

was not to become angry, nor speak, nor cough, nor swallow the oil, but to spit it out as it entered the throat.

That these ancient Hindus recognized the dependence of laryngeal upon nasal diseases is evident, for in Hessler's translation from the Hindu occur the following words:—"Nasale remedium morbos hominum sapraclaviculum ortos refrenet et organa sensuum pura atque re suavolus officere potest."

As an evidence, too, of the extent to which they were acquainted with ordinary sanitary laws, a quotation from Charaka will not be uninteresting. He says: "One should not eject the mucus or phlegm of one's nose in a place that is crowded."

Among the medicines used thousands of years ago by the Hindus as sternutatories may be mentioned, pepper, mustard, orris, ginger and assafoetida. (In his student days the writer of this paper was informed by a highly respected physician that the insufflation of the powder of orris root was excellent treatment for chronic catarrh.)

One of the methods for curing sneezing was to look at the sun in such a way that its rays would fall upon the mucous membrane of the nostrils.

While Hippocrates, the Great Father of Medicine, wrote with masterly erudition upon the science in general, he seems to have known little of the nose, although he is accepted by Celsus as the first medical specialist of our civilization. He looked upon the brain as a gland and believed it to be the origin of all catarrhal troubles. He also thought that the vaporous parts of the inspired air escaped through the sutures of the skull. Some of his cases are remarkable. For instance, one of habitual catarrh was cured in three days by coitus—though whether it was an ozenic case or not we are not informed—presumably not.

Cicero is perhaps the first to give any adequate description of the nasal passages. He says: "The nares, which are always open on account of necessary functions, have narrower entrances lest anything which might be injurious should enter them, and they are always supplied with a moisture not useless for arresting dust and many other things."

Of ozena he speaks very distinctly. He says: "There are ulcers around the openings and they have many crusts and a foul odor, which variety the Greeks call ozena. It should be recognized that it is hardly possible to cure this disease. Nevertheless these things may be tried. Let the head be shaved to the skin and persistently and vigorously rubbed; let it be bathed with plenty of hot water; let there be much walking; moderate food, nothing very sharp or very strong. Then in the nostrils let honey be applied with a small amount of resin of turpentine, which may be used on a probe wrapped with wool. Let this liquid be drawn in with the breath until the taste of it is perceived in the mouth. By the