

should an external condition be the source of disease to one and of increased health to another? If cold is *per se* necessarily antagonistic to health and life, why should the larger part of mankind feel better and stronger under its influence? One of the plainest rules of logic is that a cause cannot produce opposite effects, or that putrid pus injected into the blood of two living animals will not produce increased health in one and disease in the other. The absence of uniformity in the effects of cold upon the body, either in the production of a characteristic disease, or in the presence or absence of this state, indicates that it is not necessarily a cause of disease, and that when it becomes so the effect properly arises from some special abnormal condition of the body. In other words, a cold is simply a developer of a diseased condition, which may have been latent or requiring only some favoring condition to burst it into the flame of disease. That this is usually the correct view of cold as a disease-producing agent under all ordinary circumstances may be made plain by reflection upon personal experience even to the most ordinary understanding. When the human body is at its prime—with youth, vigour, purity, and a good constitution on its side, no degree of ordinary exposure to cold gives rise to any unpleasant effects. All the ordinary precautions against colds, coughs, and rheumatic pains may be disregarded and no ill effects ensue. But let the blood become impure, let the body become deranged from any acquired disorder, or let the vigor begin to wane, and the infirmities of age be felt by occasional derangements in some vital part, either from inherited or acquired abuses, and the action of cold will excite more or less disorder of some kind, and the form of this disorder, or the disease which will ensue, will be determined by the kind of pre-existing blood impurity, or the pre-existing fault of the organic processes. If the pre-existing fault be in a different excretion of lactic or uric acids by the kidneys and skin the disease developed by the cold will be rheumatic; if the lungs be at fault, either by acquired or inherited abuses, inflammation will be likely to ensue; or if there be conjoined with the pulmonary fault an impure condition of the blood from the long-continued re-breathing of breathed air, consumption will not unlikely show itself. In no other way can the influence of cold in the development of diverse diseases be accounted for; developing this disease in one, and that disease in another; this disease at one time in a person, and another disease at another time; while at other times and seasons, great and prolonged exposure to cold is harmless.

It follows from these facts and considerations that the secret