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*The Dangerous Effects of taking COLD :
And prudent Cautions for avoiding it. From Dr. Buchan's
Domestic Medicines.*

IT is a true saying, that colds kill more than plagues. On examining patients, we find most of them impute their diseases either to violent colds they have caught, or to slight ones which have been neglected. For this reason, instead of a critical enquiry into the nature of perspiration, its difference in different seasons, climates, constitutions, &c. we shall endeavour to point out the causes which most commonly obstruct it, and to shew how far they may be either avoided, or have their influence counteracted by timely care. The want of a proper attention to these costs Britain annually some thousands of useful lives.

One of the most common causes of obstructed perspiration, or catching cold, in this country, is the changeableness of the weather, or state of the atmosphere. There is no place where such changes happen more frequently than in Great Britain. With us the degrees of heat and cold are not only very different in different seasons of the year but often change almost from one extreme to another in a few days, and sometimes even in the course of one day. That such changes must affect the state of the perspiration is obvious to every one.

The best method of fortifying the body against the changes of the weather is to be abroad every day. Those who keep most within doors are most liable to catch cold. Such persons generally render themselves so delicate as to feel even the slightest changes in the atmosphere, and by their pains, coughs, and oppressions of the breast, &c. they become a kind of living barometers.

Wet clothes not only, by their coldness, obstruct the perspiration, but their moisture, by being absorbed, or taken up into the body, greatly increases the danger. The most robust constitution is not proof against the danger arising from wet clothes; they daily occasion fevers, rheumatism, and other fatal disorders, even in the young and healthy.

It is impossible for people who go frequently abroad to avoid sometimes being wet. But the danger might gener-