

THE CENTRAL BOARD OF HEALTH.

A Great Job has recently been perpetrated by the Reforming Administration of Lord Elgin, in the creation of a Central Board of Health at Montreal. The Act giving authority for the job was one of the many Bills passed by the House of Assembly...

The New Board has commenced its labors by the publication, in the Official Gazette, of a Code of Sanitary Regulations for all Canada. Under the impression that nothing can come out of Nazareth, we think but little of anything that Dr. Wolfred Nelson and his confederates can say or recommend...

DIRECTIONS FOR THE CLEANING AND DRAINING OF DWELLINGS AND OUTBUILDINGS.

1. Yards should be cleaned of all filth, dung-heaps, liquid manure should be removed without delay; and wet places should be filled up and premises around dwellings situated in elevated positions should be kept clean and dry...

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...

3. Cellars which are inhabited or used as kitchens, should be kept dry and comfortable by small fires and the circulation of the atmosphere, both day and night...

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...

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 a damp and sleeping in a damp and cold atmosphere...

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 imbedded during the night, may be completely evaporated...

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...

8. Personal cleanliness should be strictly observed. A tepid bath taken two or three times a week, and a cold one every day with a coarse napkin, will be found very effective...

9. Individuals, troubled with old 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...

10. Flannel Vests with a lace and drawers should be worn next to the skin, and persons subject to bowel complaints should wear an absorbent cotton 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 sparingly...

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

13. 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.

14. In the warm months of Summer, the diet 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 wine, and brandy sipping should be sedulously abstained from.

15. Nurses and others who attend the sick should take nourishment frequently. No one but the sick should sleep in the same apartment.

DIRECTIONS FOR TREATING THE PREMONITORY SYMPTOMS.

16. The premonitory symptoms should be immediately attended to; such as rumbling in the bowels, flatulency, heat or fullness in the stomach, or choleric bad taste in the mouth, or nausea; all, or any of these are prodromal to cholera, and require prompt attention.

17. If the attack may be sudden, a large mustard plaster should be put between the shoulders, and on the pit of the stomach, and a small one on each wrist, and a still smaller one on the inside of each arm.

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those, who from affection or duty may have attended upon persons who died with cholera. In the Cholera Hospital of this City (Clinic), in which, during a period of nearly five weeks, there were 139 cases of cholera, 29 of which died...

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MINNESOTA AND THE FAR NORTH. From the Minnesota Pioneer, published at St. Paul, Minnesota Territory, June 18, we take the following interesting particulars of our Northern Territory:

St. Cloud, Minn. - This charming village nestled on the banks of the Mississippi, is the seat of the St. Cloud and Grand Marais Counties, and is the largest town in the Territory...

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BRITISH WHIG.

FRIDAY EVENING, JUNE 22, 1849.

THE PENITENTIARY. We thought by this time we should have no further occasion to make any more remarks upon the doings of the Feather-Breeds...

THE BLIND TRAVELLER. Lieutenant Holman, one of the naval knights of Windsor, who received a dispensation to travel, from her Majesty, six years ago, during the whole of which time he has been in the service of the East India Company...

POOR COMFORT. Punch's best jokes are always illustrated. In a late number, he shows a simple illustration by a large black dog, entering a house, with his tail up, and his mouth open, and saying 'How do you do?'...

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her Majesty's Ministers now justify their noble Governor, in whose discretion and judgment they had such entire confidence? We certainly do not envy the position of Lord Elgin, or of those who are responsible for his appointment. A more disgraceful or ignominious position, either for the Government at home or for their representative in the colony, it would be difficult to imagine.

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STEAMBOAT OPPOSITION.

Of a good thing there may be occasionally too much. The Steamboat opposition of the early part of the present season, which many people looked upon with some degree of complacency, as tending to the reduction of the fares, is now very glaring.

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we are informed they will become the subject of consideration in another quarter, but in the meantime we would inform our readers that all the dismissed parties referred to had the misfortune to testify in behalf of the Warden at the recent expensive investigation into the affairs of the Penitentiary, and therefore the public can draw their own conclusions.

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tend any more to run to the head of the Bay; or if only once a week to state the fact, and on what day. I therefore desire you to give this publicity, for there are many of your subscribers reading in Concession, Carrying Place, Colborne, Brighton, Frankford, &c., who are not aware of it, and are likely to fall into the similarly awkward position that was placed in.

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