

### A COLD.

AT this inclement season, hardly a single person escapes what is called a cold, and but few so afflicted know how to treat it. The following advice is that given by the late Dr. BEDDOES, in his *Instructions*:—(It should be recollected, that a cold is occasioned either by a *sudden* change from cold to heat, or from heat to cold; but more frequently by the former.)—“When a cold, attended with a cough, is fastening upon a person, what is proper to be done? This ought generally to be known, as the poor cannot afford, and others at first will seldom take the pains to seek, advice. It is not right, then, in the beginning of a cold, to make the room where you sit warmer than usual, to increase the quantity of bed-clothes, to wrap yourself in flannel, or to drink large draughts of piping hot barley-water, boiled up with raisins, figs, liquorice-root, and the like. This is the right way to make the disorder worse. Perhaps there would be hardly such a thing as a bad cold, if people, when they find it coming on, were to keep cool, to avoid wine and strong drinks, and to confine themselves for a short time to a simple diet, as potatoes or other vegetables, with toast and water. I have known instances of heat in the nostrils, difficulty of breathing, with a short tickling cough, and other symptoms, threatening a violent cold, go off entirely, in consequence of this plan being pursued. I have found the pulse beat from twelve to twenty strokes in a minute less, after a person at the onset of a cold had continued quiet three quarters of an hour in a cool room. It is not only warmth, suddenly applied, that will throw any part of the body, after it has been starved or benumbed, into violent action, and bring on inflammation; strong liquors will do the same.”

### A CURE FOR THE TOOTH ACHE.

MR. EXAMINER,—After passing many an hour of pain and uneasiness from a bad tooth, which I was advised not to have extracted, I was recommended by a friend to make use of a remedy, which he stated to be infallible; and as both he and myself have found benefit from it, I feel desirous that others, who may be sufferers from the same cause, may share the same advantage, and know no better method of making the remedy public than requesting a corner in your *Examiner* for the insertion of this letter: the recipe is as follows:—

Take a nut-gall, break it, and put a small piece of the inside into the hole of the tooth, and after being there for half an hour or an hour, it must be removed, when it will be found to be covered with a white matter, and a fresh piece of nut-gall is to be put into the tooth, so long as any matter shall be found to come away; and when that ceases to be the case, the cure will be found to be effected, not temporarily, but permanently; for my friend assures me his tooth has never troubled him since using this remedy, and is now as useful as any he has in his head: I scarce need add, that the saliva had better not be swallowed.—I am, Sir, your most humble servant, W. R.

### INTENSE COLD.

THE papers relate that a number of persons have died lately of intense cold.—It may be of use to state, that spirits, or strong mixtures, are highly injurious, and should be carefully avoided during journies in the open air. People are too apt to suppose, that a dram will fortify them against severe frost; but it is a gross error. If any part of the body be benumbed, it should be rubbed with cold water, or snow, and brought to its usual heat by degrees.—When cold has occasioned apparent death, the body should be placed in a room without fire, and rubbed steadily with snow or cloths wet with cold water; at the same time, the bellows should be applied to the nostril, and used as is directed for drowned persons.

### VEGETABLE DIET.

MORE than sixty individuals in London have for above three years subsisted wholly on vegetables, fruits, and distilled water, enjoying during that period robust health, and an exemption from those maladies which, under the direction of Dr. LAMBE, led to their adoption of this simple regimen. Dr. LAMBE carries his abstinence still further, by abstaining from all stimulants which excite thirst, so that we are told that he does not drink a pint of any liquid in a month.