

only diseasing them but also corrupting the blood, and therefore the entire system, It especially impairs the brain and therefore the mind, and practically unfits one for business or society. It is especially disastrous to those who follow literary pursuits,—book-makers, lecturers, etc. Catarrh has its origin in colds settling on the brain—a cold allowed to work itself off.

TREATMENT.—Every case of Catarrh, however deep seated, constitutional and chronic, can certainly be cured, that is, *eradicated* from the system, by an intelligent application of the following treatment, regularly applied and persevered in for a reasonable time. We challenge the whole history of medical science to furnish a remedy at once so consonant with the teachings of physiology and, therefore, so reasonable, yet radical and certain in its grand results.

1. PASS WARM SALT WATER, (or warm water with carbolic acid in the proportion of a half or three quarters of a teaspoonfull to a pint), UP ONE NOSTRIL AND DOWN THE OTHER, AND ALSO DOWN AT THE BACK OF THE THROAT AND OUT OF THE MOUTH.

For this purpose the Fountain Syringe* is especially adapted, having a nasal pipe just suited to this passage. Begin with water slightly salt and increase its strength as you can bear it; the same rule should guide in the use of carbolic acid. This flushing of the nasal tract should be done twice a day, night and morning; but, if twice fatigues too much, try once, and as you strengthen, *twice* a day should become the rule until cured.

2. After thoroughly clearing and cleansing the nasal tract as just described, practice the RESPIRATION CURE, for ten to twenty minutes, but if too much fatigued, defer till morning, though the RESPIRATION CURE would very remarkably strengthen, soothe and

* We supply syringes of the best make and quality by registered mail. For description, prices, etc., see the last page 67.