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HAY FEVER OR SUMMER CATARRH.

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Hay fever, or summer catarrh, or as it is also called hay asthma. The season is now approaching when the victims of this disorder may expect a recurrence of their sufferings. I have thought, therefore, that though it is not strictly a sanitary matter, a few remarks on this peculiar malady may not be out of place, more especially as a few rules of diet, exercise, what to avoid, &c., may at any rate mitigate many of the symptoms. .

Hay fever is a subject that has received but passing remarks or meagre notices in most of our works on medicine, and is generally dragged in at the tail of some other disorder ; some never allude to it at all, and others (Trousseau among them) seem but little inclined to give it either a local habitation or name.

Trousseau regards it as a periodic asthma recurring more frequently in summer than winter, and is very loth to allow that new-mown hay, flowering grass, &c., is at all likely to produce an attack. He says, "I question how far emanations from freshly cut hay have any share in the production of the symptoms of hay fever, and whether the influence of the season is not a much more potent one."

Among the earlier writers on this subject are Drs. Heberden and Bostock (the latter a sufferer himself from this disease) ; latterly two interesting monographs on the subject have been published, viz : That by Dr. Phœbus, Professor of Medicine at the University of Geesen, in 1862. *Der Typiche Fruhsommer—Katarrah oder*