PRECAUTIONS AND INSTRUCTIONS FROM COMMISSIONERS OF HEALTH.

"Keep your houses and premises clean, and, if possible, open dwellings in such places, during the prevalence of cholera; keep your houses and rooms dry, and the windows and doors open as much and as long as the weather will permit; there can scarcely be too much ventilation. An abundant supply of fresh air is as necessary during the night as in the day, and more air is as requisite for the support of life and health as good food.

"Remove all stagnant water and dung-heaps from around your dwelling, and clean out all sewers without delay. Do these things at once, without waiting for the breaking out of the disease. It will be too late to undertake them when the cholera shall have broken out.

"Avoid chills; do not wear wet clothes a moment longer than can be avoided. Wear a flannel bandage round the stomach and loins—make use of plain wholesome food, in the solid rather than in the liquid form—abstain from fruit, raw and ill-cooked vegetables, pastry, smoked and hard salted meats, and salted fish, pork, cider, stale or sour malt drinks, pickles, and all articles of diet which experience has known to have a purgative effect.

"Avoid purgative medicines, particularly castor oil, Seidlitz powders, and salts.

"Be very careful that the water used as drink be of good quality.

"Abstain from stimulants unless prescribed as medicine under medical advice. In former visitations of cholera, many persons, both rich and poor, resorted to the use of stimulants—wine, whisky, brandy, &c., under the false impression that they might be sometimes useful as a cure or a safeguard against infection. This is a great error. Stimulants frequently taken, or taken in excess, are followed by collapse, which predisposes to the disease, and the general health, moreover, is seriously and permanently injured by the practice. Lastly, avoid damp places, particularly at sleeping; breathe pure air; exercise cleanliness; keep the surface of the body warm; avoid excesses of all kinds; use wholesome plain food; live temperately; preserve, as much as possible, a state of general good health, and you will have adopted the best safeguards against cholera.

"If attacked by diarrhœa or loosness in the bowels, however slight, whether with or without pain, apply without a moment's delay at the dispensary in ——, where medical relief will be given at any hour of the day or night.

"Let notice be given without delay, at any hour of the day or night, at the same place, of the sudden occurrence of any patient affected with vomiting, purging, or cramps, who may be unable to attend; immediate attendance will be given, and, if necessary, the patient will be removed to the hospital.

"Should you be attacked with diarrhœa or loosness of the bowels, with or without pain, and the medical advice cannot be had, go at once to bed and immediately on your bed, put a sheet or wrap yourself in warm blankets, roll a sheet of warm flannel, sprinkled with hot spirits of turpentine, or whisky, closely round the body, extending time, or whisky, closely round the body, extending from the chest to the hips, and take a teaspoonful of brandy or whisky, in a little water, with fifteen drops of laudanum, repeating at every hour, if the attack be not checked, until a third dose has been taken,—but do not venture further in the use of laudanum, without medical advice.

"By order of the Commissioners,

"W. H. Horton, *Secretary.*

"Central Board of Health,
Dublin, 1st September, 1848."

Will Smith O'Brien be Hanged!

The following report of a meeting held in Dublin on the 12th inst., which we extract from *Saunder's News Letter* of the 13th, may throw some light on the intentions of the government, in regard to the fate of William Smith O'Brien.

Yesterday, a meeting for the purpose of promoting a public expression of feeling, in accordance with the recommendation of the jury, in the case of Mr. Wm. Smith O'Brien, was held at the residence of Mr. Richard Webb, No. 176, Great Brunswick street, at half-past one. The requisition convening the meeting was signed by persons of all creeds, and interested in the object would attend, without reference to sect or party. There was a numerous attendance. Amongst those present were Sharman Crawford, M. P., the Hon. Cecil Lawles, M. P., —— Scully, M. P., Jas. Haughton, Richard Webb, C. S. Ralph, Dr. Mulhall, Rev. Mr. Fleury, Rev. Dr. Spratt, &c.

The chair was taken by William Sharman Crawford, Esq. The Chairman said he would wish, on taking the chair, to represent to them the great responsibility of their proceeding on that occasion. A rash word, or a rash expression, might do infinite damage; (hear, hear;) and he hoped every gentleman there would abstain from any allusion whatever of a political character and would confine himself solely to the object for which he believed that meeting was held, to consider the best means of supporting the recommendation to mercy which had been tendered by the jury in the case of Mr. Smith O'Brien. He should now be happy to hear a proposition from any of those gentlemen who were the originators of the meeting.

Mr. James Haughton read a draft of a memorial to the Lord Lieutenant, to the following effect:—

"May it please your excellency—We, the undersigned, inhabitants of Dublin, address your excellency as the representative in Ireland of Her Most Gracious Majesty the Queen. We fully concur in the recommendation of the jury by whom William Smith O'Brien was found guilty of high treason, and respectfully and earnestly entreat the exercise of her Majesty's gracious prerogative of mercy in his favor."

They had endeavored to make the address as short and as little liable to objection as might be, and it was for the meeting to decide whether that was a suitable address, or whether one of a different character should be prepared.

Mr. Rowland (solicitor) suggested that the address should commence with the words "Nobility, clergy, gentry, and inhabitants of Dublin." He felt great pleasure in having to say that there was the strongest hope that a vast number of the Roman Catholic dignitaries, and the Earl of Fingal, who were then in meeting in another part of the city, would concurrate in the objects of that meeting, if an address were approved of, of the above short description. The Rev. Dr. Murray and Cantwell had also promised to give their report in such a case.

Mr. White.—I don't know if it be right to remind the meeting that the recommendation of the jury was only in favor of saving Mr. O'Brien's life; and that they ought to consider whether the memorial ought to go further than that.

Mr. Larkin suggested the appointment of a committee to consider any proposed alteration in the address, and also that it should be for the consideration of the meeting whether they would delay a few hours, until another of the trials had been concluded, in order to have an opportunity of making the memorials more general.

Chairman.—I would recommend this meeting to confine itself to the one object which we have been called for. You will only embarrass yourselves by endeavouring to extend it to the other cases. If it be the wish of the meeting that the chairman's suggestion as to referring the preparation of the memorial to a committee, should be put from the chair, I will put it.

Mr. Haughton thought that such committee would have suggestions given until the sentiments of the meeting had been first ascertained. He would suggest that gentlemen should be very careful about bringing anything into the address that was not exactly to the point as to Mr. O'Brien's life. (Hear, hear.) They should bear in mind that the recommendation of the jury did not enter into any question, but merely said that his life ought to be spared. They (the meeting) said nothing else. If his life should be spared, either through the exertions of that meeting, or through the lately assigned at dinner of the ministry, it would be a happy circumstance; and they could afterwards, at a proper time, apply for some mitigation of whatever punishment he should afterwards have to undergo.—Mr. Haughton then moved the adoption of the memorial as he had read it.

It was suggested that the words "high treason," occurring in the memorial, should be omitted. The suggestion was agreed to, and the memorial altered accordingly.

Mr. Maley (barrister) said it occurred to him that they ought to give his Excellency a hint that they ought to exercise his prerogative of mercy, by showing that the people of Ireland felt, and, if possible, the people of England, might be included also. He felt no doubt that the same prerogative of mercy would be exercised in the case of Mr. Smith O'Brien, if an opportunity were afforded.

Mr. Larkin—Is not the Queen the fountain of mercy?

Mr. Maley—Certainly not in this country.

Mr. Lawless, M. P., said he was sorry that the chairman had thought it his duty to make the observations he had made, which were calculated to prejudice the cause they had met to promote. He was sorry that the chairman had thought it his duty to make those observations