

foundation in reason, such a process tending to equalize the circulation. The hot mustard foot-bath, the hot lemonade, going to bed and wrapping up in warm blankets, are all reasonable and commendable, as they restore the blood to the channels of the outer surface from which it was driven. For this reason the Turkish bath is admirable, provided one takes time to cool off thoroughly before going again into the open air. The reason why these means of equalizing the circulation are unavailing after the first twenty-four hours is because the congestion of the mucous membranes of the air passages has advanced to a state of inflammation; the glands have oversecreted and a catarrhal process has begun which cannot be arrested. The clock has been wound up, and it will not run down until it has gone through the evolutions which its mechanism calls for. It is important to understand this, as a certain amount of resignation will help the victim endure his affliction.

By this I would not imply that a physician's skill would be vain, for such is not the case. While remedies and doctoring cannot arrest the process, they may alleviate it and prevent it doing more harm. To stop a cold then, first take a quick-acting laxative, then a mustard foot-bath, which will relieve most if the cold is in the head, or a general hot bath, soaking in the hot water for half an hour or more with a cold wet cloth upon the head. One should take great care not to get chilled in the transition from the bath to the blanket, in which one should be wrapped. Then take hot lemonade, flax-seed tea, whiskey or whatever stimulant your principles permit. The Turkish or Roman bath is even better.

Can drugs break up a cold? In most of the books, both popular and medical, quinine, sometimes in very large doses, is recommended with the greatest confidence. I have seen many people suffer far more from this remedy than from the disease itself. Quinine is a very strong tonic and helps the system stand up against the disease when taken in proper doses, but when it is taken in five and ten grain doses it upsets the digestion, causes headache and makes the ears ring. Few people can stand such doses. Strong men may and so may a few who are not easily affected by drugs. A two-grain dose of quinine is advantageous in the beginning of a cold; this can be repeated in three or four hours. To some people even a very small dose of quinine acts as a poison, upsetting their digestion and giving them a quinine rash.

Another old-fashioned way of breaking up a cold was by taking a Dover's powder, a mixture of ipecac and opium. Opium was supposed to contract the internal blood vessels and quiet the nerve centers. It is a remedy that in the beginning of a cold does more harm than good in the majority of cases, as it upsets the digestion and tends to unbalance the equilibrium rather than restore it. The new coal-tar products, phenacetin and antipyrine and the like, are now often resorted to without the advice of a physician. It is a dangerous practice, for they are liable to weaken the heart's action; if taken at all, a stimulant should be used with them. In the grip form of colds these preparations have acted with marked good effect, but I can not warn my readers too seriously against their indiscriminate use. Aconite combined with belladonna is often used advantageously in the beginning of a cold. Ten drops of the tincture of each in a third of a glassful of water, to which can be added a quarter of a tea-spoonful of bromide of sodium, makes a mixture which is very efficacious in helping one throw off a cold. A tea-spoonful should be taken every half hour for half a dozen times; after that every hour or two is often enough.

#### TO ALLEVIATE A COLD.

As already stated, a cold once started has to run its course, but much may be done to render it easier to be borne and to prevent its extension. If the cold is in the head, the constant demands upon the handkerchief can be lessened by spraying the nose with salt and water, the proportion being a tea-spoonful of salt to a pint of water. Powdered bismuth, used every few hours as a snuff, is also very good. In the stuffed-up condition

of the head, when it seems impossible to draw the air through the nostrils, inhalations of aromatic ammonia or camphor will often clear the head wonderfully. The nose and throat are greatly relieved by the use of a saturated solution of boracic acid as a gargle or spray. It is very soothing and healing. It should be used every two or three hours. If the vocal chords are affected so that one is hoarse or cannot speak, tar is a simple and good remedy. It is used by pouring a pint of boiling water over a tea-spoonful of the liquid tar and inhaling the vapor through a cone of paper. This, used two or three times a day, will be found to give great relief. Tincture of benzoin is used in the same way, as is also camphor, but the tar is best.

The most disagreeable manifestation of a cold is the bronchial form, which results in a cough. Almost without exception cough mixtures contain medicines liable to upset the stomach. This is because the action which causes vomiting is the same as that which increases the secretions of the bronchial tubes, which is meant to loosen the cough. The various cough lozenges are also apt to produce nausea. As the same nerve which supplies the lungs sends likewise branches to the stomach and the throat, the disturbance of one portion of it acts upon the territories supplied by the other branches. The cough which comes from inflamed lung tissue upsets the stomach; indigestion gives rise to a cough; a tickling in the throat calls in both lungs and stomach to resent the disturbance. Fortunately the opposite is also true—what soothes one portion of this great pneumogastric nerve will soothe the others. Hence the value of soothing applications to the throat in the form of troches. Lump sugar or some simple form of gelatine lozenges does this better than those which are composed of medicaments which trouble the stomach. This principle of quieting a cough has been long popularly recognized and has resulted in such remedies as "stewed quaker," "rock and rye" and flax-seed drinks.

The common practice of tying up the throat with a wet compress should be spoken of and accompanied by a warning. These compresses, which are wrung out of cold water, should be applied quickly and covered over with oil silk or a dry cloth. They should not be removed until thoroughly dry. The trouble of using these as well as of doing up the neck with flannel bandages and putting on oil silk and flannel jackets is in the removal, when one is apt to take cold anew.

It is by no means the intention of the writer to go into an exhaustive account of the remedies which might, could, would or should be used for colds. This is impossible and, if the trouble is at all serious, unadvisable, as a physician who would understand all the complications should be consulted. I have alluded to some of the remedies which may be employed without harm if not with positive benefit. Besides all these, it should be borne in mind that strong tonics should be employed and plenty of nourishing food taken. Depression of the vital forces from overwork, anxiety of mind, an impoverished condition of the blood, all predispose one to a cold.

#### THE EVIL RESULTS OF CATCHING COLD.

As a general thing, it is well for one to take the ills of the flesh lightly. In fact, the seriousness of their effects upon the system are often proportioned to the amount of fear and apprehension they induce in the individual. It is different with colds. They are so universal and in the young their effects are so little manifest, that it is not until it is too late that one realizes how insidious and uncompromising an enemy to human health they are. Every cold that one takes predisposes to another and weakens the powers of resistance. The impaired mucous membrane of nose, throat and lungs refuses to return to its original state of health; catarrhs, sore throats and coughs remain and after a time cannot be cured. The ears, too, are often involved in a head cold, and give trouble which sometimes ends in deafness. Therefore, avoid colds as you would contagious diseases. Protect yourself from them by a calm mind, an equally clothed body and a healthy circulation of the blood, not to be unbalanced by wind or weather.

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