

## COLDS — THE CAUSE

Colds come from two causes, viz: exposure and over-eating. It would be difficult for one to catch cold whose blood was not laden with material that the body could not appropriate. The surplus matter passed into the blood for which the body has no need is brought to the lungs to be oxidized by the air we breathe; if all this surplus cannot be thus consumed it suppurates and is thrown off in the form of mucous which process we call "a cold." The familiar "stuffy" or "stopped up" feeling is a congestion of this surplus, or effete matter throughout the circulatory system. Exposure augments this condition. If the blood is kept pure and free from all excessive nutrition which is treated as foreign matter, there is little danger of colds even from exposure.

## COLDS — THE REMEDY

In cases of severe cold all solid food should be omitted for one day, or until the cold is broken up, the diet should be very light, consisting of watery vegetables, fruit and fruit juices. Exercise, fresh air and deep breathing should be taken liberally.