may be from thirty to fifty drops. Medical assistance d be obtained as soon as possible. It is important to add, that when the it's shirt or the sheets of his bed are changed, which should be done as frely as possible, the dirty linen is to be plunged immediately into cold water. The above short Hints were submitted to the inspection, and have received e approval, of several of the most eminent Medical Men in Edinburgh.

(Circulated gratis by Oliver and Boyd, Edinburgh.)

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