

managed, or occurring in a delicate person, unless carefully treated, it may so depress the vitality that entire recovery does not take place before a fresh attack increases the original trouble, and it is usually in this way that the chronic form of this disease is established. The old adage that "an ounce of prevention is better than a pound of cure," is nowhere better applied than in connection with this subject, because chronic catarrh is peculiarly liable to frequent acute exacerbations.

Chronic nasal catarrh is usually attended by partial or complete loss of smell, and, as is well known, has proved itself a very annoying and intractable malady, its worst feature being its stubborn persistence and tendency to extension in many cases. Many a case of phthisis owes its origin to a neglected catarrh.

The successful management of this class of cases involves a careful study and regulation of all of the habits of the individual. Many will be found who are insufficiently or improperly clothed, either a part or all of the time. The proper protection of the neck, throat, chest, and extremities by suitable clothing is fully as important as the proper covering of the trunk, and woollen is undoubtedly the best material to be worn next to the skin. It absorbs perspiration much more rapidly, and gives the skin far better protection against changes of temperature than any other material used for clothing. Particular care should be taken to keep the feet warm and dry. Persons who take cold easily and are in the habit of removing underclothing worn during the day, on retiring should have a change of equal warmth for night wear. Occupations involving exposure to irritating fumes, vapors, or dust should be interdicted, as well as unusual exposure to cold and dampness.

Catarrh, in common with all other forms of chronic disease, requires great perseverance in treatment to bring about a favorable termination. Left to itself its tendency and course are invariably to spread from its starting point to contiguous mucous surfaces, as well as to the deeper tissues. The mucous membrane is liable to undergo hypertrophy, with the formation of polypoid excrescences, or the condition may assume a suppurative character. Hence ulceration, atrophy, and destruction of mucous membrane and underlying tissues, ozena, and caries or necrosis may be named as ultimate results of neglected nasal catarrh; hence the importance of timely treatment before it becomes so deep-seated as to make serious inroads upon the resisting power of its victims.

Every subject of catarrh should be instructed how to keep the accumulated secretions frequently removed by either the nasal douche, or better, the atomizer, using a warm alkaline solution.