

to regard climatic changes as the greatest enemy to their health; if it were not for them, their health would be next to perfect from the beginning to the end of the year. Thousands of consumptives, especially in the first and second stages of the disease, are firmly of the opinion that if they could only escape the malign influence of one cold after another, their recovery would be assured. To this end precautions of the most thorough character are scrupulously observed, and yet cold after cold is taken; the patient, mother, or nurse knows not how.

To the physician, the taking of cold means the suppression to a greater or smaller degree of the sensible or insensible perspiration, and a temporary diversion of the blood from the capillaries of the surface to some internal part. There is, however, reason to believe that the characteristic effects of what is known as a cold in the head may be unattended with any interference of a proper functional activity of the skin. The respiration of very cold and damp air may produce direct derangement in the action of the lining membrane of the nostrils, throat, and windpipe. More especially is such an effect liable to arise from breathing for hours a very warm, dry, house air, of a temperature of 60° or upwards, and then in less than a second of time, the cold, damp air outside, of a temperature at zero, or even far below it. In my estimation this is the main cause of that exceedingly prevalent complaint chronic catarrh of the head. The capillaries and follicles of the mucous membrane of the nostrils are every day repeatedly swollen and engorged with blood by highly heated air—so much so as to arrest for a time the usual mucous excretion—and then shrunk and chilled with cold. This sudden and oft repeated alternation is too much for the vital harmony of the part; it becomes irritated, deranged, and diseased; just as even the tough skin of the hand will become irritated and inflamed by being repeatedly plunged in cold and then in hot water. In primitive times, when houses were more open, and consequently of a temperature more nearly that of the ambient air, such a thing as ozœna was almost unknown.

It has long been a familiar fact that cold as a disease-producing agent gives rise to no uniform results. Let a wave of cold air sweep over a continent, and how diverse the results upon the inhabitants? Upon some the result is a cold in the head, upon others an attack of rheumatism, upon others an attack of neuralgia, or of pleurisy, or of ague, or of lung fever, but upon the larger majority the effect is the very opposite of a diseased condition; that is, the cold air braces, tones, and enlivens the whole body. Why such diverse effects, why