

## About Vaccination against Colds

Written for The Western Home Monthly by Dr. Leonard Keene Hirshberg, A.B., M.A., M.D. (Johns Hopkins University)

"If colds are eternally associated with germs," writes one of my distant, but witty correspondents, "why not put salt on their tails, snare them, parboil them, and prepare them as you do typhoid and other bacteria, which have become vaccines and sure preventives against the disease they cause?"

This very thing has been done, but not with the awaited and hoped for promise, fulfilled so triumphantly in the instance of typhoid. Nevertheless, it seems to help sometimes, and there is no reason not to try vaccines for "colds." The worst that can be said about them is their harmlessness.

"Man," says a clever scribe in the London Spectator, "is a very noble piece of work; is indeed king of kings, except at those times, when he is troubled with a cold in his head." Perhaps this is not original and harks back to Strabo, Horace, Persius, or the Cuneiform inscriptions, but it gives a glimmer of a fellow's feelings, when he has a "cold."

A cold in the head has robbed many a man of more things than dignity, comfort, and well-being. In the sad lexicon of a hard world, there never has been a healer, a scientist, a Christian, or a philosopher, who could happily endure all "colds."

Scoffers and publicans, sinners, and sophists begin to appreciate aunts, grandmothers, and even their wives, when a real honest-to-goodness "cold" sets in. They become suddenly troubled with domestic instincts, are grateful for a good fire, a hot mustard foot bath, heavy comforts, and bedding, and an early-to-bed retirement as well as a long night's sleep.

One sceptic estimates that the number of bad speeches and stilted social engagements that have been escaped, because of "colds," should make them revered instead of accursed. While I cannot fully agree with this, I appreciate this view of the distemper.

Next to injustice and scandal, "colds" are perhaps, the commonest things in creation. If it is possible to vaccinate human kind against them, that is to make them immune to their germs, it seems

strange that like yellow fever, scarlatina, and measles, they return like a bill collector over and over again to plague you in season and out.

Diphtheria and typhoid fever seize hold of you once or twice in a life time, never more. Then there is an end to them. Not so "colds." These abominations cling to you and revisit their inhospitable quarters times out of mind. If you brew and manufacture some sort of chemical ostracism in your blood and tissues against these unwelcome visitations, their endurance is brief. Unlike the Kaiser and his staff, they do come back.

Soldiers and nurses work at will amidst smallpox, and typhoid microbes. Their structures have been reinforced against these germs by vaccines made of these same parasites killed. The animal or child bitten by a rabid dog, is saved from that ever fatal scourge hydrophobia, by vaccination with dead and weakened rabies germs—the Pasteur preventive treatment—during the time between the bite and the interval of 30 days and more, in which hydrophobia microbes are travelling from the skin to the vital spot of the brain and medulla oblongata.

Why cannot the same plan of vaccination be carried out for the prevention of other infectious diseases? It is for plague, cholera, typhoid, and whooping cough. It has been tried for ten years in the protean and variegated assortment of nose, throat, and lung invasions, yecept "colds."

Somehow or other, either the particular group of microbes which cause "colds" have not been identified or engirt with destruction, or the membranes of the nose, mouth, and other respiratory parts lack the stamina, resistance, instinct, or capacity to form those curious enzymes or chemical juices, which the rest of your anatomy makes and puts on the physiological market, after vaccination with the destroyed bacteria of lockjaw, typhoid, hydrophobia, diphtheria, and cholera.

The nose on your face and the throat in your gullet are not well-made or well-mannered. These structures are not paragons of perfection; they lack certain essentials, which the blood and humors of the human form divine may need to produce a commodity able to compete with and to put to rout the hereditary enemy, "colds."

An American army surgeon has found that a cold in the head is caused by a bacillus, which cannot abide fresh air. It moves and has its being deep down in the linings of the nose, eyes, and throat. As Captain Kidd did to many a gallant galleon of the seas, this germ scuttles itself into the nose. As far as I know, this germ has not been commercialized in the form of a vaccine.

Plainly, there are more than two ways to cause a sneeze and the symptoms of a "cold." If the pollen or dust of many different ragweeds and plants can do so, various kinds of bacteria may also do it. The point in the vaccination for "colds" would then be a problem first to find your germ, before you inject the vaccine.

### Punishment To Fit the Case

During recent manoeuvres, says the Bristol Times, a captain called one of his sergeants one day and said, "Sergeant, note down Private Bates, one day on bread and water for slovenly turnout on parade."

"Beg pardon, captain," responded the sergeant, "but that won't make any difference to Bates. He's a vegetarian."

"Then," said the captain, "give him one day on meat and soup."

### He Wobbled

"Come out to our place to dinner to-night," said the banker.

"I'll be glad to," said his friend "Our girl," said the banker, "is studying music—"

"Oh, that reminds me. I've a very important engagement for to-night. Sorry, old man, but I can't come."

"Can't you? Too bad! Our oldest girl, as I was saying, is studying music in Chicago, and we're awfully lonesome evenings."

"Oh, I'll cut that engagement and come anyway."

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

## Children's Diseases Are Not Necessary

They Add Nothing to the Well-being of the Child and Invariably Leave the System in Worse Condition Than Before They Came

**I**N fact, they often sow the seed which, in adult life, develops into disorders of the heart and blood vessels and degenerative diseases of the kidneys.

So if children escape any child's disease they are the gainers in general health by just that much. It may be that years are added to their lives or chronic invalidism avoided. Then there is the enormous risk which every child runs who has measles, whooping cough, scarlet fever, or other diseases.

Perhaps this does not agree with your idea of letting your children have these ailments when young, with the belief that they must have them some time. This old idea has cost many thousands of lives. It is time to forget it, and to put forth an effort to save the children from these ailments.

All these children's diseases are known as germ diseases, and germs are harmless to a body strong enough to fight them.

Rich blood is the greatest of germicides. Therefore, seek to keep your children's blood rich and pure by giving them whole

some, nourishing food, and by allowing them to exercise freely in the open air.

If they grow pale and weak and languid—if they fail to derive proper nourishment from the food they eat—if their nervous systems get run down from the tax of school work—use Dr. Chase's Nerve Food as the best means which medical science affords to enrich the blood and build up the exhausted system.

Children whose blood becomes thin and watery are helpless before an attack of measles, scarlet fever, whooping cough, or other contagious disease. They seem to "catch" everything that is going. They are always "catching" cold. Their resisting force is nil.

But their young bodies soon respond to the nourishing, invigorating influence of Dr. Chase's Nerve Food. As their blood is enriched they become healthy, robust and rollicking—they enjoy their food—their play—their work at school, and grow into strong, healthy men and women.

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.75, all dealers, or Edmanon, Bates & Co., Ltd., Toronto. On every box is the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

