

greater or less degree of fever, following the chilliness, and in all febrile conditions, it is best to withhold food a little for a day or two at least. If a true "fever" is likely to develop and continue plenty of nourishment must then be given.

We shall not name any of the special medicines recommended in this common disorder. There is no specific, clearly, or so many different remedies and procedures would not be recommended. The Medical News recently gave the following five different remedies, all of which are simple. 1. Bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water and remain in a warm room. 2. Bathe the face in very hot water every five minutes for an hour. 3. Snuff up the nostrils hot salt water every three hours. 4. Inhale ammonia or menthol. 5. Take four hours' active exercise in the open air.

In reference to the first we would say, remain in a warm bed, as well as a "warm room"—when one is not well there is no

place like the bed—with absolute rest. The hot foot bath and hot drinks in a warm bed might best be followed in nearly all cases with an aperient: in plethoric, vigorous subjects a brisk purgative is always useful. The second, third and fourth remedies would no doubt be good for a cold in the head, previous to and even during the catarrhal stage. A few are cured, or the cure seems to be hastened, by adopting the fifth plan, but we do not recommend it. After the cold be "broken up" however—after a day or two or possibly three of rest with a moderate allowance of plain food, it is well to go out and stay out a good deal. When cough follows, it will sometimes continue until one does get out freely in the fresh air. The most perfect ventilation of rooms is essential in all cases. If a cough after a cold lasts longer than about ten days or a fortnight after it has commenced or be not then fast disappearing apply to a reliable physician, take no quack nostrums.

THE INFUENZA EPIDEMIC—WHAT TO DO BEFORE AND AFTER IT.

THE present epidemic having assumed such tremendous proportions, and proved comparatively so fatal, for heretofore influenza had been made but light of, it is now most essential that every one give special heed to its prevention; and as the after effects are altogether of the most serious character, we would particularly urge all in convalescing, to "make haste slowly."

Elsewhere we give an article on avoiding and preventing infection, but in this case, the epidemic being upon us, it is almost, though not quite, too late to practice what is there laid down. It never is too late to endeavor to fortify the system by a simple nutritious diet, particularly regular habits and bathing and cleansing the skin; although it would not be well to make sudden nor great changes even in this regard just at present.

We strongly deprecate the use of any of the too frequent prescriptions sent to

newspapers by either interested or misguided benevolent persons. The papers dislike to refuse their publication. They cannot possibly do much good and may do an incalculable amount of harm.

As a physician is not always employed, and as many will not always be as particular as they should be in following the instructions of one when employed, especially in convalescing, we cannot do better than give the following excellent extracts from Medical Classics.

The startling increase in the death rate emphasizes the importance of the employment of physical care on the part of all, healthy and sick alike. Exposure to extremes of temperature should as far as possible be avoided, especially by the aged and by those who are afflicted with pulmonary disease. Persons suffering from "cold" or suspected influenza, should seek medical aid at once.

There is one very essential rule which