

every slight cold, shuts himself up in a warm room, swallows medicine, and drinks great quantities of warm liquor, it may occasion such a generally relaxation of the solids as will not be easily removed. Bathing the feet in warm water, lying in bed and covering up well, and drinking warm thin gruel or other weak liquors, will sooner take off a spasm and restore the perspiration than all the hot and costly medicines in the world.

The above is all that is necessary for removing a common cold, and if this course be taken at the beginning, it will seldom fail. When the symptoms do not yield to abstinence, warmth and diluting drinks, there is reason to fear the approach of some other disease, as an inflammation of the breast, an ardent fever, or the like, and the patient should then be treated accordingly. The chief secret in preventing colds lies in avoiding, as far as possible, all extremes either of cold or heat, and in taking care, when the body is heated, to let it cool gradually.

A COMMON COUGH

is generally the effect of a cold, which has either been improperly treated or entirely neglected. When it appears obstinate there is always reason to fear the consequences, as this shows a weak state of the lungs, and is often the forerunner of a consumption. When a cough is occasioned by acrid humors tickling the throat, a little butter and sugar well mixed, and therewith keep the throat moist, would blunt the acrimony of the humors, and, by taking off their stimulating quality, help to appease the cough.

In obstinate coughs, proceeding from a flux of humors upon the lungs, the following decoction would be a present help:— Take herb hoarhound, one handfull; liquorice root, 2 ounces; thyme, a few sprigs; boil them well together in a quart of water, and strain off the liquor, drink a few spoonfuls as often as the cough comes on. In a cough proceeding from a foulness and debility of the stomach, the aforementioned receipt of hoarhound, &c., may be used, adding thereto, before boiling, one handfull of hops.

The stomach cough may be known from one that is owing to a fault in the lungs by this: that in the latter the patient coughs