

other words to arrest those forces or processes in this portion of the body which are generating heat, with the result of developing increased nutrition or increased heat-production in some other portion of the body. This increased heat-production constitutes inflammation.

#### THE PARTS AFFECTED BY TAKING COLD.

In the majority of cases, an exposure to cold results in an acute inflammation of the mucous membrane which lines the nasal passages; in other cases it give rise to a sore throat, or swollen tonsils; in other cases bronchitis, or, again an attack of irritable bladder, or perhaps lumbago. This is very easily explained, when we say that the inflammation which results from exposure to cold locates itself in the weakest part. If a man is liable to rheumatic troubles, an exposure to cold will result in an attack of rheumatism; if a man has any bronchial weakness, an exposure will be followed by an attack of bronchitis. In most instances, as we know, an exposure to cold gives rise to an acute coryza, or an ordinary cold in the head, simply on account of the fact that the mucous membrane which lines the nose is in a state of mild chronic inflammation in a very large portion of the community in our temperate climates. In other words, most people have mild chronic nasal catarrh, as it is termed which, is perhaps the source of a very slight inconvenience or perhaps may be scarcely noticed at all, and yet when a cold is contracted this chronic inflammation lights up into an active, acute process.

A cold, however, is not a mere local inflammation, because one rarely contracts a cold without feeling more or less general disturbance. Its onset is rarely marked by a fully developed chill, but usually there are quite well marked chilly sensations, pains in the bones, a feeling of general weakness, loss of appetite, a dull headache, perhaps, and other evidences that the whole system is affected by it. Furthermore these symptoms usually set in before the local inflammation shows itself. This, I think, unquestionably must be accepted as teaching us that the cold has affected the whole system in some

way; or, in other words, as evidence of the correctness of the view advanced in the earlier pages, that an exposure really acts indirectly through the central nervous system in the manner which we have already tried to make clear, primarily arresting heat-production in a certain portion of the body, which, being recognized by the central nervous system, creates a disturbance there, in consequence of which an excessive amount of nerve force is sent out to the point of the greatest weakness, there setting up inflammatory action, the effect on the nervous system being evidenced by the feeling of general depression with fever. The constitutional disturbance may last from twelve to twenty-four hours, when the local inflammatory process manifests itself at the point of selection.

#### PREVENTION OF A COLD.

A proper and intelligent understanding of how to avoid taking cold is of far greater importance to us than to know how to treat a cold. The preventive measures consist practically in the proper regulation of the clothing, the maintenance of the skin in its best functional activity by the daily use of the bath, the proper ventilation of our living and sleeping apartments, and certain other more general measures, [especially a plain, nutritious diet, with moderation as to quantity of food, out-door exercise, etc.]. As to clothing, it is the height of unwisdom to wear more than just sufficient to protect ourselves from the weather. The instant that we put on more than is sufficient for comfort, we are liable to do mischief. Furthermore, in wearing clothing it should be equably distributed over the whole body. If we clothe one portion of the body at the expense of, or in excess of another, we are liable to do ourselves a harm. The most important part of our clothing is the underwear, in that, lying next to the skin, it is a matter of no little moment that it should be of such texture as to interfere in the least degree with what is, perhaps, the most important function of the skin, viz., that of perspiration. As before stated, there is more heat gener-